



WASHINGTON RAMS FOOTBALL CALENDAR

June 2024 ~ **GET BIGGER, FASTER, STRONGER MONTH**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26-May	27-May	28-May	29-May	30-May	31-May	1
		Incoming Freshman Weightroom Orientation 5:00-6:15 PM Field Work Out 6:20-7:20 PM	Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @TBird 4:30-7:30 PM	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM	GLADIATOR 	Ram Workout @ Home
2	3	4	5	6	7	8
Ram's Football Camp is for CLEARED Athletes through Register My Athlete, ONLY!	Monday Night Football Offense & Weighroom 5:00-7:45 PM	Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game @GW 5:00-8:30 PM	PLG & Big Man @ Washington 5:30-8:30 PM 	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM	GLADIATOR 	Ram Workout @ Home
9	10	11	12	13	14	15
	Monday Night Football Defense & Weighroom 5:00-7:45 PM	Weightroom 5:00-6:15 PM Speed Training 6:20-7:15 PM	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM	Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game TBD 4:30-7:30 PM	GLADIATOR 	Ram Workout @ Home
16	17	18	19	20	21	22
	Monday Night Football Offense & Weighroom 5:00-7:45 PM	Weightroom 5:00-6:15 PM Speed Training 6:20-7:15 PM	Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game O vs. D 5:00-7:30 PM	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM	GLADIATOR 	Ram Workout @ Home
23	24	25	26	27	28	29
	Monday Night Football Defense & Weighroom 5:00-7:45 PM	Weightroom 5:00-6:15 PM Speed Training 6:20-7:15 PM	Monday Night Football Offense & Weighroom 5:00-7:45 PM	Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM	GLADIATOR 	Ram Workout @ Home