



# 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
		<b>Incoming Freshman Weightroom Orientation</b> 5:00-6:15 PM <b>Field Work Out</b> 6:20-7:20 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Big Man Training</b> 6:20-7:15 PM <b>PLG Game @ T-Bird</b> 5:00-8:30 PM	<b>GLADIATOR</b> 6:25 - 8:00 AM 	<b>Ram Workout @ Home</b>	<b>Ram Workout @ Home</b>
2	3	4	5	6	7	8
<b>Ram's Football Camp is for CLEARED Athletes through Register My Athlete, ONLY!</b>	<b>Monday Night Football Offense &amp; Weighroom</b> 5:00-7:45 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Big Man Training</b> 6:20-7:15 PM <b>PLG Game @ GW</b> 5:00-8:30 PM	<b>PLG &amp; Big Man @ Apollo</b> 5:30-8:30 PM	<b>GLADIATOR</b> 6:25 - 8:00 AM 	<b>Ram Workout @ Home</b>	<b>Ram Workout @ Home</b>
9	10	11	12	13	14	15
<b>Ram Workout @ Home</b>	<b>Monday Night Football Defense &amp; Weighroom</b> 5:00-7:45 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Agility Training</b> 6:20-7:15 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Big Man Training</b> 6:20-7:15 PM <b>PLG Game TBD</b> 5:00-8:30 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Big Man Training</b> 6:20-7:15 PM <b>PLG Game @ Trevor Browne</b> 5:00-8:30 PM	<b>Ram Workout @ Home</b>	<b>Ram Workout @ Home</b>
16	17	18	19	20	21	22
<b>HAPPY FATHERS DAY</b>	<b>Monday Night Football Offense &amp; Weighroom</b> 5:00-7:45 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Big Man Training</b> 6:20-7:15 PM <b>PLG Game O vs D</b> 5:00-7:30 PM	<b>Weightroom</b> 5:00-6:15 PM <b>Speed Training</b> 6:20-7:15 PM	<b>GLADIATOR</b> 6:25 - 8:00 AM 	<b>Ram Workout @ Home</b>	<b>Ram Workout @ Home</b>
23	24	25	26	27	28	29



# Summer B R E A K

