



WASHINGTON RAMS FOOTBALL CALENDAR



July 2024 ~ FOOTBALL CAMP MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Jun	1	2	3	4	5	6
Ram's Football Camp is for CLEARED Athletes through Register My Athlete, ONLY!	Monday Night Football O/D Special Teams & Weighroom 5:00-7:45 PM	Weightroom 5:00-6:15 PM Speed Training 6:20-7:15 PM	GLADIATOR 6:25 - 8:00 AM 	INDEPENDENCE DAY 4TH JULY	Ram's Football Camp @ Prescott High School Cost \$275	
7	8	9	10	11	12	13
Return from Camp @ 5:00PM	Monday Night Football Offense Special Teams & 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	Monday Night Football Defense Special Teams & Weighroom 5:00-7:45 PM	GLADIATOR 6:25 - 8:00 AM 	Ram Workout @ Home
14	15	16	17	18	19	20
Ram's Football is for CLEARED Athletes through Register My Athlete, ONLY!	Monday Night Football Offense Special Teams & 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	Monday Night Football Defense Special Teams & Weighroom 5:00-7:45 PM	GLADIATOR 6:25 - 8:00 AM 	Ram Workout @ Home
21	22	23	24	25	26	27
Week Off	Football Google Classroom Offensive Quiz 1-7	Football Google Classroom Deffensive Quiz 1-7	Football Google Classroom ST Quiz 1-6	Football Google Classroom Offensive Positions Quiz 1-6	Football Google Classroom Defensive Positions Quiz 1-6	Ram Workout @ Home
28	Helmet ONLY! 29	Helmet ONLY! 30	Helmet ONLY! 31	Helmet ONLY! 1-Aug	Helmet ONLY! 2-Aug	Helmet ONLY! 3-Aug
	RAM's Pre-Season Team Meeting 6:00-6:30 PM Equipment 6:30 PM Conditioning Test	RAM's Pre-Season Practice #1 Offensive Meeting 6:00-6:30 PM W/R 6:40-7:30 PM Practice 7:40-9:30	RAM's Pre-Season Practice #2 Defensive Meeting 6:00-6:30 PM W/R 6:40-7:30 PM Practice 7:40-9:30	RAM's Pre-Season Practice #3 ST Meeting 6:00-6:30 PM W/R 6:40-7:30 PM Practice 7:40-9:30	RAM's Pre-Season Practice #4 Offensive Meeting 6:00-6:30 PM W/R 6:40-7:30 PM Practice 7:40-9:30	Media Day 7:00-10:30 AM Lifts, Ht, Wt, 40, ProAgility, L-Drill, Vertical, Broad Jump, Ram Run