



WASHINGTON RAMS FOOTBALL CALENDAR

August 2024 ~ FOOTBALL PRESEASON MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28-Jul	Helmet ONLY! 29-Jul	Helmet ONLY! 30-Jul	Helmet ONLY! 31-Jul	Helmet ONLY! 1	Helmet ONLY! 2	Helmet ONLY! 3
Football is for CLEARED Athletes through Register My Athlete, ONLY!	RAM's Pre-Season Equipment 5:00 PM Team Meeting 6:00-6:30 PM Conditioning Test	RAM's Pre-Season Fundraising Form 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
4	Helmet & Shoulder Pads 5	Helmet & Shoulder Pads 6	Full Pads 7	Full Pads 8	Full Pads 9	NO Pads 10
Day OFF	School Begins RAM's Pre-Season Practice #5 Defensive Meeting 2:50-3:20 PM W/R 3:40-4:30 PM Practice 4:40-6:45	RAM's Pre-Season Practice #6 Football Card 3:00-4:00 PM ✓ ST Practice 4:15-5:45 PM	RAM's Pre-Season Practice #7 Offensive Meeting 2:50-3:30 PM W/R 3:40-4:30 PM Practice 4:40-6:45	RAM's Pre-Season Practice #8 Defensive Meeting 2:50-3:30 PM W/R 3:40-4:30 PM Practice 4:45-6:45	 Purple & White Scrimmage 5:25 PM BBQ & Parents Meeting to follow	On your own Review Film in
11	Full Pads 12	Full Pads 13	Full Pads 14	Full Pads 15	NO Pads 16	NO Pads 17
Day OFF	RAM's Pre-Season Practice #10 Offensive Meeting 2:50-3:30 PM W/R 3:40-4:30 PM Practice 4:45-6:45	RAM's Pre-Season Practice #11 Defensive Meeting 2:50-3:30 PM W/R 3:40-4:30 PM Practice 4:45-6:45	RAM's Pre-Season Practice #12 Football Card 3:00-3:30 PM ✓ ST Practice 3:45-5:45 PM	Scrimmage Game Washington vs. TBD	RAM's Pre-Season Practice #14 Film Break Down 3:00-5:00 PM 	On your own Review Film in
NO Pads 18	Helmets 19	Full Pads 20	Helmet & Shoulder Pads 21	Helmet & Shoulder Pads 22	23	NO Pads 24
On your own Review Film in 	RAM's Varsity Practice #1 Hudl Meeting 2:50-3:45 PM Practice 4:00-6:00 PM	RAM's Varsity Practice #2 Weight Room 2:50-3:45 PM Practice 4:00-6:00 PM	RAM's Varsity Practice #3 Weight Room 2:50-3:45 PM Practice 4:00-5:45 PM	RAM's Varsity Practice #8 2:50 Ram Time 3:35 Practice Game Plan Review	1st Varsity Game Washington vs. TBD	Treatment 8:00-9:00 AM Weight Room 9:00-10:00 AM
NO Pads 25	Helmets 26	Full Pads 27	Helmet & Shoulder Pads 28	Helmet & Shoulder Pads 29	30	NO Pads 31
On your own Review Film in 	RAM's Varsity Practice #5 Hudl Meeting 2:50-3:45 PM Practice 4:00-6:00 PM	RAM's Varsity Practice #5 Weight Room 2:50-3:45 PM Practice 4:00-6:00 PM	RAM's Varsity Practice #7 Weight Room 2:50-3:45 PM Practice 4:00-5:45 PM	RAM's Varsity Practice #8 2:50 Ram Time 3:35 Practice Game Plan Review	Varsity Game #2 Washington vs. TBD	Treatment 8:00-9:00 AM Weight Room 9:00-10:00 AM