



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	RAM's Pre-Season Practice #9 W/R 2:50-3:45 PM ST & Goal Line 4:00-5:30 PM	On your own Review Film in
11	Full Pads 12	Full Pads 13	Full Pads 14	Full Pads 15	Full 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	RAM's Pre-Season Practice #13 Offensive Meeting 2:50-3:30 PM Practice 3:45-5:45	 Purple & White Scrimmage 5:25 PM BBQ & Parents Meeting to follow	On your own Review Film in
NO Pads 18	Full Pads 19	Full Pads 20	Helmet & Shoulder Pads 21	Full Pads 22	NO Pads 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 2:50 Ram Time 3:35 Practice Walk-Thru Game Plan	Scrimmage Game Washington vs. Glendale	RAM's Pre-Season Practice #4 Film Break Down 3:00-5:00 PM 	On your own Review Film in
NO Pads 25	Full Pads 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 #6 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 Walk-Thru Game Plan	1st Varsity Game Washington vs. Rincon	Treatment 8:00-9:00 AM Weight Room 9:00-10:00 AM