



# WASHINGTON RAMS FOOTBALL CALENDAR

## August 2026 ~ FOOTBALL PRESEASON MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26-Jul</b>	<b>Mandatory 27-Jul</b>	<b>Mandatory 28-Jul</b>	<b>Mandatory 29-Jul</b>	<b>Mandatory 30-Jul</b>	<b>Mandatory 31-Jul</b>	<b>1</b>
Football is for <b>CLEARED</b> Athletes through Register My Athlete, ONLY!	RAM's Pre-Season Varsity Equipment 4:00 PM 9/10 Equipment 5:00 PM Team Meeting 6:00-7:00 PM	 RAM's Pre-Season Practice #1 O/D Meeting 6:00-7:00 PM W/R 7:10-8:15 PM	 RAM's Pre-Season Practice #2 ST Meeting 6:00-7:00 PM W/R 7:10-8:15 PM	 RAM's Pre-Season Practice #3 O/D Meeting 6:00-7:00 PM W/R 7:10-8:15 PM	 Media Day 6:00-9:00 PM Ht, Wt, Pictures, Any Missing Max	<b>Day OFF</b>
<b>2</b>	<b>Helmet ONLY! 3</b>	<b>Helmet ONLY! 4</b>	<b>Helmet ONLY! 5</b>	<b>Helmet &amp; Shoulder Pads 6</b>	<b>Helmet &amp; Shoulder Pads 7</b>	<b>8</b>
Coaches Meeting 8:00-10:00AM Room 303	 RAM's Practice #1 Team Meeting 6:00-6:20 PM W/R 6:30-7:40 PM Practice 7:45-8:55PM	 RAM's Practice #2 O/D Meetings 6:00-6:20 PM Practice 6:30-8:55 PM	 RAM's Practice #3 O/D Meetings 6:00-6:20 PM W/R 6:30-7:10 PM Practice 7:25-8:55PM	 RAM's Practice #4 ST Meeting 6:00-6:20 PM Practice 6:30-8:55 PM	 RAM's Practice #5 O/D Meetings 6:00-6:20 PM W/R 6:30-7:10 PM Practice 7:25-8:55PM	On your own Review Film in 
<b>9</b>	<b>Helmet &amp; Shoulder Pads 10</b>	<b>Full Pads 11</b>	<b>Full Pads 12</b>	<b>Full Pads 13</b>	<b>Full Pads 14</b>	<b>15</b>
Coaches Meeting 8:00-10:00AM Room 303	 <u>School Begins</u> RAM's Practice #6 O/D Meetings 6:00-6:20 PM W/R 6:30-7:10 PM Practice 7:25-8:55PM	 RAM's Practice #7 <b>Football Card</b> 3:30-4:00 PM W/R 4:10-4:50 PM ST Practice 5:10-7:30 PM	 RAM's Practice #8 ST Meetings 6:00-6:20 PM Practice 6:40-8:55 PM	 RAM's Practice #9 O/D Meetings 6:00-6:20 PM W/R 6:30-7:10 PM Practice 7:25-8:55PM	 Purple & White Scrimmage 6:00 PM <b>BBQ &amp; Parents Meeting to follow</b>	On your own Review Film in 
<b>16</b>	<b>Full Pads 17</b>	<b>Full Pads 18</b>	<b>Full Pads 19</b>	<b>Full Pads 20</b>	<b>Full Pads 21</b>	<b>22</b>
Coaches Meeting 8:00-10:00AM Room 303	 RAM's Practice #10 <b>Football Card Check Point</b> <b>Film &amp; Practice</b> 6:00-8:55 PM 	 RAM's Practice #11 Team Meeting 6:00-6:20 PM W/R 6:30-7:40 PM Practice 7:45-8:55PM	 RAM's Practice #12 Team Meeting 6:00-6:20 PM W/R 6:30-7:40 PM Practice 7:45-8:55PM	<b>Scrimmage Washington Independence</b> vs.	 RAM's Practice #13 Team Meeting 6:00-6:20 PM W/R 6:30-7:40 PM Practice 7:45-8:55PM	On your own Review Film in 
<b>23</b>	<b>Helmet ONLY! 24</b>	<b>Full Pads 25</b>	<b>Helmet &amp; Shoulder Pads 26</b>	<b>Helmet &amp; Shoulder Pads 27</b>	<b>28</b>	<b>29</b>
Coaches Meeting 8:00-10:00AM Room 303	 Mental Monday O/D Meeting 6:00-6:20 PM W/R 6:30-7:10 PM Practice 7:20-8:55 PM	 Tough Tuesday O/D Meeting 6:00-6:20 PM Practice 6:35-8:35 PM	 Warrior Wednesday ST Meeting 6:00-6:20 PM W/R 6:30-7:10 PM Practice 7:20-8:55 PM	 Tactical Thursday Ram Time 2:55-3:30 PM Walk-Thru Game Plan 3:40-5:00 PM	<b>1st Varsity Game Washington vs. Glendale</b> vs.	 <b>Treatment</b> 8:00-8:30 AM Flexibility Training 8:30-9:30 AM 