




# WASHINGTON RAMS FOOTBALL CALENDAR

## June 2025 ~ GET BIGGER, FASTER, STRONGER MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>Speed/Agility &amp; Field Workout</b> 6:30-8:30 PM 	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>GLADIATOR</b>   <b>6:30-8:00 PM</b>	<b>Football Camp</b> <b>July 17-20th</b> <b>Cost \$275</b> <b>Due June 19th</b>	<b>Ram Workout @ Home</b>
8	9	10	11	12	13	14
<b>Ram's Football Camp is for CLEARED Athletes through Register My Athlete, ONLY!</b>	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>Speed/Agility &amp; Field Workout</b> 6:30-8:30 PM 	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>GLADIATOR</b>   <b>6:30-8:00 PM</b>		<b>Ram Workout @ Home</b>
15	16	17	18	19	20	21
	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>Speed/Agility &amp; Field Workout</b> 6:30-8:30 PM 	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>GLADIATOR</b>   <b>6:30-8:00 PM</b>		<b>Ram Workout @ Home</b>
22	23	24	25	26	27	28
	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>Speed/Agility &amp; Field Workout</b> 6:30-8:30 PM 	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>GLADIATOR</b>   <b>6:30-8:00 PM</b>		<b>Ram Workout @ Home</b>
29	30	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>Speed/Agility &amp; Field Workout</b> 6:30-8:30 PM 	 <b>Weightroom</b> 6:30-7:25 PM <b>Summer Football</b> 7:30-9:00 PM 	<b>GLADIATOR</b>   <b>6:30-8:00 PM</b>	<b>INDEPENDENCE DAY 4TH JULY</b>	<b>Ram Workout @ Home</b>

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