

TRAINING CAMP FREQUENTLY ASKED QUESTIONS

Are all training camp practices open to the public?

The 2009 St. Louis Rams Bud Light Training Camp presented by Russell Athletic will feature 32 open practices at the Russell Training Center in Earth City, Mo. There will also be an open scrimmage at Lindenwood University in St. Charles, Mo. on Friday, August 7 at 6:30 p.m.

Does the practice schedule change?

The practice schedule can change. Weather and field conditions are evaluated daily. Check the St. Louis Rams website for updates (www.stlouisrams.com) or call the Rams Training Camp hotline (314-516-8852) for the most up-to-date practice information. Practice times are subject to change without notice.

Is there a charge to see any of the practices?

There is no charge for fans to attend any of the open training camp practices.

What time should I arrive to watch practice?

Gates open one half hour before practice begins.

Where will fans park during training camp?

Parking will be available for free; however, parking is limited to the lot directly north of the Russell Training Center. There will be no parking allowed at area businesses or in the Russell Training Center parking lot. Fans are encouraged to carpool.

Where do fans with disabilities park?

Fans with handicap parking permits that are issued through the Missouri Department of Revenue will be allowed to park inside the gates of Russell Training Center. Handicap parking permits must be properly displayed, hanging from the rear view mirror of the vehicle, for security officials to grant entry.

Where do VIP guests and sponsors check-in?

VIP guests and sponsors should enter the lobby through the main Russell Training Center entrance. Proceed to the designated Marketing & Sales VIP Guest Check-In table to obtain your practice credential from a representative of the Rams Marketing & Sales Department.

Will fans be able to get autographs?

There will be autograph sessions with select players following each open morning practice and the open scrimmage at Lindenwood University. Autograph sessions are subject to change without notice due to weather or football-related matters. Please be polite when you ask for autographs, and realize the players will be hot and tired after their session.

What should I bring to training camp?

For your comfort, please feel free to bring the following items to training camp: Hats, jackets, rain gear, sunglasses, sunscreen, binoculars, blankets, umbrellas, lawn chairs and strollers.

May I bring my camera to training camp?

Yes. Feel free to bring your camera to take photos of players and coaches. Flash photography is not allowed. Video cameras will not be allowed.

May I bring a cooler to training camp?

Small coolers are permitted at training camp, but will be subject to search. Alcoholic beverages and glass containers are prohibited.

Will there be seating at training camp?

Limited bleacher seating for fans will be provided around the practice fields. Additional seating will be available on the hill near the fields. Feel free to bring a blanket to sit on.

What should I leave at home?

The following items will not be permitted at training camp; alcoholic beverages, glass containers, noise makers, loud radios, large signs or inappropriate attire. Also, no weapons of any kind, regardless of persons with concealed carry handgun permits, will be allowed onto the property of Russell Training Center.

Are backpacks and bags allowed at practice?

For the safety and enjoyment of all fans attending Rams practice, only small bags will be permitted at training camp. All persons and/or bags may be subject to inspection.

Are pets allowed at practice?

Animals are not allowed due to the size of the crowd and safety concerns. The only exception is guide dogs for the blind.

Will the Rams provide tours of Russell Training Center during training camp?

The Rams will not provide tours of the team's headquarters.

Can I purchase merchandise at training camp?

Fans can purchase authentic Rams merchandise at training camp. A MainGate merchandise trailer will be outside of the fan entrance throughout camp.

Will concessions be available at training camp?

Limited food and beverage items will be available for purchase at each open practice session.

Is there an ATM on site?

There are not ATM machines available at the Russell Training Center. Please plan accordingly.

Where are first-aid services located?

A medical station will be set up near the fan seating area and will be marked by signage. Also, Rams Watch personnel will be roaming near the fan seating area in case those in attendance need any type of assistance.

Where do I go if I have a question?

An information booth will be set up near the main fan entrance to the field. Also, any Rams staff member can assist you with your question.

What is the smoking policy?

For the comfort and health of all fans, the Russell Training Center is a smoke-free environment. There is no smoking allowed anywhere on the property of Russell Training Center.

What safety measures are in place?

For your safety, members of the St. Louis County Police Department, the Rams security staff and Rams Watch personnel will be present.

EVENTS AT THE RUSSELL TRAINING CENTER

Rams Kids Club Day

Saturday, August 1 (8:15 - 10:30 a.m.)

Kids Club members will have access to a special Rams Kids Club VIP tent during practice. A full-season membership is \$20 and is open to children ages 4 to 15. Kids Club members receive a membership card, access to members-only events and exclusive merchandise. Members also receive special offers at local businesses.

Earth City Day

Thursday, August 6 (8:15 - 10:30 a.m.)

Friday, August 7 (8:15 - 10:30 a.m.)

Goodwill Donation Day

Sunday, August 9

A Goodwill trailer will be on location at the Russell Training Center. Fans are asked to bring items to donate when attending that day's practices.

RAMS KIDS CLUB



Win big with your kids this Rams season and sign up for the 2009 Rams Kids Club. A full-season membership is \$20 and is open to children ages 4 to 15.

Kids Club members receive a membership card, access to members-only events and exclusive merchandise, including a t-shirt, water bottle and zipper cinch bag.

At the 2009 Rams training camp, Kids Club members will have access to a special Rams Kids Club VIP tent during a practice on August 1 at the Russell Training Center.

In addition, Kids Club members receive special offers at Bounce U, The Magic House, St. Louis Science Center, Chevys Fresh Mex and on North Star Frozen Treats products.

For a complete list of Kids Club membership benefits and to sign up please visit the Kids Club website at www.stlouisrams.com/kidsclub. Fans can also sign up for the Kids Club at training camp.