



## **MEDIA ADVISORY: LOS ANGELES RAMS TO BEGIN 2023 ORGANIZED TEAM ACTIVITIES ON MONDAY, MAY 22**

**LOS ANGELES**– The Los Angeles Rams will kick off their 2023 Organized Team Activities (OTAs) on Monday, May 22 at the team's practice facility, located at California Lutheran University (3680 Campus Dr., Thousand Oaks, CA 91360). All practices are closed to the public, but media are invited to attend the following days:

| DATE              | PRACTICE TIME  | POST-PRACTICE AVAILABILITY |
|-------------------|----------------|----------------------------|
| Tuesday, May 23   | 12:10 - 2 p.m. | Coach McVay & Players      |
| Wednesday, May 31 | 12:10 - 2 p.m. | Coach McVay & Players      |
| Tuesday, June 6   | 12:10 - 2 p.m. | Coach McVay & Players      |

Media may watch practice in its entirety. Television cameras will have the opportunity to film the stretching and individual periods (approximately the first 20 minutes). Still photographers may shoot the entire practice. Head Coach Sean McVay and select players will be available immediately following practice outside near the training room. Media may submit their player interview requests to the Rams communications staff during practice.

Upon arrival, please check in with the Rams communications department in the media workroom, and a member of the staff will escort you to the practice field. Please do not access the fields prior to the open periods. Attending media should park on the street in front of the facility then proceed to the media workroom. TV Trucks that require parking accommodations may park inside in the team parking lot along the fence near the main entrance.

Reporters may not tweet from practice and media members may not at any point report details on personnel groups, formations, specific plays, or any information that would compromise the team's strategic efforts. The Rams have a zero tolerance policy regarding the dissemination of strategic information gathered from practice.

Media who do not regularly cover the team that wish to attend practice, please email Vice President, Communications Artis Twyman ([atwyman@rams.nfl.com](mailto:atwyman@rams.nfl.com)) at least 24 hours in advance.

For more information, please contact a member of the Rams Communications Department.

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