

# **ROCKY FOOTBALL FRESHMAN OFF-SEASON 2025 SCHEDULE**

## **PHASE 1 (Registration – Open House - 1<sup>st</sup> practice)**

Feb. 26	Player & Parent Registration meeting On-line registration until August 1 <sup>st</sup> , 2025	6:00-7:30 PM
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Mar. 11	Club & Activity Open House	6:00 PM
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<b>May 19-23</b> Note: Spring Ball (Non-Padded)	Practice M-W-Th-Fri May 19 <sup>th</sup> is the 1 <sup>st</sup> day FRESHMAN can participate at RMHS	3:45-5:45 PM
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**FRESHMAN** – This is your FIRST week of practice. May 19<sup>th</sup> at 3:45 is your FIRST practice.

<b>May 20 Graduation</b>	<b>NO PRACTICE DUE TO GRADUATION</b>	
May 21	Freshman BBQ	6:30 PM
May 23 Last Day of school	We will practice	3:45-5:45 PM

## **PHASE 2 (WT. ROOM/CONDITIONING/FB CAMP)**

May 27-29	Morning install and Weights/Conditioning Tu-W-Th	7-10:00 AM
June 2-5	Morning install and Weights/Conditioning M-Tu-W-Th	7-10:00 AM
June 9-12	ROCKY MOUNTAIN FOOTBALL CAMP Freshman will be PM session only	5:30-8:00 PM

## **PHASE 3 (WT. ROOM/CONDITIONING)**

June 16-July 1	Weights/Conditioning M-Tu-W-Th	7-10:00 AM
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<b>July 2-4</b>	<b>OFF (WEIGHT ROOM CLOSED FOR THE HOLIDAY)</b>	
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July 7-24	Weights/Conditioning M-Tu-W-Th Frosh lifting ends JULY 24	7-10:00 AM
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<b>August 4-10</b>	<b>DEAD WEEK – <u>NO TEAM ACTIVITIES</u></b>	
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August 11	1 <sup>st</sup> Day of Practice	3:40–6:00 PM
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August 13	1 <sup>st</sup> Day of School	
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August 15	Adult Night Out Auction	TBD
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