

ROCKY FOOTBALL FRESHMAN OFF-SEASON 2025 SCHEDULE

Feb. 26	Player & Parent Registration meeting On-line registration until August 1 st , 2025	6:00-7:30 PM
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Mar. 11	Club & Activity Open House	6:00 PM
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May 6	Physicals by appointment ONLY ALL 9 th , 11 th and NEW to Rocky athletes You will get information to sign-up in April
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May 19-22	Practice M-W-Th	3:45-5:45 PM
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Note: Spring Ball (Non-Padded) May 19th is the 1st day FRESHMAN can participate at RMHS

FRESHMAN – This is your FIRST week of practice. May 19th at 3:45 is your FIRST practice.

May 20 Graduation	NO PRACTICE DUE TO GRADUATION
May 21	Freshman BBQ 6:30 PM
May 23 Last Day of school	NO PRACTICE – ENJOY the 4-day weekend

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

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