

ROCKY FOOTBALL 2025 J.V. OFFSEASON SCHEDULE

PHASE 1 (WT. ROOM)

Dec. 30 to Feb. 28	Lifting Mon-Tu-Th-Fri	5:50-6:55 AM
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Feb. 26	Player & Parent Registration meeting	6:00-7:30 PM
	On-line registration until August 1 st , 2025	

Installation Dates

Offensive Install – 8:00 - 8:45 AM

Defensive Install - 8:45 - 9:30 AM

March 1	
March 5	(Wednesday, no school)
March 29	
April 11	(Friday, no school)
April 12	(Morning of local 7's tournament)
April 19	
May 3	(Morning of local 7's tournament)

Mar. 11	Club & Activity Open House	6:00 PM
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Mar. 3 to May 16	Lifting Mon., Thur.	3:00-4:00 PM
	Lifting Tues., Fri.	5:50-6:55 AM

Spring Break Mar 17-21	Lifting Mon-Tu-Th-Fri	10:00-11:00 AM
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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

May 19-22	Practice M-W-Th	3:45-5:45 PM
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Note: Spring Ball (Non-Padded)	Lifting Mon-Wed-Thu	5:45-7:00 PM
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May 20 Graduation	NO PRACTICE DUE TO GRADUATION
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May 23 Last Day of school	NO PRACTICE – Enjoy the 4-day weekend
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PHASE 2 (WT. ROOM/CONDITIONING/FB CAMP)

May 27-29	Morning install and Weights/Conditioning	
	Tu-W-Th	7:00-10:00 AM

May 27-28	CUBS CAMP (K-2)	9:00-11:00 AM
	CUBS CAMP (3-5)	12:00-2:00 PM

June 2-5	Morning install and Weights/Conditioning	
	M-Tu-W-Th	7:00-10:00 AM

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June 9-12	Morning Weights/Conditioning M-Tu-W-Th ROCKY MOUNTAIN FOOTBALL CAMP J.V. (at Skyview or Capital) See the camp schedule for location	7:00-8:30 AM 5:30-8:00 PM PM: 5:30-8:00
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PHASE 3 (WT. ROOM/CONDITIONING)

June 16-July 1	Weights/Conditioning M-Tu-W-Th	7:00-10:00 AM
June 16-17	MIDDLE SCHOOL SKILLS CAMP This is a non-padded camp	10:00 AM-12:00 PM
June 30-July 13	We need to make a plan for WHERE we lift. The GYM will be closed for the floors to be resurfaced. There will be NO ACCESS.	
July 2-4	OFF (WEIGHT ROOM CLOSED FOR THE HOLIDAY)	
July 7-24	Weights/Conditioning M-Tu-W-Th Frosh lifting ends JULY 24	7:00-10:00 AM
July 17	VARSITY 7 on 7 at Mountain View Mountain View, Capital and Boise 3 x 20-25-min sessions	9:30 AM
July 28-30	Night of Champions Week at OTF	5:00-8:00 PM
July 31	Camels Back Park	7:00-9:00 AM
August 4-10	DEAD WEEK – <u>NO TEAM ACTIVITIES</u>	
August 11	1 st Day of Practice	3:40–6:00 PM
August 13	1 st Day of School	
August 15	Adult Night Out Auction	TBD