

# ROCKY FOOTBALL FRESHMAN OFF-SEASON 2025 SCHEDULE

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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May 6	Physicals by appointment ONLY ALL 9 <sup>th</sup> , 11 <sup>th</sup> 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 19<sup>th</sup> is the 1<sup>st</sup> day FRESHMAN can participate at RMHS

**FRESHMAN** – This is your FIRST week of practice. May 19<sup>th</sup> 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 26 Memorial Day	NO PRACTICE – Enjoy the 4-day weekend
May 27-29	Morning install and Weights/Conditioning Tu-W-Th 7-10:00 AM

May 27	Gear will be issued (FB Office)	7:30 PM
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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 8:00-9:00 AM M-Tu-W-Th ROCKY MOUNTAIN FOOTBALL CAMP 5:30-8:00 PM Freshman will be PM session only
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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 7-10:00 AM Frosh lifting ends JULY 24
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August 4-10	DEAD WEEK – <u>NO TEAM ACTIVITIES</u>
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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 (Practice) Parent Meeting w/Troy Rice RM Auditorium - <u>MANDATORY</u>	3:40-5:30 PM 6:00 PM
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August 15	Adult Night Out Auction	TBD
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