

ROCKY FOOTBALL 2025 J.V. SUMMER SCHEDULE

PHASE 3 (WT. ROOM/CONDITIONING)

June 16-26	Weights/Conditioning M-Tu-W-Th	7:00-10:00 AM
June 16-17	MIDDLE SCHOOL SKILLS CAMP <u>This is a non-padded camp</u>	10:00 AM-12:00 PM
June 30-July 10	J.V. Lifting at OFF the FIELD Off the Field 2204 E Lanark St Suite 100 Meridian, ID 83642	7:00-9:00 AM
July 2-4	OFF (WEIGHT ROOM CLOSED FOR THE HOLIDAY)	
July 14-24	Weights/Conditioning @ RM M-Tu-W-Th Frosh lifting ends JULY 24	7:00-10:00 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	4:00–6:00 PM
August 13	1 st Day of School (Practice) Parent Meeting w/Troy Rice RM Auditorium - <u>MANDATORY</u>	4:00-5:30 PM 6:00 PM
August 15	Adult Night Out Auction	TBD