

# **ROCKY FOOTBALL 2025 VARSITY SUMMER SCHEDULE**

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

June 16-26	Weights/Conditioning M-Tu-W-Th	7:00-10:00 AM
June 16-17	<b>MIDDLE SCHOOL SKILLS CAMP</b> <u>This is a non-padded camp</u>	<b>10:00 AM-12:00 PM</b>
<b>June 30</b>	<b>Ropes Course</b> <b>Depart RMHS North Parking lot</b> <b>2 Busses – Calwell Trans. (208) 459-6612 x 1</b> <b>Meet at RMHS 6:40 AM</b>	<b>6:40-10:00 AM</b>
July 1-10	Varsity Lifting at OFF the FIELD Off the Field 2204 E Lanark St Suite 100 Meridian, ID 83642	7:00-9:00 AM
<b>July 2-4</b>	<b>OFF (WEIGHT ROOM CLOSED FOR THE HOLIDAY)</b>	
July 14-24	Weights/Conditioning @ RM M-Tu-W-Th	7:00-10:00 AM
<b>July 17</b>	<b>VARSAITY 7 on 7 at Mountain View</b> <b>Mountain View, Capital and Boise</b> <b>3 x 20-25-min sessions</b> <b>We will also do a BIG Man Competition</b>	<b>9:30 AM</b>
July 28-30 July 31	Night of Champions Week at OTF Camels Back Park	5:00-8:00 PM 7:00-9:00 AM
<b>August 4-10</b>	<b>DEAD WEEK – <u>NO TEAM ACTIVITIES</u></b>	
August 11	1 <sup>st</sup> Day of Practice	4:00–6:00 PM
August 13	1 <sup>st</sup> 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