

ROCKY FOOTBALL FRESHMAN SUMMER 2025 SCHEDULE

June 16-July 1	Weights/Conditioning M-Tu-W-Th	8:15-10:00 AM
July 2-4	OFF (WEIGHT ROOM CLOSED FOR THE HOLIDAY)	
July 7-24	Weights/Conditioning M-Tu-W-Th Frosh lifting ends JULY 24	8:15-10:00 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