

# **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 <a href="#">This is a non-padded camp</a>	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	7:00-10:00 AM
July 28	20 yards sprint / 5-10-5 pro agility testing In the stadium.	7:30 AM
	OTF Testing Night of Champions Testing Cleans	5:30 PM
July 29	OTF Testing for Night of Champions Testing Bench	5:30 PM
July 30	OTF Testing for Night of Champions Testing Squat	5:30 PM
July 31	Camels Back Park	7:00-9:00 AM
August 4-10	DEAD WEEK – <u>NO TEAM ACTIVITIES</u>	
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