

ROCKY FOOTBALL 2025 VARSITY IN SEASON SCHEDULE

Week 1 schedule

August 4-10

DEAD WEEK – NO TEAM ACTIVITIES

August 11 **Weight Room Monday's & Wednesday's** **3:00–3:30 PM**
1st Day of Practice **4:00 – 6:00 PM**
Helmets & Rocky Gear
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey

August 12 **2nd Day of Practice** **4:00–6:00 PM**
Helmets & Rocky Gear
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey

August 13

1st Day of School

Weight Room Monday's & Wednesday's **3:00–3:30 PM**
3rd Day of Practice **4:00-5:30 PM**
Helmets & Rocky Gear
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey
Parent Meeting w/Troy Rice **6:00 PM**
RM Auditorium - MANDATORY

August 14 **4th Day of Practice** **4:00–6:00 PM**
½ Shell (Helmet & Shoulder Pads)
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey

August 15 **5th Day of Practice** **3:00-5:00 PM**
½ Shell (Helmet & Shoulder Pads)
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey
Adult Night Out Auction **5:30 PM**

August 16 **6th Day of practice, Inter- Squad Scrimmage** **7:00-9:00 AM**

August 17 **OFF**

Week 2 schedule

August 18 **Weight Room Monday's & Wednesday's** **3:00–3:30 PM**
7th Day of Practice **4:00 – 6:00 PM**
½ Shell (Helmet & Shoulder Pads)
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey

August 19 **8th Day of Practice** **4:00–6:00 PM**
½ Shell (Helmet & Shoulder Pads)
Def. Black Jersey / Off. White Jersey / QBS Purple Jersey

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August 20	Weight Room Monday's & Wednesday's	3:00–3:30 PM
	9 th Day of Practice	4:00 – 6:00 PM
	½ Shell (Helmet & Shoulder Pads)	
	Def. Black Jersey / Off. White Jersey / QBS Purple Jersey	
August 21	10 th Day of Practice (Special Teams emphasis)	3:15–4:30 PM
	Helmets & Rocky Gear	
	Def. Black Jersey / Off. White Jersey / QBS Purple Jersey	
August 22	Jamboree @ Borah	4:30 PM
	• Rocky Mountain	
	• Borah	
	• Bishop Kelly	
	• Kuna	
August 23	Weight Room	8:00-9:00 AM
	Film by position	9:00-9:45 AM
August 24	OFF	
<u>Game Week</u>		
August 25	Weight Room Monday	3:00–3:30 PM
	½ Shell (Helmet & Shoulder Pads)	4:00-6:00 PM
	Def. Black Jersey / Off. White Jersey / QBS Purple Jersey	
August 26	½ Shell (Helmet & Shoulder Pads)	4:00–6:00 PM
	Def. Black Jersey / Off. White Jersey / QBS Purple Jersey	
August 27	Weight Room Monday's & Wednesday's	3:00–3:30 PM
	½ Shell (Helmet & Shoulder Pads)	4:00–6:00 PM
	Def. Black Jersey / Off. White Jersey / QBS Purple Jersey	
August 28	Helmets & Rocky Gear	3:15–4:30 PM
	Def. Black Jersey / Off. White Jersey / QBS Purple Jersey	
August 22	vs. Orem H.S. (H)	
	Schedule will be provided	