

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	MIDDLE SCHOOL SKILLS CAMP <u>This is a non-padded camp</u>	10:00 AM-12:00 PM
June 30	Ropes Course Depart RMHS North Parking lot 2 Busses – Calwell Trans. (208) 459-6612 x 1 <u>Meet at RMHS 6:40 AM</u>	6:40-10:00 AM
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
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 17	VARSITY 7 on 7 at Mountain View Mountain View, Capital and Boise 3 x 20-25-min sessions	9:30 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 st Day of Practice	4:00–6:00 PM