

**Rangers Nation,**

**Thank you for all of the support at our Thursday and Friday games this past week. We did have to deal with some lightning cancelations on Thursday which was disappointing. This week we are excited to get back into action against Samuel Clemens HS. We have a full week of work planned and are schedule does not stop despite Monday's Labor-Day. We will have practice on Labor Day. Below is the agenda for practices throughout the week.**

**\*Games vs Clemens Sub-Varsities (9<sup>th</sup> & JVs) Thursday 9/1 & Varsity Friday 9/2**

5:00pm JV Black vs Clemens @ Ranger Stadium, Ticket sales available online at 8 am the day of the game.

7:00pm JV Red vs Clemens @ Ranger Stadium, Ticket sales available online at 8 am the day of the game.

5:00pm 9<sup>th</sup> Black vs Clemens @ Lehnhoff Stadium (I am waiting on their HC for a link)

6:30pm 9<sup>th</sup> Red vs Clemens @ Lehnhoff HS Stadium (I am waiting on their HC for a link)

7pm Varsity vs Clemens @ Lehnhoff Stadium (I am waiting on their HC for a link)

**\*We would like to wrap up our Fall Fundraiser Discount Card sales this week,** (Please have your son bring back any none sold cards or sales with them on Monday to turn into their assigned fundraising coach.)

**Blessings on your week!**

**Go Rangers!**

**Coach Scott & Staff**

\*We will be transitioning to the use of (**sportsYou app**) for access to parent/player weekly agendas and team information moving forward for parents/guardians/players. Attached is a [link to details of how to join either on a device or through your desktop computer](#). sportsYou Code: **5YZMMH22**

**\*\*Game Day Shirt\*\*If you have not already done so, please order a game day shirt for your athlete. They are athlete only shirts. [\(Link for Game Day Shirts\)](#) Scroll to the bottom of the page.**

**Football Weekly Agenda (9/5) vs Clemens**

**Monday (Family)**

(OL Locker Room/Cafeteria/Doors)

**LABOR DAY:**

7:30am VAR Special Teams Scouting Report Meeting

7:45am VAR Scouting Report Team Meeting, then split OFF/DEF

8:15am JV/VAR Full Pads Practice & Special Teams (18 & 2 Per. Punt) (Turf) – Full Pads/Weights Both Weight Rooms VAR & JV

9:15am 9<sup>th</sup> Arrive

9:30am 9<sup>th</sup> Weights, Special Teams, Offense

11:30am 9<sup>th</sup> Parent Pick Up

**Tuesday (Character)**

(DL Locker Room/Cafeteria/Doors)

**Before School:**

5:30am JV/VAR Players Report

6:00am JV/VAR Full Pads Practice & Special

7:00am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Practice

**Athletic Period:**

9<sup>th</sup> - continue practice

JV/VAR – Pract. FB & Special Teams Shell – Turf

Study Hall/RT: Cafeteria, Academic Check In

**After School:**

3:50pm VAR Position Meetings/Film Study

**Wednesday(Toughness)**

(LB/H/TB/QB Locker Room/Cafeteria/Doors)

**Before School:**

7:00am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Practice

**Athletic Period:**

9<sup>th</sup> - continue practice

VAR - Weights/ FB - Shell – Grass

JV - FB Team & ST - Grass / Weights

Study Hall/Ranger Time: (Large Study Hall)

**After School:**

4:00pm JV/VAR – Shell, Practice & ST - (Turf), Winning Edge Talk

Post Pract: Specialties

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**

8:00am 9<sup>th</sup> Players Report

**Athletic Period:**

9<sup>th</sup> – Game Day Walk Throughs (Turf)/Helmet & Equipment Cks/Jerseys

JV – Helmet Ck/Game Day Walk Throughs (Grass)/Jerseys

VAR – Specialties/Play the Game Script (Turf)

Study Hall/Ranger Time: (Large Study Hall): 1<sup>st</sup> Day allowed to portal out.

\*9<sup>th</sup> Travel Plan (2:00pm 9<sup>th</sup> Players Report to locker room, 2:30pm Depart to Clemens HS)

**After School**

4:05pm VAR Team Meeting (Lecture Hall), Teacher Letters, Game Goals OFF/DEF (Thompson, Byerly, Scott)

4:45pm VAR Team Meal – Study Hall, Bring \$5, Support Sub-Varsities

5:00pm JV Black vs Clemens @ Ranger Std

7:00pm JV Red vs Clemens @ Ranger Std

5:00pm 9<sup>th</sup> Black vs Clemens @ Lehnhoff Std (\*Please note that both 9<sup>th</sup> grade teams will travel to and back from the games together)

6:30pm 9<sup>th</sup> Red vs GT @ Lehnhoff Std

(Bus Plan/Ball Bags)

**Friday (Payday)**

(WR Locker Room/Cafeteria/Doors)

**Before School**

8:00am 9<sup>th</sup> Arrive

**Athletic Period**

9<sup>th</sup> AP: Weights/Film Study

9<sup>th</sup> Study Hall: Cafeteria

JV: Yoga/Weights/Film Study/Clean Locker Room

VAR: Velo Lift/ST Meeting/Hard Hat Ceremony/Off. Walk Through/Def. Helmet ck & Travel Bags, Pants, Load Trailer

V/JV Study Hall/Ranger Time – Study Hall

VAR Travel Plan \*VAR Players report to locker room @ 1:00pm. Leave for Lehnhoff Std @ approx. 1:30pm.

**After School**

\*VAR Player Game Day Schedule

**Saturday**

9am Player Treatments (Sign-Up Genius)

Players Off