

Rangers Nation,

It was a great week for the Rangers. Thanks to everyone for supporting our teams this week. Through our kid's preparation and hard work they were able to earn a program sweep against Clemens HS. This was a great way to close out the non-district season. It is fitting that our next word of the week is preparation. That is exactly what it is going to take to beat Cedar Ridge in our district opener. Below is the agenda for practices throughout the week.

*Games vs Cedar Ridge Sub-Varsities (9th & JVs) Thursday & Varsity Friday

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

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

5:00pm 9th Black vs Cedar Ridge @ CRHS Stadium (I am waiting on their HC for a link, tickets can also be purchased at the gate for less he says)

7:00pm 9th Red vs Cedar Ridge @ CRHS Stadium (I am waiting on their HC for a link, tickets can also be purchased at the gate for less he says)

7pm Varsity vs Cedar Ridge @ Kelly Reeves Stadium (I am waiting on their HC for a link, tickets can also be purchased at the gate for less he says)

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (9/12) vs Cedar Ridge

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

5:30am JV/VAR Players Report

5:45am JV/VAR Scouting Report

6:00am JV/VAR Full Pads Practice & Special Teams (Turf)

7:00am 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice

VAR - Weights / FB Shell – Grass

JV - FB Team - Grass /Weights

Study Hall/Ranger Time: Cafeteria

After School:

3:50pm VAR Special Team Meeting (Small SH)

4:00pm VAR Team Meeting (Large Study Hall)

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 9th Report

7:30am 9th Practice

Athletic Period:

9th - 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 9th Report
7:30am 9th Practice

Athletic Period:

9th - continue practice
VAR - Weights/ FB - Shell – Grass
JV - FB Team & ST - Grass / Weights
Study Hall/Ranger Time: Cafeteria

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 9th Players Report

Athletic Period:

9th – 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: Cafeteria

After School

4:05pm VAR Team Meeting (Library), 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 Cedar Ridge @ Ranger Std
7:00pm JV Red vs Cedar Ridge @ Ranger Std
5:00pm 9th Black vs Cedar Ridge @ CRHS Std
6:30pm 9th Red vs Cedar Ridge @ CRHS Std

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School

8:00am 9th Arrive

Athletic Period

9th AP: Weights/Film Study
9th 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 – Cafeteria

After School

*VAR Player Game Day Schedule

Saturday

9am Player Treatments (Sign-Up Genius Only)
Players Off