

Rangers Nation,

It was another great week for the Rangers. We appreciate everyone's support last week. We are excited to see many positives in our ball clubs. We are also ready to use this weeks bye week to attack some areas we need to improve on. Our players are doing a great job of trusting the process and we can't wait to face off against are next opponent. Our schedule will be a little different this week because of our bye week. Please see the practice agenda below.

***This is the last week of the six weeks grading cycle. Our coaching staff has been hard at work meeting with players about getting all assignments turned in as well as retaking any quiz/test that they are able to retake. Please partner with us in encouraging all the players to use this last week to finish strong in the classroom.**

***OPEN WEEK (9th & JVs)**

JV Black vs OPEN WEEK

JV Red vs OPEN WEEK

9th Black vs OPEN WEEK

9th Red vs OPEN WEEK

7pm Varsity vs OPEN WEEK

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (9/19) vs OPEN WEEK

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

VAR/JV No Morning Practice

8:00am 9th Arrive

9th Weights/Yoga

Athletic Period:

9th - continue Weights/Yoga/Study Hall-Academics

VAR/JV – Team Meeting / Game Film Study

9th & JV/VAR Study Hall/RT: Cafeteria, Players can portal out during Ranger Time

After School:

Players Off

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

5:30am JV/VAR Players 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 – Grass

JV - FB - Grass / Weights

9th & JV/VAR 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)

5:30am JV/VAR Players Report

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

7:00am 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice

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

9th & JV/VAR Study Hall/RT: Cafeteria

After School:

3:50pm VAR Position Meetings/Film Study

Thursday (Relentless Effort)

(DB/Sams 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

9th & JV/VAR Study Hall/RT: Cafeteria, Players can portal out during Ranger Time

After School:

4:00pm JV/VAR Shell Practice & ST, Winning Edge

Post Pract: Specialties, ICE BATHS

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School

8:00am 9th Arrive

Athletic Period

9th AP: Weights/Conditioning

VAR/JV: Weights/Conditioning, **Clean Locker Room**

9th & JV/VAR Study Hall/RT: Cafeteria

After School

9th/JV/VAR No Practice

Saturday

9am Player Treatments (Sign-Up Genius Only)

Players Off