

Rangers Nation,

This week kicks off Week 2 of our offseason program. We will begin Phase I of our lifting cycle in the weight room on Tuesday. We will be **requiring that players attend 4 out of the 9 open weight room sessions** available throughout the week. Those sessions occur from 7:00 to 8:00 am (M-Fr) or from 3:45-5:15 pm (M-Th). The lifts will be designed to complement the lifts they are doing during the athletic period. On Tuesday during athletics, we will be discussing the importance of attending these sessions with the players and about having a great nutrition plan in place. They will be burning a tremendous amount of calories and will need to refuel after each lifting session - "Feed the Machine" as we say. We would like to develop as much strength and muscle as we can during this phase. Please help us encourage the guys to attend and to plan ahead with their nutrition. We are excited to see their hard work and dedication payoff in the coming weeks.

We are continuing to work through banquet details and as soon as they are finalized, we will communicate them to everyone.

****Senior parents**** Please email me (chad.scott@leanderisd.org) a baby picture of your favorite ranger. We will be putting together a special video for our seniors.

Parent Survey: Parents, please take some time to fill out our end of season district survey. Your feedback is valued, and we appreciate all your support this year. [Parent Survey](#)

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (11/14) Week 2 Offseason

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP - Test # 1 Continue (40, Pro Agility, VJ)

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School

3:45pm -5:15pm Open Weight Room/Extra Lift

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP Team Meeting - Offseason Orientation Phase I- Weights Lower Body

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School:

3:45pm -5:15pm Open Weight Room/Extra Lift

Wednesday (Toughness)

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

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP – Phase I Weights – Backs/Biceps

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School:

3:45pm -5:15pm Open Weight Room/Extra Lift

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP – Phase I Weights – Lower Body II

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School:

3:45pm -5:15pm Open Weight Room/Extra Lift

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP – Phase I Weights – Back/Shoulders

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room