

Ranger Nation,

I hope everyone enjoyed the weekend. We have one week left in the 1st semester to go. Please partner with us in encouraging your son to finish the semester out strong academically. As a reminder, we will have both the sub-varsity and varsity banquets this week. Please note the time and places below. We will also be continuing our lifting cycle this week and will be working some maxes into the workout. I am excited to see how much they have improved in just a few short weeks. Extra/open weight room sessions this week will continue. As a reminder, these sessions occur from 7:00 to 8:00 am (M-Fr) or from 3:45-5:15 pm (M-Th).

Have a great week.

Go Rangers!

Coach Scott & Staff

Banquet Details:

Varsity Banquet

Date/Time: December 14th 5:30 to 6:00 pm Arrival, 6:00pm Dinner, 7:00pm Presentation/Awards

Location: The Crossover in Leander.

JV/9th Banquet

Date: 7:00pm-9:00pm December 12th

Location: Main Event in Austin

***Players only**

****Announcement from the Booster Club:**

The Football Booster Club is looking for interested, hardworking football family members to fill officer positions next year.

- President
- Vice-President
- Treasurer
- Secretary

A nominating committee has been formed to identify interested candidates and answer questions. There are other positions open and many opportunities to volunteer. Please email the committee mailbox at VRFootballnomcom@gmail.com or contact one of the nominating committee members for more information.

Jeff Harrell (Chair)	512-784-1099
Kellidawn Gililand	512-751-2649
Belinda Heffelfinger	512-496-6972
Jeff Brewton	512-517-0809

Football Weekly Agenda (12/12) Week 5 Offseason Phase I

Monday (Family)

(OL 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 & Max

Seniors – Small Study Hall, Exit Meetings, Final Banquet Prep

Study Hall/Ranger Time (Cafeteria)

After School

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

*9th/JV Player Only Football Banquet @ Main Event Arrive 6:30pm-9:00pm

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9th/JV/VAR AP - Phase I - Weights Chest/Arms & Max

Seniors – Small Study Hall, Exit Meetings, Final Banquet Prep

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 Form Running/Agilities/Speed Development/Mobility/Core

Seniors – Small Study Hall, Exit Meetings, Banquet Prep

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 – Total Body

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School:

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

Friday (Payday) *Early Release Schedule

(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 – Total Body

Seniors – Small Study Hall, Exit Meetings

Study Hall/No Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room