

Ranger Nation,

What an impressive start to the 2nd semester! The boys brought awesome energy this week! We are seeing great commitment to putting in the hard work necessary to gain an advantage on our opponents. This Monday we will begin introducing our mat drills routine. We will use mat drills to get better in our agility/quickness, conditioning, and mental toughness. This routine will also allow us to focus on enthusiasm, encouraging teammates, and read and reaction skills. All of these are components that are a must in the game of football. Our extra/open weight room sessions will be from 7:00 to 8:00 am (Mon-Fri) or from 3:45-5:15 pm (Mon-Thur). We are asking that the guys make 4 of these sessions this week. Thank you for continuing to encourage these young men to strive to be the best version of themselves possible every day.

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (1/9) Week 7 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 – Mats Routine Introduction/Weights

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 - Phase I - Weights

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

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

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/Competition Day

Study Hall/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room