

Ranger Nation,

Lifting has been going great this offseason. Thank you for helping to encourage everyone to get in for the mornings or after school for these sessions. We are seeing our strength levels increase and the players are putting on muscle because of this work. This week we will be adding a jump rope routine to increase foot speed, balance, and conditioning. This Monday we will be shut down for the LISD student/staff holiday (Martin Luther King, Jr. Day). There will be no open weight room Monday. Our extra/open weight room sessions will pick back up Tuesday and be from 7:00 to 8:00 am (Tue-Fri) or from 3:45-5:15 pm (Tue-Thur). We are asking that the guys make 3 of these sessions this week.

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (1/16) Week 8 Offseason Phase I

Monday (Family)

*Student Staff Holiday (MLK, Jr. Day)

***No Open Weight Room**

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 – Mat Routine/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 Weights

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 – Jump Rope Routine/Agilities/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