

**Ranger Nation,**

Last week we took steps forward as a program. The kids are working really hard right now. We will resume our training this week as we have a normal 5-day training week. Our extra/open weight room sessions will start Monday from 7:00 to 8:00 am (Mon-Fri) or in the afternoon from 3:45-5:15 pm (Mon-Thur). We are asking that the guys make 4 of these sessions this week.

**\*Reminder: Wednesday 1/25 @ 6pm, Football Booster Club Meeting (Officer Elections Meeting), All families are welcome to attend.**

**Have a great week.**

**Blessings!**

**Go Rangers!**

**Coach Scott & Staff**

### **Football Weekly Agenda (1/23) Week 9 Offseason Phase I**

#### **Monday (Family)**

(OL Locker Room/Cafeteria/Doors)

##### **Before School:**

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

##### **Athletic Period:**

9<sup>th</sup>/JV/VAR AP - Phase I – Mat Routine/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:**

9<sup>th</sup>/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:**

9<sup>th</sup>/JV/VAR AP – Phase I Jump Rope Routine/Weights

Study Hall/Ranger Time (Cafeteria)

##### **After School:**

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

\*Football Booster Club Meeting 6:00pm Larger Study Hall

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**

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

**Athletic Period:**

9<sup>th</sup>/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:**

9<sup>th</sup>/JV/VAR AP – Phase I Weights/Competition Day

Study Hall/Ranger Time (Cafeteria)

**After School**

OFF – No Open Weight Room