

**Ranger Nation,**

The Rangers had a great week of work last week. We have seen numerous improvements in our mats and ropes routines. It is a testament to the work they have put in. Early this next week we will be maxing on power cleans, bench, squat, and incline. We hope to see some great gains from all their hard work. This will give us a chance to reset their % for their training plan cards. Midweek we will begin a classroom phase and boot camp orientation. 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. We are monitoring the weather and prepared to adjust our plans if needed.

A special thank you to our outgoing board officers and committee chairs. We thank you for your unselfish service to this program and to all of our Rangers.

Please join me in welcoming our new football booster club officers:

**President - Nicole Sundquist**  
**Vice President – Greg Yount**  
**Secretary – Lauri Smit**  
**Treasurer – Ashley Gonzalez**

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

### **Football Weekly Agenda (1/30) Week 10 Offseason Phase I & II**

#### **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 – Weights & Maxes Check Point (Power Clean & Bench)

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 & Maxes Check Point (Squats & Incline)

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> AP – Jump Routine/Mobility

JV/VAR AP – Pre-Boot Camp Classroom Phase

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>AP - Phase I – Weights

JV/VAR AP – Pre-Boot Camp Classroom Phase

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> AP - Classroom & Boot Camp Orientation

JV/VAR AP – Classroom & Boot Camp Orientation

Study Hall/Ranger Time (Cafeteria)

**After School**

OFF – No Open Weight Room