

Ranger Nation,

Our staff hopes everyone stayed safe and warm during the winter blast last week. We are ready to get back in the swing of things and will be starting phase II of our offseason this week. This will involve a classroom phase for our upperclassmen and then the start of our boot camp orientation and rotations. Our goals are to come together as a team, provide leadership opportunities, build mental toughness, enhance agility and quickness, and to learn to focus during adversity. Our extra/open weight room sessions will continue during this phase. We 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 looking forward to seeing everyone back on Monday.

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (2/6) Week 11 Offseason Phase II

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9thAP – Mat Room Routine/Weights

JV/VAR AP – Classroom Phase Day 1: Attitude/Expectations of a Ranger/Philosophy

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:

9thAP - Command Weights Intro

JV/VAR AP – Classroom Phase Day 2: Assumptions/Self Evaluation

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:

9thAP – Boot Camp Orientation

JV/VAR AP – Classroom Phase Day 3: Commitment & Boot Camp Orientation

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:

9thAP - Phase II Boot Camp

JV/VAR AP – Phase II Boot Camp

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:

9thAP – Phase II - Boot Camp

JV/VAR AP – Phase II - Boot Camp

Study Hall/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room