

Ranger Nation,

Phase II Boot Camp is off and running. The players have responded well to being challenged mentally and physically. Our staff has enjoyed watching them work. This next week will be a big week for us. It's important that everyone get in for our extra/open weight room sessions during this time because we are not in the weight room as much during the period. These sessions will continue from 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. Also please continue to send them to school with extra nutrition during boot camp. They are burning lots of calories right now. We are looking forward to seeing everyone back on Monday. Enjoy the Super Bowl!

***Announcement: Booster Club Meeting**

Monday, Feb. 20th at 6:00pm, Large Study Hall, All are welcome to attend.

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (2/13) Week 12 Offseason Phase II

Monday (Family)

(OL 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

Tuesday (Character)

(DL 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

Wednesday (Toughness)

(LB/H/TB/QB 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

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