

Ranger Nation,

Last week during Boot Camp we saw great effort, growth, and leadership. The guys are learning many lessons through this process like sacrifice, attention to details, and being on the same page while working together as a unit. We have a big week ahead of us and our staff knows the guys will be up for the challenge. Again, I wanted to stress how important it is 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 this Tuesday, from 7:00 to 8:00 am (Tue-Fri) or in the afternoon from 3:45-5:15 pm (Tue-Thur). We are asking that the guys make 3 of these sessions this week because we are off on Monday for President's Day. Also, please continue to send them to school with extra nutrition during boot camp. Enjoy the extended weekend. We are looking forward to seeing everyone back on Tuesday.

***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 (2/20) Week 13 Offseason Phase II

Monday (Family)

*Student Holiday – No School

*No Open Weight Room

*Teacher/Staff Professional Development

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