

Ranger Nation,

We did it! The guys completed the boot camp phase of our offseason. They were awesome! They showed how hard they could work towards accomplishing a goal and we learned many lessons through this process. We even were able to bring in our district ropes course coordinator Greg Glover to help with some team building at the end of the week. Offseason will now be moving into Phase III which will be a combination of weights, agilities, plyos, and football specific skill development. We will continue our extra/open weight room sessions during this time. These sessions will continue this 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. Enjoy the rest of your weekend. We look forward to seeing everyone back on Monday.

SAVE THE DATES:

Football Recruiting Seminar

Wednesday, March 8th at 7:00pm, Performing Arts Center (PAC)

Find out more about the recruiting process and cycle. This seminar is targeted to incoming 9th graders up to current 11th graders in football. (Optional Seminar if you would like to learn more about the recruiting process)

Spring Football Parent Information Night & Football Booster Club Membership Drive

Wednesday, March 22nd at 6:00pm, VRHS Cafeteria

Come meet our new board, join the booster club, and get information on all things football.

HS Spring Football Calendar, 7 on 7 Information, Summer Camps, Important Summer and Fall Dates, 2023 Football Schedule

This meeting is for all current HS football parents and all incoming 9th football parents. (Please help spread the word, we would like for a least one parent for each athlete to be there.)

HS Spring Lift-a-thon Fundraiser (Current HS Football Athletes Only)

Wednesday, March 29th, Large Weight Room.

We will be working to raise funds for football by having our athletes get lifting pledges per pound or flat donations and then perform 2 max lifts in the weight room (Bench & Power Clean) .

***More details will be coming about this fundraiser so for now save the date.**

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (2/27) Week 14 Offseason Phase III

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9thAP – Start of Phase III Weights

JV/VAR AP – Start of Phase III 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:

9thAP – Agilities/Plyos/FB Skills

JV/VAR AP – Thunder – Weights / Lightning – Agility/Plyo/FB Skills

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)

*School Junior SAT Testing (Juniors will will not come in early for lifting)

Before School:

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

Athletic Period:

9thAP – Weights/FB Skills

JV/VAR AP – Thunder – Agility/Plyo/FB Skills / Lightning – Weights

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 – Weights / Speed/Form Run

JV/VAR AP – Thunder – Weights / Lightning – Speed/Form Run/FB Skills

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 – Velocity Lift/Competition

JV/VAR AP – Velocity Lift/Competition

Study Hall/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room