

Ranger Nation,

Phase III of our offseason is off to a great start. The guys are continuing to put in the work needed to see gains in all areas. Our staff is excited to continue working with these great group of young men. We will continue our extra/open weight room sessions this week. 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. Let's get after it on Monday!

SAVE THE DATES:

*****Football Recruiting Seminar*** (This Week)**

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)

Football Booster Club Meeting

Monday, March 20th 5:30pm, Large Study Hall

Planning/Organization Meeting to Prep for Football Parent Information Meeting coming up.

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 Ranger 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. We plan on talking to the players on Wednesday about what this will look like for them. We will follow up with more information on sportYou.

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (3/6) Week 15 Offseason Phase III

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9thAP – Phase III Weights

JV/VAR AP – 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)

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

*Optional Football Recruiting Seminar, VRHS Performing Arts Center, 7pm (Incoming 9th, & Current 10-11th graders & parents)

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/Starts

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