

Ranger Nation,

I hope everyone is enjoying the start of their spring break. This week we will be opening the weight room Monday-Wednesday from 10-12 pm for optional lifts for those that are in town. The weight room will be shut down the remainder of the week after that.

On Wednesday and Friday of last week we launched the start of our spring fundraiser. We had each player begin to set up their own lift a thon pledge page by accessing an email with fundraising links sent to each of them from Coach Garver. Over spring break we are encouraging the kids to send out 10-15 invites to ask for pledges from their Ranger Football supporters. Parents, our staff and booster club are asking you to assist your son with this process by helping them with contact information of potential supporters. Once these contacts are added to their fundraising profile page an email or text will be generated describing the fundraiser and how they can help support. Our goal is to raise 15,000 dollars as a program. Parents, we would also love it if you would share your son's fundraising profile page link on social media as well. Thank you for your support with our 2023 Spring Fundraiser. Please see the link below with more details.

**SAVE THE DATES:**

**Football Recruiting Seminar**

If you were not able to make the recruiting seminar, here is a link to the presentation we covered. [2023 VR Recruiting Seminar Presentation](#)

**Football Booster Club Meeting**

Monday, March 20<sup>th</sup> 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 22<sup>nd</sup> 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 9<sup>th</sup> 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).

Click the link for details for the [2023 Spring Lift A Thon Fundraiser and Pledge/Donation Drive](#)

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

**Football Weekly Agenda (3/13) Spring Break**

**Monday (Family)**

10:00am – 12:00pm Optional Open Weight Room

**Tuesday (Character)**

10:00am – 12:00pm Optional Open Weight Room

**Wednesday (Toughness)**

10:00am – 12:00pm Optional Open Weight Room

**Thursday (Relentless Effort)**

Shut Down – Spring Break Holiday

**Friday (Payday)**

Shut Down – Spring Break Holiday