

Ranger Nation,

For this week, Monday is a student holiday and teacher inservice day. We will be opening the weight room Monday from 3:00 pm to 5:00pm for an optional lifting session if you are in town. The rest of the week we will be on a normal schedule Tuesday-Friday 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. Enjoy the rest of your weekend.

### **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](#)

## **Upcoming Important Dates:**

### **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 and more. 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).

Before spring break we launched the start of this 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. We are asking 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. [2023 Spring Lift A Thon Fundraiser and Pledge/Donation Drive](#)

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

## **Football Weekly Agenda (3/20)**

### **Monday (Family)**

(OL Locker Room/Cafeteria/Doors)

\*Student Holiday

\*Staff Inservice

### **After Inservice:**

3:00pm -5:00pm Optional 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:**

9<sup>th</sup>AP – 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:**

9<sup>th</sup>AP – Weights/FB Skills

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

Study Hall/Ranger Time (Cafeteria), Spring Fundraiser Check Ins

**After School:**

3:45pm -5:15pm Open Weight Room/Extra Lift

**\*FB Spring Parent Information Night** 6:00pm VRHS Cafeteria (We are asking that each athlete have at least one parent in attendance.)

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**

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

**Athletic Period:**

9<sup>th</sup>AP – 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:**

9<sup>th</sup>AP – Velocity Lift/Competition

JV/VAR AP – Velocity Lift/Competition

Study Hall/Ranger Time (Cafeteria)

**After School**

OFF – No Open Weight Room