

Ranger Nation,

We have an exciting week ahead of us. We will be moving into phase IV of our offseason. This means that we will be adding in more football skills and begin the early stages of offense/defense install. We are also excited that our spring lift-a-thon will be Wednesday after school. I will share more details below on this. Open weight room/extra lifts will be Monday-Friday from 7:00 to 8:00 am (Mon-Fri) or in the afternoon from 3:45-5:15 pm (Mon, Tue, Thur). We are going to shut down the after school open weight room on Wednesday due to our lift-a-thon that night. We are asking that the guys make 4 of these sessions this week. Please enjoy the rest of your weekend.

Upcoming Important Dates:

HS Spring Lift-a-thon Fundraiser (Current HS Football Athletes Only)
Wednesday, March 29th, Large Weight Room.

We have been working to raise funds for football by having our athletes get lifting pledges per pound or flat donations. Each athlete has their own pledge profile page. Parents, please continue to encourage your child to send out invites to their Ranger support network. In this lift-a-thon event the players will perform 2 max lifts in the large weight room (Bench & Power Clean). Our goal is to raise 15,000 dollars as a program, and we are already off to a great start. Again, the lift-a-thon will take place in the large weight room. Parents, you are welcome to attend this event. We will be setting up chairs all around the perimeter of the weight room for you to come and watch if you would like. Parents will come to watch at their child's assigned lift time below. It should be a fun event! We will have the music cranked up to get the kids going.

We are staging the players in to lift by their age as follows:

9th graders: lift from 5:30 pm to 6:30 pm

10th graders: lift from 6:30 pm to 7:30 pm

11th graders: lift from 7:30 pm to 8:30 pm

(We are asking that the players arrive 30 minutes prior to their lift time and report to the small weight room to warm up.)

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](#)

Save the Date: Saturday, May 6th, [Spring Football Kickoff Pancake Breakfast Fundraiser](#), 7:30 am to 9:30 am, Mighty Fine in Cedar Park (Tickets purchase information to come)

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (3/27)

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9thAP – Phase IV ½ Weights ½ FB Skills (Turf)

JV/VAR AP – Phase IV ½ Weights ½ FB Skills – All
SH/Ranger Time (Cafeteria)

After School:

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

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9thAP – Phase IV ½ Weights ½ FB Skills (Turf)

JV/VAR AP – Phase IV ½ Weights ½ FB Skills – All

Study Hall/Ranger Time (Study Hall/Cafeteria), Team Meet in Study Hall to go over lift-a-thon plan/logistics, also fundraiser check in.

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 – FB Skills

JV/VAR AP – FB Skills

Study Hall/Ranger Time (Cafeteria)

After School:

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

***FB Spring Lift-A-Thon**

9th graders: lift from 5:30 pm to 6:30 pm

10th graders: lift from 6:30 pm to 7:30 pm

11th graders: lift from 7:30 pm to 8:30 pm

(We are asking that the players arrive 30 minutes prior to their lift time and report to the small weight room to warm up.)

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 – Weights / Speed/Form Run

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 (Gym)

After School

OFF – No Open Weight Room