

**Ranger Nation,**

Thank you for the amazing support of our Rangers at the 1<sup>st</sup> Spring Lift-A-Thon ever. It was an amazing event with great energy and excitement, and we saw our Rangers get some big weight gains on both the power clean and the bench press. It is a testament to how hard they have been working. In addition, we were able to meet our program goal for this event.

April is here! Open weight room/extra lift sessions will be Monday-Thursday from 7:00 to 8:00 am (Mon-Thur) or in the afternoon from 3:45-5:15 pm (Mon - Thur). We are asking that the guys make 3 of these sessions this week. Also, Friday will be a student/staff holiday in honor of Good Friday. We hope you take time to enjoy the blessings of your family.

## Upcoming Important Dates:

### Save the Dates:

\*Monday April 24<sup>th</sup>, Football Booster Club Meeting, 6:00 pm Large Study Hall, Open Meeting

\*Saturday, May 6<sup>th</sup>, [Spring Football Kickoff Pancake Breakfast Fundraiser](#), 7:30 am to 9:30 am, Mighty Fine in Cedar Park

- Here is the link to purchase tickets to an amazing breakfast! Parents, please help spread the word, and feel free to share on your social media pages. Proceeds will go to help support the financial needs of our Ranger Nation Football Program. ([VRHS Spring Football Kickoff Breakfast Tickets](#))

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

### Football Weekly Agenda (4/3)

**Monday (Family)** (OL Locker Room/Cafeteria/Doors)

**Before School:**

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

**Athletic Period:**

9<sup>th</sup>AP – 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

\*Player volunteer opportunity to help coach MS 7 on 7, 5:00pm to 8:00pm (Players sign up with Coach Hughes)

**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 – Phase IV ½ Weights ½ FB Skills (Turf)

JV/VAR AP – Phase IV ½ Weights ½ 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 – ½ Agilities & ½ FB Skills

JV/VAR AP – ½ Agilities & ½ FB Skills (Grass)

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:**

9<sup>th</sup>AP – FB Skills

JV/VAR AP – FB Skills

Study Hall/Ranger Time (Cafeteria)

**After School:**

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

**Friday (Payday)**

Student/Staff Holiday: Good Friday

No Open Weight Room

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**Monday (Family)**

Student Holiday

Staff Professional Inservice

\*Optional 3:00pm -5:00pm Open Weight Room/Extra Lift