

Ranger Nation,

We hope that everyone enjoyed the Easter break with family and friends. Our staff is excited about a busy week ahead of us. We are transitioning to mostly football skills training during the athletic period as we approach the April 19th start date of spring football practices. With that in mind, it is important that we have the players in either before or after school to get their core lifts taken care of. We have made some great gains in the weight room and want to maintain current strength gains as we transition to spring football practices.

With Monday being a student holiday, we will have an optional weight room session Monday from 3:30 to 5:30pm. For the rest of the week open weight room lift sessions will be 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. Blessings on your week!

Upcoming Important Dates:

Save the Dates:

*Monday April 24th, Football Booster Club Meeting, 6:00 pm Large Study Hall, Open Meeting

*Saturday, May 6th, [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](#))
- We will be asking for player volunteers to help serve, bus tables, and clean for this event. We will be asking for 40 athletes to help with this. There will be two shifts. 7:00 to 8:30am (20) and 8:30 to 10:00 am (20), Players may sign up with Coach Hughes to help serve.

Have a great week.

Blessings!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (4/10)

Monday (Family)

*Student Holiday

*Staff Inservice

3:30 – 5:30pm Optional Open Weight Room Session

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 FR (Turf)

JV/VAR AP – Phase IV ½ Weights ½ FR (Turf)

Study Hall/Ranger Time (Cafeteria)

After School:

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

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

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 (Turf)

JV/VAR AP – FB Skills (Turf)

Study Hall/Ranger Time (Study Hall/Cafeteria), Team Meeting Study Hall

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:

9thAP – FB Skills (Turf)

JV/VAR AP – FB Skills (Turf)

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 - Auxiliaries

*7:30am Coaches Arrive

Athletic Period:

9thAP – FB Skills (Turf)

JV/VAR AP – FB Skills (Turf)

SH/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room