

Ranger Nation,

I hope everyone had a great weekend. This week we will be starting phase V of our offseason, Spring Football Practices. Everyone in our program is excited to get to work on Wednesday with the start of our mandatory Spring Football Practices. All practice times this week are listed on the agenda with the start times. This week we will be practicing only Wednesday and Thursday. Players will need to make sure they allow enough time to get ready and be on the field. We are asking them to arrive at 5:30 am to the field house. All 9<sup>th</sup>-11<sup>th</sup> graders will practice at the same time. Please pay close attention to sportsYou and our football booster club communications on any changes with practice schedules.

This following link is our most updated Spring Football Calendar. We had to adjust the morning start time from 6:30 am to 6:00 am and a few dates have been moved around from an AM to PM or from PM to AM practice because of the impact of either AP testing or STAAR testing.

[VR Football Spring Football Calendar April & May](#)

Have a blessed week.

Go Rangers!

Coach Scott & Staff

## 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](#))
- 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.

## Football Weekly Agenda (4/17)

### 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 - FB Skills (Turf)

JV/VAR AP – FB Skills – All (Turf)

SH/Ranger Time (Cafeteria)

#### After School

4:30pm -5:30pm Open Weight Room/Extra Lift – Auxiliaries (Adjusted time to allow for school ceremony)

\*MS 7 on 7 Player volunteer Opportunity to help Coach, 5:00-8:00pm (See Coach Hughes or Wilgoren to sign up)

**Tuesday (Character)**

(DL Locker Room/Cafeteria/Doors)

**Before School:**

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

**Athletic Period:**

9<sup>th</sup>AP – FB Skills (Turf)

JV/VAR AP – FB Skills (Turf)

SH/Ranger Time (Cafeteria)

**After School:**

3:45pm -5:15pm Open Weight Room/Extra Lift - Auxiliaries – All/Commitment & Hardy

**Wednesday (Toughness)**

(LB/H/TB/QB Locker Room/Cafeteria/Doors)

**Before School:**

Players Arrive 5:30am

6:00am Spring Practice #1

**Athletic Period:**

9<sup>th</sup>AP – Weights/Yoga

JV/VAR AP – Weights/Yoga

SH/Ranger Time (Study Hall), Senior Meeting in Cafeteria

**After School:**

OFF - No Open Weight Room

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**

Players Arrive 5:30am

6:00am Spring Practice #2

**Athletic Period:**

9<sup>th</sup>AP – Continue FB Practice/Weights/Film Study/Meetings (Turf)

JV/VAR AP – Weights/Film Study/Meetings

SH/Ranger Time (Study Hall)

**After School:**

OFF - No Open Weight Room

**Friday (Payday)**

(WR Locker Room/Cafeteria Doors)

**Before School:**

No Open Weight Room, 9<sup>th</sup> Arrive for 1<sup>st</sup> Period

**Athletic Period:**

9<sup>th</sup>AP – Weights/Position Meetings/Film

JV/VAR AP – Weights/Position Meetings/Film

SH/Ranger Time (Cafeteria)

**After School**

OFF – No Open Weight Room