

**Ranger Nation,**

**We hope everyone has had a wonderful Mother's Day! We are all so very thankful and blessed by so many wonderful women in our Ranger family.**

**We look to conclude Spring practices this week. Spring Football practices this week will be in the morning before school on Monday - Wednesday. We are asking the players to arrive by 5:30 am to be ready for a 6:00 am start. All practice times are listed on the agenda below with start times to refer to. Our Spring Game (inter-squad scrimmage) will be at 7:00 pm this Friday at Gupton Stadium for all levels 9<sup>th</sup>/ JV/VAR. Let's pack the stadium this Friday and help show your support for Ranger football. Hope to see everyone there.**

**Free Youth (K-6<sup>th</sup> Grade) Football Clinic**

**We will also be hosting a free Youth (K-6<sup>th</sup> Grade) Football Clinic on Friday at 5:00 pm. There will be a check in table by the ramp that leads to the field from under the home stands by our home locker rooms.**

- 1. Walkup registrations: Print this document ([VR Youth Football Clinic Registration and Waiver Form](#)) and bring to the registration table on MAY 19.**
- 2. It is mandatory for all registrations to be complete, signed, and filed on the day of the event.**
- 3. You can email your registration to [chad.scott@leanderisd.org](mailto:chad.scott@leanderisd.org) as well.**

**Have a blessed week.**

**Go Rangers!**

**Coach Scott & Staff**

**Football Weekly Agenda (5/15)**

**Monday (Family)**

(OL Locker Room/Cafeteria/Doors)

**Before School:**

6:00am Spring Practice #15 (Full Pads) (KO) - Turf

**Athletic Period:**

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

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

**After School:**

No Open Weight Room

**Tuesday (Character)**

(DL Locker Room/Cafeteria/Doors)

**Before School:**

6:00am Spring Practice #16 (Full Pads) / (Punt) – Turf

**Athletic Period:**

9<sup>th</sup>AP – break then continue FB Practice/Weights/Film Study/Meetings

JV/VAR AP – Skills: 7 on 7 (Turf), Thunder: Weights/Film Study/Meetings

SH/Ranger Time (Study Hall)

**After School:**

No Open Weight Room

\*Incoming 9<sup>th</sup> 7 on 7 Vandegrift League

**Wednesday (Toughness)**

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

**Before School:**

6:00am Spring Practice #17 (Half Pads) – Turf

**Athletic Period:**9<sup>th</sup>AP – Skills: 7 on 7 (Turf), Thunder: Weights/Film Study/Meetings

JV/VAR AP – Skills: 7 on 7 (Turf), Thunder: Weights/Film Study/Meetings

SH/Ranger Time (Cafeteria)

**After School:**

No Open Weight Room

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**

No AM Practice

**Athletic Period:**9<sup>th</sup> AP – Spring Game Black/Red Team Prep/walk throughs Off/Def

JV/VAR AP – Spring Game Black/Red Team Prep/walk throughs Off/Def

SH/Ranger Time (Cafeteria)

**After School:**

No Open Weight Room or Practice

**Friday (Payday)**

(WR Locker Room/Cafeteria Doors)

**Before School:**

No Open Weight Room or Practice. All Levels Spring Game. See schedule below.

**Athletic Period:**9<sup>th</sup>AP – Velocity Lift & Team Walk Throughs

JV/VAR AP – Velocity Lift &amp; Team Walk Throughs

SH/Ranger Time (Cafeteria)

**After School**

4:00pm Study Hall – Available for athletes staying on campus

5:20pm Players Report to school for Spring Game

5:45pm Players Leave for Gupton

6:05pm Team Dynamic Stretch/Team Warm-Up/Def &amp; Off

6:30pm Teams to the Endzone (Scoreboard Side)

7:00pm Spring Game @ Gupton

\*Players See Spring Game Day Itinerary Posted in Locker Room