

Rangers Nation,

Thank you to everyone who came out to support the Rangers this past week. Also, a special thank you to all the parents and the booster club for making HOCO week so special for the guys. It was a fun and memorable week. This week is our team's district "open/bye week" which means we will not have any games on Thursday or Friday. We have seen a lot of growth from the players and are looking forward to preparing for our 2nd district opponent. We will be using this week to work on continuing to develop our fundamentals and will be working to get prepared for McNeil the following week. Please see more details below in the agenda for the practice times throughout the week.

***Games None (Open/Bye Week) * See Practice times below.**

Enjoy the week.

Go Rangers!

Coach Scott & Staff

***This season we will continue to utilize a team app for our team communication and announcements. (sportsYou app) This app will give access to parent/player weekly agendas and team information for parents/guardians/& players. Attached is a [link to details of how to join either on a device or through your desktop computer](#).**

sportsYou Code: 5YZMMH22

Football Weekly Agenda (9-18), vs Open/Bye Week

Monday (Family)

(OL Locker Room/Cafeteria)

Before School:

No AM 9th/JV/VAR Practice

8:00am 9th Arrive - Weights/Yoga

Athletic Period:

9th - continue Weights/Yoga/Clean Up Lockers, RT: Cafeteria

VAR/JV – Game Film Study

JV/VAR Study Hall: Large Study Hall - (Commitment Coaches)

After School:

No 9th/JV/VAR Practice

Tuesday (Character)

(DL Locker Room/Cafeteria)

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Full Pads Practice & Special Teams (Turf) – Full Pads

7:00am 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice, RT: Cafeteria, Academic Check In

JV/VAR – Pract. FB & Special Teams – Shell (Turf)

Study Hall – Large SH

After School:

3:50pm VAR Position Meetings/Film Study, 4:30pm End

Wednesday (Toughness)

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

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Full Pads Practice & Special Teams (Turf) – Full Pads

7:00am 9th Report7:30am 9th Practice**Athletic Period:**9th - continue practice, RT: Cafeteria, Academic Check In

JV/VAR – Pract. FB & Special Teams – Shell (Turf)

Study Hall – Large SH

After School:

3:50pm VAR Position Meetings/Film Study, 4:30pm End

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:7:00am 9th Report7:30am 9th Weights / Practice**Athletic Period:**9th - continue practice, RT: Cafeteria

VAR - Weights / FB Shell – Grass

JV - FB Pract & ST - Grass / Weights

Study Hall – Large SH

After School:

Pre-Practice: Punt Block

4:05pm JV/VAR Shell Practice (Turf)

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School8:00am 9th Report**Athletic Period**9th AP: Weights / Conditioning9th Study Hall: Cafeteria

Ranger Time – Cafeteria

JV: Game Day Conditioning Simulation / Lift

VAR: Lift/Game Day Conditioning Simulation

V/JV SH – Study Hall

After School*NO 9th/JV/VAR Practice**Saturday**Players Off – No Practice, Treatments 9 am

Monday 9/25 Teacher Inservice * Mandatory Practice for JV/VAR

5:30am JV/VAR Players Arrive

5:45am VAR SR Meetings

6am VAR/JV Practice

*No 9th Grade Practice

PD Staff Development