

Rangers Nation,

This week is our team's district "open/bye week" which means we will not have any games on Thursday or Friday. We will be using this week to work on continuing to develop our fundamentals, to get healthy, and to get ahead on McNeil. 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 (9-30), vs Open/Bye Week

Monday (Family)

(OL Locker Room/Cafeteria)

Before School:

No morning 9th/JV/VAR Practice

8:00am 9th Arrive - Weights/Yoga

Athletic Period:

9th - continue Weights/Yoga, RT: Study Hall

VAR/JV – Team Meeting, Weights/Game Film Study

JV/VAR Study Hall: Large Study Hall

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

7:15am 9th Report

7:30am 9th Weights, Practice

Athletic Period:

9th - continue practice, RT: Large Study Hall

VAR - Weights / FB – Shell (Grass)

JV - FB Special Teams/Team (Grass) / Weights

Study Hall – Large SH

After School:

*Varsity Letter Jacket Fittings and Order Forms/Packets sent home (Small Study Hall), Herff Jones will be on site Tuesday after school for Varsity Letter Jacket Sizing and to send home Letter Jacket Order Forms. They will again be on campus Oct. 8th to collect all letter jacket forms. *All varsity seniors are eligible as well as any varsity underclassmen that has played a down of varsity play this season.

3:45pm VAR Special Teams Meeting (Large SH)
3:55pm 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
7:15am 9th Report
7:30am 9th Practice

Athletic Period:

9th - continue practice, RT: Study Hall, Academic Check In
JV/VAR – Pract. FB & Special Teams - Shell (Turf)
Study Hall – Large SH

After School:

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

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:

7:15am 9th Report
7:30am 9th Weights & Practice

Athletic Period:

9th - continue practice, RT: Study Hall
VAR - Weights / FB - Shell (Grass)
JV - FB Team & ST (Grass) / Weights
Study Hall – Large Study Hall

After School:

Pre-Practice: Punt Block
4:00pm JV/VAR Shell Practice & ST (Turf), Post Pract: Specialties

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

8:00am 9th Report

Athletic Period

9th AP: Weights/Game Simulation Conditioning
9th Study Hall: Cafeteria
Ranger Time – Study Hall
JV: Game Simulation Conditioning/Weights
VAR: Weights/Game Simulation Conditioning
V/JV SH – Study Hall

After School

*NO 9th/JV/VAR Practice

Saturday

Players Off – No Practice, Treatments by appointment only
