

Ranger Nation,

We hope everyone enjoyed a restful Thanksgiving. Our coaching staff is thankful and grateful that we get the chance to work with such a great group of kids. Tomorrow begins Week 4 of our offseason program, and we will continue Phase I of our lifting cycle in the weight room. Our extra/open weight room sessions also will continue throughout the week. These sessions occur from 7:00 to 8:00 am (M-Fr) or from 3:45-5:15 pm (M-Th). We have had great attendance at these before the break and look forward to seeing the hard work everyone will put in this week. Please help us encourage the guys to put in all the extra work they need.

Have a great week.

Go Rangers!

Coach Scott & Staff

Banquet Details:

Varsity Banquet

Date: The evening of December 14th

Location: The Crossover in Leander.

JV/9th Banquet

Date: The Evening of December 12th

Location: Main Event in Austin

***Players only**

****Senior parents**** Please email Belinda at (vistaridgevarsitymeals@gmail.com) a baby picture of your favorite ranger if you not already done so. We will be putting together a special video for our seniors.

Football Weekly Agenda (11/28) Week 3 Offseason Phase I

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9th/JV/VAR AP - Phase I - Weights Lower Body

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School

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

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

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

Athletic Period:

9th/JV/VAR AP - Phase I - Weights – Chest/Shoulders

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School:

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

Wednesday (Toughness)

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

Before School:

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

Athletic Period:

9th/JV/VAR AP – Phase I Form Running/Agilities/Mobility/Core

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

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:

9th/JV/VAR AP – Phase I Weights – Backs/Biceps

Seniors – Small Study Hall, Exit Meetings

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

Athletic Period:

9th/JV/VAR AP – Phase I Weights – Total Body/Competition

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room