



Ranger Football



Work Like A Champion

Winter Newsletter

March, 2008

Fertilizer Sales Begins March 10th

The 3rd Annual Spring Fertilizer sales will begin on March 5th and fertilizer pickup will be March 26th and April 9th. Find a Ranger Varsity Football player and place your order today!

Winter Weight Room

Winter weight room numbers have been very solid. Football players who are not participating in a winter sport should be attending three days a week. Our main goal is to get stronger and faster. Those that are attending on a regular basis are achieving this goal.

ACT Test Dates

Test Date	Reg.	Late Fee
Apr 12 th	Mar 7 th	Mar. 8-21
June 14 th	May 9 th	May 10-23

F.L. Football Golf Tournament Changes Sites!

The annual golf tournament will be held at Forest Hills Golf Club on Monday August 11th at 2:00. Start thinking about your foursomes!

F.L. Football Booster Club

The Booster Club will be meeting March 17th at Stella's. Please plan on attending.

Parent participation in the booster club allows parents to meet other football parents, plan and organize in-season events, and gives them a chance to be involved and make a difference in Ranger Football.

The Forest Lake Football Booster Club consists of parents and guardians whose main objective is to provide fund raising and support to the Forest Lake Football team.



Spring Practice Dates Set

The Rangers will hold spring football practice for all 9th, 10th and 11th grade football players June 2nd-June 4th. If you are in a spring sport that is still competing, you should not worry about attending. We will practice from 2:45-5:00 Monday-Wednesday.

Spring Sport Sign-Up Dates

The football staff encourages all football players to be athletes. The following are the spring sports sign up dates

March 6

Baseball: 6:00pm
HS Media Center

Boy's Golf 6:00pm
HS Room 105

March 26

Boy's Track 5:00pm
HS Room 601

Summer Practice Dates Set

Summer practice times have been set. This year, we will again have a controlled scrimmage versus Spring Lake Park after each round of practices. Practice dates and times are as follows:

June 23rd-26th 9:45-11:45
June 25th @ SLP 10:00

July 21st -24th 9:45-11:45
July 24th @ SLP 10:00

Rangers Moving on to the Next Level

Several Ranger football players will be competing in sports at the next level next year.

Dillon Grant
Concordia (St. Paul)

Nick Wilson
Bemidji State

Good Luck to these and all Ranger athletes moving on to the next level in life.

Go Rangers!

Winter Sport Athletes

As a staff, we want to see football players contribute to other sports. The following is a list of football players that are currently making an impact in Ranger athletics.

Basketball: Jimmy Plain, John Young, Ben Hoidal, Tony Kuefler, Sam Miller, Josh Werner, Kyle Anderson, Zach Riedeman, Doug Sewall, Ryan Suess, Dustin Werner

Wrestling: Mitchell Koenig, Ben Ulrich, Caleb Corrow, Patrick Mohar, Kevin Nelson, Jake Urbanski, Matt Whelan, Corey Johnson, Dan Blaser,

Hockey: Sean Garry, Cory Capra, Brad Ristow

Swimming: Ricky Flemming

Skiing: Kevin Schmidt

Good Luck to all winter athletes as they prepare for the postseason.

Congratulations to the success each winter sport has attained.

Go Rangers!

Morning Weight Room Hours

A reminder to all athletes: the weight room is open in the morning on Monday, Wednesday, and Friday. If you can't make the afternoon session or want to lift more, feel free to show up and lift.

Summer Weight Room

The deadline to sign-up for summer will be June 1st. Look for summer weight room information in a separate mailing. Be sure to coordinate your work schedules around the times offered.

Work Like A Champion

Football practice will begin Monday, August 11th at 8:00 AM.

Please plan your summer vacations accordingly.

Equipment will be issued Friday, August 8th. Please make every attempt possible to get your equipment checked out early to avoid waiting until Monday morning.

2008 FB Schedule

August 29th @ Cretin
September 5th vs. Bloomington Kennedy
September 12th vs. Hastings
September 19th @ Woodbury
September 26th @ White Bear
October 3rd vs. Stillwater
October 10th @ Mounds View
October 15th vs. Roseville



The Football Booster Club meets at Stella's on March 17th at 7:00 PM.

