



HEY SKOL SISTER

Fantasy Football Starter Kit

Welcome to your battle-tested guide for conquering fantasy football! Whether you're a rookie warrior or need a refresher, this arsenal will prepare you for victory.







NEVER MISS A LINEUP

How Hey Skol Sister makes Sundays simple AND have more fun

Lineup Lab: Your Weekly Sidekick





Save your roster once, then get gentle nudges and easy choices every week:

-  Friday check-in + Sunday morning reminder—so you never forget to set a lineup
-  Quick Start/Sit snapshot for your exact players (plus late-swap notes if news breaks)
-  Flags injuries & bye weeks automatically
-  One click to view your team page with all starters highlighted

Get started: heyskolsister.com/roster

Fantasy Football Basics

New to the battlefield? Here's your crash course:

-  Draft real NFL players to build your fantasy team
-  Earn points based on their real-game performance
-  Set your lineup weekly (active players only)
-  Compete against friends in your league



DRAFT LIKE A VIKING STRATEGIST

Early Rounds (1-5)

Focus on elite RBs and WRs. These are your foundation warriors who will carry you to victory.

Middle Rounds (6-10)

Balance your roster. Grab your QB, TE, and reliable depth players. Don't panic draft!

Late Rounds (11+)

Hunt for sleepers and handcuffs. These hidden gems can win you championships.



WEEKLY WARRIOR ROUTINE

Waiver Wire Mastery

- Check for injured player replacements
- Target emerging breakout candidates
- Prioritize by your team's weaknesses
- Don't waste high priority on bench warmers

Lineup Decisions

- Start players facing weak defenses
- Check weather for outdoor games
- Monitor injury reports through Friday
- Trust your studs over "matchup plays"



KNOW YOUR SCORING SYSTEM

Standard Scoring

- Rushing/Receiving TD: 6 points
- Passing TD: 4 points
- 10 rushing/receiving yards: 1 point
- 25 passing yards: 1 point

PPR (Point Per Reception)

- Everything from Standard PLUS:
- 1 point per reception
- Makes pass-catching RBs more valuable
- Slot receivers get a boost



QUICK REFERENCE CHEAT SHEET

Roster Sizes

- QB: 1-2
- RB: 4-6
- WR: 4-6
- TE: 1-2
- K/DEF: 1 each

Key Dates

- Draft: Late August
- Season: Sept-Dec
- Playoffs: Weeks 15-17
- Waivers: Wed morning

Red Flags

- "Questionable" on Friday
- Bye week conflicts
- Weather delays
- Backup QB starting



JOIN THE LIST (FREE)

- Get weekly picks, waiver targets, and Lineup Lab tips
- Starter Pack download link + updates straight to your inbox

Subscribe: heyskolsister.com/subscribe



BONUS: SURVIVOR BRACKET CHALLENGE

Love strategy games? Try our TV Survivor prediction bracket!

How It Works

- Drag contestants into your predicted boot order
- Pick your Final 3 and exact winner
- Submit before the season lock time
- Scores update weekly after each episode

Scoring System

- Exact boot position: +5 points
- Off by 1: +2 points
- Off by 2-3: +1 point
- Pick the winner: +10 points
- Final 3 exact order: +6 points

Get the safest pick + one spicy upset every Saturday with our Survivor Reminder!

Play now: heyskolsister.com/survivor

Ready to dominate your league? SKOL! 

Visit heyskolsister.com for more tools and tips