



*VISTA RIDGE RANGERS*

The background features a close-up of a black football helmet. On the side of the helmet, the letters 'VR' are printed in a large, red, stylized font. Below this, the word 'COMBAT' is visible in a large, grey, blocky font. The helmet's facemask and various adjustment straps are also visible.

**2020 RANGER  
FOOTBALL  
TRAINING CAMP**

***WEEKLY AGENDA***

***VISTA RIDGE RANGERS***

# **Football Weekly Agenda – Training Camp (Parents)**

## **Monday**

6:15am V/JV Doors Open & Equipment Needs

7am V/JV Practice #1 – Helmets Only

9:30am 9<sup>th</sup> Check In & Equipment Needs

10:30am – 12:30pm F Practice #1 – Helmets Only

\*11<sup>th</sup> & 12<sup>th</sup> - Back Parking Lot Small Gym Entrance

\*9<sup>th</sup> & 10<sup>th</sup> – Training Room Entrance

\*All Paperwork must be complete

\*Bring Cleats & Workout Shoes Everyday

# **Football Weekly Agenda – Training Camp (Parents)**

## **Tuesday**

- 6:00am-8:00am V/JV Practice #2 Helmets Only
- 7:30am-9:30am F Practice #2 – Weights, Helmets Only

## **Athletic Period**

- 10:10 V/JV Travel & Dress
- 10:35am V/JV: Weights / Football
- 11:40am V/JV: Travel

## **After School**

- 4:05pm V/JV Position Meetings – Zoom

# **Football Weekly Agenda – Training Camp (Parents)**

## **Wednesday**

6:00am-8:00am V/JV Practice #3 Helmets, shoulders pads, and girdles

7:30am-9:30am F Practice #3 Helmets, shoulders pads, and girdles

## **Athletic Period**

10:10 V/JV Travel & Dress

10:35am V/JV: Practice

11:40am V/JV: Travel

## **After School**

4:05pm V/JV Position Meetings – Zoom

# **Football Weekly Agenda – Training Camp (Parents)**

## **Thursday**

6:00am-8:00am V/JV Practice #4 Helmets, shoulders pads, and girdles

7:30am-9:30am F Practice #4 Helmets, shoulders pads, and girdles

## **Athletic Period**

10:10 V/JV Travel & Dress

10:35am V/JV: Weights / Football

11:40am V/JV: Travel

## **After School**

4:05pm V/JV Position Meetings - Zoom

# **Football Weekly Agenda – Training Camp (Parents)**

## **Friday**

6:00am-8:00am V/JV Practice #5 Helmets, shoulders pads, and girdles

7:30am-9:30am F Practice #5 Helmets, shoulders pads, and girdles

## **Athletic Period**

10:10 V/JV Travel & Dress

10:35am V/JV: Practice

11:40am V/JV: Travel

# **Football Weekly Agenda – Training Camp (Parents)**

## **Saturday**

8am Practice #6 V/JV Scrimmage – Full Pads

9:30am Practice #6 F Scrimmage – Full Pads

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**2020 RANGER  
FOOTBALL  
TRAINING CAMP  
*SAFETY PROTOCOL***

*VISTA RIDGE RANGERS*

# Ranger Football Safety Protocol

- **Masks** - Coaches and players will wear masks or gaiters.
  - Masks will also be worn during practices, unless actively exercising.
  - Masks will also be worn at all times when we travel.
  - Splash Guards / Gaiters provided
  - **Basically, we are going to make sure everyone has a mask on as much as possible.**
- **Social Distancing** - Every effort will be made to ensure social distancing during practices. Players and Coaches will work together to ensure social distancing outside of competition, such as staggering our break times, etc. Locker Room Plan. No outside spectators at practices.

# Ranger Football Safety Protocol

- **Hydration** - All students must bring their own water, in a sufficient amount to remain hydrated throughout the planned activities. Water bottles must not be shared. Hydration Links
- **Cleaning Locker Rooms** - Custodial staff will spray down the locker room every day after practices. For this reason, players will not be able to leave things in the locker room over night.
- **Training Room** - If players need to access the training room, they will be required to set an appointment with our trainers so that they can limit numbers in the training room.

# Ranger Football Safety Protocol

- **Class** - Upon arrival to football class, we will stagger access to the locker room for changing. Hand Sanitizer at arrival and departure. Athletics is a required in person class in LISD.
- **Cleaning Equipment** - At the end of each practice, coaches will sanitize the equipment to prevent the spread of germs.
- **Daily COVID Screening** - Players will be required to fill out a COVID screening questionnaire everyday before they are allowed on campus.
- **Travel** – Mask must be on at all times. There will be a seating chart. And Pre/Post Game Meals are allowed if they are individually wrapped or packaged.
- **LISD Launch to Learning** – New Updates in Red
- **How Can Parents Help?**



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QUESTIONS

**VISTA RIDGE RANGERS**



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