

Rangers Nation,

We are off to a great start. It's fun to see the players working so hard. They understand that they must work for everything they have. We have seen gains on all levels and are looking forward to some big events this week.

Some of the big events this week include: (More details below)

*1st Day of School

*Rally at the Ridge (Community Pep Rally)

*Scrimmage vs Copperas Cove

*Media Day (Pictures)

*Fall Fundraiser Blitz

Enjoy the week.

Go Rangers!

Coach Scott & Staff

*We will be transitioning to the use of (sportsYou app) for access to parent/player weekly agendas and team information moving forward 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 Week 3 (8-15), Copperas Cove Scrimmage

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

5:30am 9th grade Players Report
5:45am Team Meeting Study Hall
6:00am 9th Practice (Turf)
7:00am 9th Report to Cafeteria for Teacher Breakfast
8:45am 9th Parent Pick Up
Teacher Inservice
3:30pm JV/VAR Players Report
4:00pm Film Study/Position Meetings
4:30pm JV/VAR Practice (Turf)
7:15pm JV/VAR Parent Pick Up

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

5:30am 9th grade Players Report
5:45am Team Meeting Study Hall
6:00am 9th Practice (Turf)
7:50am 9th Parent Pick Up
Teacher Inservice
3:30pm JV/VAR Players Report
4:00pm Film Study/Position Meetings
4:30pm JV/VAR Practice (Turf)
7:30pm JV/VAR Parent Pick Up

Wednesday(Toughness)

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

*1st Day of School

Before School:

7:00am 9th grade Players Report

7:15am Team Meeting Study Hall

7:30am 9th Practice (Turf)

9th Study Hall / Cafeteria: Procedures & Orientation for Study Hall, Rally at the Ridge Plan Discussed

JV/VAR Athletics: Off - Position Meetings/Film Study, Def - Jerseys/Yoga & Mobility

JV/VAR Study Hall: Cafeteria: Procedures & Orientation for Study Hall, Rally at the Ridge Plan Discussed

After School:

*JV OFF

4:00pm VAR Only Practice (Turf)

Post Pract:

6:00pm JV/9th Report to VRHS

6:10pm 9th Team Meeting – Mat Room, Rally at the Ridge Plan & Expectations

6:10pm VAR/JV Team Meeting Study Hall, Rally at the Ridge Plan & Expectations

7:00pm Rally at the Ridge (Gupton Stadium Pep Rally) & Senior Moms Picture in the South End Zone by the Goal Posts/Scoreboard

Post Rally players return to VR to turn in jerseys, May be picked up at VRHS at Approx. 8:15pm

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

7:00am 9th grade Players Report

7:15am Team Meeting Study Hall

7:30am 9th Practice

9th Study Hall – (Cafeteria) Discuss scrimmage format

JV/VAR Athletics:

JV Team Walk Through Off/Def - Grass, VAR Velo Lift & Team Walk Through Off /Def

JV/VAR – Study Hall (Cafeteria) Discuss scrimmage format

After School

9th/JV Report to Study Hall

5:30pm JV / F Scrimmage

5:30pm VAR report back to VRHS

7pm VAR Scrimmage

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School

6:45am (V/JV) Report **Media Day Pictures**

8:00am (9th) Report **Media Day Pictures**

Athletic Period

9th AP: Video - Off. then Def.

9th Study Hall: Cafeteria

V/JV: Lift/Scrimmage Video (Off/Def)

V/JV Study Hall: Cafeteria

After School

Players Off

Saturday

9:45am All Players Report

10am Required “Fundraiser Blitz” Kickoff Meeting in the Large Gym

2:30pm Return to VR to Check-In with Fundraiser Coach & Return Jersey

2:45 pm Parent Pick Up @ VR