

## Rangers Nation,

We enjoyed watching our kids compete vs Copperas Cove last week. We saw some great things that we need to continue doing well. Also, there were some areas we need to clean up. We told the kids to trust the process and keep working each day to get better. We are excited for the start of game week vs Bowie. Below is the agenda for practices and some other events throughout the week.

**\*\*Game Day Shirt\*\***If you have not already done so, please order a game day shirt for your athlete. They are athlete only shirts. ([Link for Game Day Shirts](#)) Scroll to the bottom of the page.

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

**\*Football Parent Information & UIL Orientation Night**, Monday, 8/22 @ 6:30pm VRHS PAC

**\*Varsity - Dad's and Decals Event**, Thursday, 8/25 @ 4:15pm (Team Meeting, Guest Speaker, Food, Decals)

### **\*Games vs Bowie 8/25**

6:00pm JV Black vs Bowie @ Burger Annex ([Ticket Link](#)) Available Now

7:30pm JV Red vs Bowie @ Burger Annex ([Ticket Link](#)) Available Now

5:30pm 9<sup>th</sup> Black vs Bowie @ Ranger Stadium, Ticket sales available online at 8 am the day of the game.

7:30pm 9<sup>th</sup> Red vs Bowie @ Ranger Stadium, Ticket sales available online at 8 am the day of the game.

7pm Varsity vs Bowie @ Gupton Stadium, Individual Varsity Tickets go on sale Monday at 8 AM. \*Check LISD website under athletics for link.

**\*Continue Fall Fundraiser Discount Card Sales**, (Player sales check ins are scheduled for Mon., Wed., Fri.)

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 4 (8-22), vs Bowie

### Monday (Family)

(OL Locker Room/Cafeteria/Doors)

#### **Before School:**

5:30am JV/VAR Players Report

5:45am JV/VAR Scouting Report

6:00am JV/VAR Full Pads Practice & Special Teams (Turf)

7:00am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Practice

#### **Athletic Period:**

9<sup>th</sup> - continue practice

VAR - Weights / FB Shell – Grass

JV - FB Team - Grass /Weights

Study Hall/Ranger Time: Position Fundraiser Check In

#### **After School:**

3:50pm VAR Special Team Meeting (Small SH)

4:00pm VAR Team Meeting (Large Study Hall)

6:30pm **Football Parent Information Meeting/UIL Orientation** (VRHS PAC) \*Please have at least 1 parent attend this meeting.

**Tuesday (Character)**

(DL Locker Room/Cafeteria/Doors)

**Before School:**

5:30am JV/VAR Players Report

6:00am JV/VAR Full Pads Practice & Special

7:00am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Practice

**Athletic Period:**

9<sup>th</sup> - continue practice

JV/VAR – Pract. FB & Special Teams Shell – Turf

Study Hall/RT: Cafeteria, Academic Check In

**After School:**

3:50pm VAR Position Meetings/Film Study

**Wednesday(Toughness)**

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

**Before School:**

7:00am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Practice

**Athletic Period:**

9<sup>th</sup> - continue practice

VAR - Weights/ FB - Shell – Grass

JV - FB Team & ST - Grass / Weights

Study Hall/Ranger Time: (Large Study Hall) Position Fundraiser Check In

**After School:**

4:00pm JV/VAR – Shell, Practice & ST - (Turf), Winning Edge Talk

Post Pract: Specialties

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**

8:00am 9<sup>th</sup> Players Report

**Athletic Period:**

9<sup>th</sup> – Game Day Walk Throughs (Turf)/Helmet & Equipment Cks/Jerseys

JV – Helmet Ck/Game Day Walk Throughs (Grass)/Jerseys

VAR – Specialties/Play the Game Script (Turf)

**After School**

4:15pm **Varsity Dad's & Decals Event**, Team Meeting (Large Study Hall), Teacher Letters, Guest Speaker, Game Goals OFF/DEF, Food, Decals

Varsity support for sub-varsities

6:00pm JV Black vs Bowie @ Burger Annex

7:30pm JV Red vs Bowie @ Burger Annex

5:30pm 9<sup>th</sup> Black vs Bowie @ Ranger Std

7:30pm 9<sup>th</sup> Red vs Bowie @ Ranger Std

**Friday (Payday)**

(WR Locker Room/Cafeteria/Doors)

\*Pep Rally Schedule

**Before School**

7:10am VAR Elementary Visits (Greeters, Door Openers)

8:00am 9<sup>th</sup> Arrive

**Athletic Period**

9<sup>th</sup> AP after Pep Rally: Weights/Film Study

9<sup>th</sup> Study Hall: Cafeteria

JV: Yoga/Weights/Film Study/Clean Locker Room

VAR: Velo Lift/ST Meeting/Hard Hat Ceremony/Off. Walk Through/Def. Helmet ck & Travel Bags, Pants, Load Trailer

V/JV Study Hall/Ranger Time – Study Hall, Position Fundraiser Check In

**After School**

3:50pm VAR Locker Room Check In

\*VAR Player Game Day Schedule

**Saturday**

9am Player Treatments (Sign-Up Genius)

Players Off