

**Rangers Nation,**

**Thank you for being a part of our Thursday and Friday games this week. Ranger Nation represented well, and we are proud of all of our athletes. A special congratulations to our JV Red and 9<sup>th</sup> Red groups for their victories this week against Bowie. Everyone battled in some tough, hard fought games. We are excited about playing our next opponent, Georgetown HS. Below is the agenda for practices throughout the week. Monday is also the VRHS Open House. \*Please note that during open house you do not have to stop by your son's football athletics class since we already had our parent meeting. I will however be in the large study hall if you want to stop by and visit.**

**\*\*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.**

**\*Games vs Georgetown Sub-Varsities (9<sup>th</sup> & JVs) Thursday 9/1 & Varsity Friday 9/2**

5:00pm JV Black vs Georgetown @ Ranger Stadium, Ticket sales available online at 8 am the day of the game.

7:00pm JV Red vs Georgetown @ Ranger Stadium, Ticket sales available online at 8 am the day of the game.

5:00pm 9<sup>th</sup> Black vs Georgetown @ Georgetown HS Stadium, ([Ticket Link](#)).

7:00pm 9<sup>th</sup> Red vs Georgetown @ Georgetown HS Stadium, ([Ticket Link](#)).

7pm Varsity vs Georgetown @ Birkelbach Field, , ([Ticket Link](#))

**\*We will continue our Fall Fundraiser Discount Card sales this week, (Player sales check ins are scheduled for Mon., Wed., Fri. during study hall and Ranger Time)**

**Blessings on your 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 5 (8-29), vs Georgetown**

#### **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 VRHS Open House \*Please note that during open house you do not have to stop by your son's football athletics class since we already had our parent 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**

4:05pm VAR Team Meeting (Lecture Hall), Teacher Letters, Game Goals OFF/DEF (Thompson, Byerly, Scott)

4:45pm VAR Team Meal – Study Hall, Bring \$5, Support Sub-Varsities

5:00pm JV Black vs GT @ Ranger Std

7:00pm JV Red vs GT @ Ranger Std

5:00pm 9<sup>th</sup> Black vs GT @ GHS Stadium (\*Please note that the 9<sup>th</sup> games will be played at the campus stadium)

7:00pm 9<sup>th</sup> Red vs GT @ GHS Stadium (\*Please note that the 9<sup>th</sup> games will be played at the campus stadium)

**Friday (Payday)**

(WR Locker Room/Cafeteria/Doors)

**Before School**

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

**Athletic Period**

9<sup>th</sup> AP: 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