

Rangers Nation,

Thanks to everyone who came out to support the Rangers last week. We saw some positive things last week and are looking forward to getting back to work and preparing for our match ups against Vandegrift. There are a few adjustments for this week's schedule. Vandegrift has all their teams, so all our teams will play the same opponent this week. Please note below that the start time for the 9th black team game has been moved to 5:30pm. Also, due to PSAT/Summit Rotations on Tuesday, 9th grade will not practice on Tuesday and JV/VAR will move practice to after school. Vista Ridge High School's Trunk or Treat is this week. We are excited and ready to help serve at this event on Tuesday, October 25th. Please see the details below in the agenda. Thanks for your support of the Ranger Football Program.

*Vandegrift Week (9th & JVs)

Thursday 5:00pm JV Black vs Vandegrift HS @ Ranger Stadium

Thursday 7:00pm JV Red vs Vandegrift HS @ Ranger Stadium

Thursday 5:30pm 9th Black vs Vandegrift HS @ Monroe Stadium

Thursday 7:00pm 9th Red vs Vandegrift HS @ Monroe Stadium

Friday 7pm Varsity vs Vandegrift HS @ Monroe Stadium *There will be a passcode for varsity tickets this week. Please do not post the code on social media, but feel free to share it with all of Ranger Nation. Pass code for tickets this week: [REDACTED]

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (10/24) vs Vandegrift Week

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 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice

VAR - Weights / FB Shell – Grass

JV - FB Team - Grass /Weights

Study Hall/Ranger Time: Cafeteria

After School:

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

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

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

*PSAT (10th/11th) /Summit Rotations (9th/12th)

Before School:

JV/VAR: Practice is moved to after school

9th Grade: No Practice, Arrive to school for 9th Summit 8:15am Big Gym

Athletic Period:

PSAT/Summit Rotations

After School:

3:50pm JV/VAR Film Study

4:10pm JV/VAR Full Pads Practice & Special Teams (Grass)

*Trunk or Treat 5:30pm – 7:30pm

9th Arrive for Trunk or Treat (Shift 5:00pm – 6:00pm)

JV Trunk or Treat Shift (6:00pm-6:45pm)

VAR Trunk or Treat Shift (6:45pm-7:30pm, & Clean Up)

Wednesday(Toughness)

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

Before School:

7:00am 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice

VAR - Weights / FB – Grass

JV - FB Team & ST Grass / Weights

9th & JV/VAR Study Hall/RT: Cafeteria

After School:

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

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

8:00am 9th Players Report

Athletic Period:

9th – 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)

9th & JV/VAR Study Hall/RT: Cafeteria, Players can portal out

After School

4:05pm VAR Team Meeting (Lecture Hall)

VAR Team Meal – Study Hall, \$5, Birthdays, Support Sub-Varsities

Thursday 5:00pm JV Black vs Vandegrift HS @ Ranger Stadium

Thursday 7:00pm JV Red vs Vandegrift HS @ Ranger Stadium

Thursday 5:30pm 9th Black vs Vandegrift HS @ Monroe Stadium

Thursday 7:00pm 9th Red vs Vandegrift HS @ Monroe Stadium

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School

8:00am 9th Arrive

Athletic Period

9th AP: Weights / Film Study

9th Study Hall: Cafeteria

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

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

9th & JV/VAR Study Hall/RT: Cafeteria

After School

*See VAR Game Day Agenda

Saturday

9am Player Treatments (Sign-Up Genius Only)

Players Off