

Ranger Nation,

What a great week! We enjoyed getting to see the rangers slinging the iron around this week. We are focusing on an array of explosive lifts and stressing a full range of motion in each lift. They are beginning to see some gains from their hard work. On Wednesday we worked to stretch out their hips, hip flexors, and hamstrings. Please encourage them to stretch each night before they go to bed. We have communicated that this is going to help them with their agility, speed, and injury prevention. We will continue our extra/open weight room sessions this week. As a reminder, these sessions occur from 7:00 to 8:00 am (M-Fr) or from 3:45-5:15 pm (M-Th).

Have a great week.

Go Rangers!

Coach Scott & Staff

* Our Merchandise committee has been invited to participate in the 2nd Annual Holiday Bazaar hosted by the Lone Star Navy JROTC Booster Club. This Holiday Bazaar will be held on Saturday, December the 10th from 10am – 4pm in the Vista Ridge School Cafeteria.

This is a wonderful opportunity to get your Vista Ridge swag, and some Christmas gifts for your biggest Ranger fans. Please save the date for this event! Come out and SHOP!

This is a big opportunity for the Football Booster Club to raise money for our football team. With this event comes a large need for volunteers. If you have the capacity to help setup on Friday December 9th or sell Rangers swag on Saturday December the 10th, we'd love to have your help!

Please see the Signup Genius link below for volunteer opportunities:

<https://www.signupgenius.com/go/10C0C4FAEAA2FA2FE3-2022>

Should you have any questions regarding the event or volunteering please reach out to Courtney Vaughan by email at vistaridge merch@gmail.com or by phone at 512.573.0874.

Banquet Details:

Varsity Banquet

Date: The evening of December 14th

Location: The Crossover in Leander.

JV/9th Banquet

Date: The Evening of December 12th

Location: Main Event in Austin

***Players only**

****Senior parents**** Please email Belinda at (vistaridgevarsitymeals@gmail.com) a baby picture of your favorite ranger if you have not already done so. We will be putting together a special video for our seniors.

****Announcement from the Booster Club:**

The Football Booster Club is looking for interested, hardworking football family members to fill officer positions next year.

- **President**
- **Vice-President**
- **Treasurer**
- **Secretary**

A nominating committee has been formed to identify interested candidates and answer questions. There are other positions open and many opportunities to volunteer. Please email the committee mailbox at VRFootballnomcom@gmail.com or contact one of the nominating committee members for more information.

Jeff Harrell (Chair)	512-784-1099
Kellidawn Gililand	512-751-2649
Belinda Heffelfinger	512-496-6972
Jeff Brewton	512-517-0809

Football Weekly Agenda (12/5) Week 4 Offseason Phase I

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP - Phase I - Weights Lower Body

Seniors – Small Study Hall, Exit Meetings, Banquet Prep

Study Hall/Ranger Time (Cafeteria)

After School

3:45pm -5:15pm Open Weight Room/Extra Lift

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP - Phase I - Weights – Chest/Shoulders

Seniors – Small Study Hall, Exit Meetings, Banquet Prep

Study Hall/Ranger Time (Cafeteria)

After School:

3:45pm -5:15pm Open Weight Room/Extra Lift

Wednesday (Toughness)

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

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP – Phase I Form Running/Agilities/Speed Development/Mobility/Core

Seniors – Small Study Hall, Exit Meetings, Banquet Prep
Study Hall/Ranger Time (Cafeteria)

After School:

3:45pm -5:15pm Open Weight Room/Extra Lift

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP – Phase I Weights – Backs/Biceps

Seniors – Small Study Hall, Exit Meetings

Study Hall/Ranger Time (Cafeteria)

After School:

3:45pm -5:15pm Open Weight Room/Extra Lift

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School:

7:00am-8:00am Open Weight Room/Extra Lift

Athletic Period:

9th/JV/VAR AP – Phase I Weights – Total Body/Competition

Seniors – Small Study Hall, Exit Meetings, Banquet Prep

Study Hall/Ranger Time (Cafeteria)

After School

OFF – No Open Weight Room

Saturday

JROTC Holiday Bazaar VR Gear Sold by the Booster Club Merchandise – Cafeteria 10am – 4pm
(Come out and Purchase some amazing VR GEAR!!)