

2023 RANGER FOOTBALL INFORMATION NIGHT



#11 Strong

2020 6A BI-DISTRICT FINALISTS

2019 6A BI-DISTRICT FINALISTS

2016 6A BI-DISTRICT FINALISTS

**2016 NATIONAL FOOTBALL FOUNDATION TEX
KASSEN SPORTSMANSHIP AWARD**

2015 5A STATE SEMI-FINALISTS

2014 DISTRICT 25-5A CHAMPS

2012 4A AREA FINALISTS

2010 4A AREA FINALISTS

[Important Dates Link](#)

Introduction

Ranger Football Staff

Coach Byerly

Coach Spiller

Coach Thompson

Coach Burdick

Coach Garver

Coach Wilgoren

Coach Johnson

Coach Carter

Coach Hardy

Coach Terry

Coach McSwain

Coach Hughes

Coach Leake

Coach Munoz

Coach Carrillo

“Some successful coaches may not be significant, but every significant coach is successful.”

“One coach will impact more kids in one year than an average person will in a lifetime”

FOUNDATION OF PROGRAM

Do Right & Do Your Best !!

- FAITH / CHARACTER
- FAMILY
- COMMUNITY
- CLASSROOM
- FOOTBALL FIELD

"I consider it deeply significant that in all my commands during three major conflicts, I have never had to relieve an officer from duty under combat fire who had competed in high school football. I believe that football, perhaps more than any other sport, tends to instill in men the feeling that victory comes through hard work, team play, self-confidence and an enthusiasm that amounts to dedication."

-General Dwight D. Eisenhower

Core Value #1 - FAMILY *A TEAM OF FOXHOLE BROTHERS*



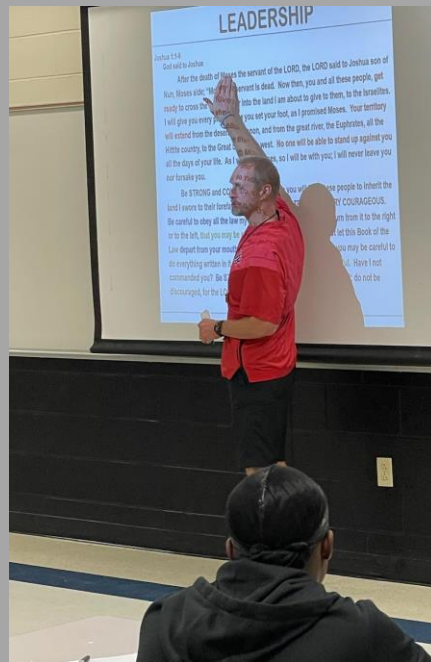
TEAM BUILDING CHEMISTRY



Core Value #2

CHARACTER

DO RIGHT ALL THE TIME





CHARACTER EDUCATION

- **CLASSROOM PHASE (Attitude, Habits, Mindset, Toughness, Adversity, Goal Setting)**
- **BOOT CAMP – LEADERSHIP COUNCIL TEAM TALKS**
- **SPRING – COACHES PRESENT FAMILY TIME TALKS**
- **TRAINING CAMP – VR CORE VALUES**
- **WINNING EDGE CURRICULUM - FALL**

“Goals have a beginning and an end. Purpose doesn’t. Purpose is what we live for.” - Tony Dungy

Core Value #3

TOUGHNESS

COMFORTABLE BEING

UNCOMFORTABLE



The background of the slide features a photograph of a group of runners participating in a marathon on a paved road. A prominent, dark diagonal line, likely a road lane or a shadow, runs from the top left towards the bottom right. The overall color palette is dominated by warm, reddish-orange tones, with a bright, overexposed area in the center where the runners are located. The text is overlaid on this image in a bold, black, serif font.

Core Value #4
RELENTLESS
EFFORT

RELENTLESS EFFORT

*Passionate about doing
more than what is expected*



COMMUNITY SERVICE

When you start to serve, you become a leader.

-Josh Davis



ACADEMIC PLAN



NUTRITION

“Feed the Machine”



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[Important Dates Link](#)



SPRING FOOTBALL CALENDAR

April 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|---|---|--|--|--|----------|
| | | | | | | 1 |
| 2 | 3 *MS 7 on 7 (6-8pm) (6 th -7 th Grade) | 4 | 5 | 6 | 7 Student/Staff Holiday (Good Friday) | 8 |
| 9 Holiday Easter Sunday | 10 Staff Development Student Holiday | 11 *MS 7 on 7 (6-8pm) (6 th -7 th Grade) | 12 | 13 | 14 | 15 |
| 16 | 17 *MS 7 on 7 (6-8pm) (6 th -7 th Grade) | 18 | 19 AM Practice #1 6:30am Helmets Only | 20 AM Practice #2 6:30am Helmets Only | 21 Wts /Video-HS Ath. | 22 |
| 23 | 24 AM Practice #3 6:30am Full Pads | 25 AM Practice #4 6:30am Full Pads | 26 AM Practice #5 6:30am 1/2 Pads | 27 PM Practice #6 4:30pm Scrimmage 1 (Gupton) Full Pads | 28 Wts /Video-HS Ath. | 29 |
| 30 | | | | | | |



SPRING FOOTBALL CALENDAR

May 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|--|--|---------------------------------------|
| | 1 TBA AM or/PM Practice #7 Full Pads | 2 TBA AM or/PM Practice #8 Full Pads *Incoming 9th 7 on 7 @ Vandy. | 3 TBA AM or/PM Practice #9 1/2 Pads | 4 PM Practice #10 4:30pm Scrimmage 2 (Gupton) Full Pads | 5 Wts /Video-HS Ath. | 6 |
| 7 | 8 AM Practice #11 6:30am Full Pads | 9 AM Practice #12 6:30am Full Pads *Incoming 9th 7 on 7 @ Vandy. | 10 AM Practice #13 6:30am ½ Pads | 11 PM Practice #14 4:30pm Scrimmage 3 (Gupton) Full Pads | 12 Wts /Video-HS Ath. *Sports Medicine VR Campus Physicals 8am-4:00pm | 13 |
| 14 | 15 AM Practice #15 6:30am Full Pads | 16 AM Practice #16 6:30am Full Pads *CP 7 on 7 League at Vandegrift 5:30-8pm (9th, JV, VAR) | 17 AM Practice #17 6:30am ½ Pads | 18 Spring Game Prep Red/Black Teams - Athletics | 19 Youth Football Clinic (Gupton) ***Spring Football Game (Gupton) (Practice #18) | 20 Lake Travis 7 on 7 SQT (VAR) |
| 21 | 22 Team Meeting TBA Team Bar B Q – Athletics (Current 9 th , JV, VAR) | 23 *CP 7 on 7 League at Vandegrift 5:30-8pm (9th, JV, VAR) | 24 HS Ath. Lift/Facilities Cleaning/Equipment Clean Up -ATH. | 25 HS Ath. Lift/Facilities Cleaning/Equipment Clean Up -ATH. *SR Graduation Pract. | 26 HS Ath. Lift/Facilities Cleaning/Equipment Clean Up -ATH. ½ Day Last Day of School *Graduation HEB Center 12-2pm | 27 Westwood 7 on 7 SQT (VAR) |
| 28 | 29 Memorial Day Holiday | 30 *CP 7 on 7 League at Vandegrift 5:30-8pm (9th, JV, VAR) | 31 | | | |



Spring Football Game

- Friday, May 19th, 7pm at Gupton Stadium
- 5pm Youth Football Clinic
- Family fun
- Food Trucks
- Admission is Free/Everyone is Invited



INCOMING 9TH
SPRING 7 ON 7
LEAGUE

* @ VHS

* Incoming 9th Only

* Dates: May 2nd, May 9th,
May 16

* 6pm-8pm

* Coach Wilgoren will be
in contact with parents.



Ranger 7 on 7 SQT **Tournaments (VAR ONLY)**

***Varsity Only SQTs (State Qualifying Tournaments)**

***DB, QB, RB, WR**

***May 20th – Lake Travis**

***May 27th – Westwood**

***June 9th – Westlake**

***State Championship Tournament**

***We are in need of **Sponsorship** for these SQT Tournaments for Registration Fees, Snacks & Drinks, Contact **Dominic Brosie** (512) 299-1938 for Sponsorship questions.**

***SEE [Coach Wilgoren](#) for specific SQT questions**



SUMMER 7 ON 7 LEAGUE

- *LISD - Cedar Park League (This year league play will take place at Vandegrift HS because CP is getting new turf installed)
- *Incoming 9th, JV, Varsity
- *One team per division
- *Tuesday Nights—May 16, 23, 30
- *5:30pm to 8:00pm
- *Players should arrive at 5pm
- *Bring Water Bottle
- *Uniform
- *Coach Wilgoren,

Rob.Wilgoren@leanderisd.org



Sports Participation Physicals

WHO: *All High School (And Middle School) Students interested in participating in Athletics*

WHY: *State Law requires a physical on file prior to Summer Strength & Speed Camp, Season Practice, or Games.*

WHEN: *May 12, 8am – 4pm*

WHERE: *Vista Ridge HS*

HOW MUCH? *\$20 * Electronic Payment Only / No Cash*

Physicals for the 2023-2024 School year Can be obtained in the sports med. office. Online forms can be found on the LISD website.

For further assistance- Call 512-570-1846



SUMMER WEIGHT & SPEED CAMP

***9th Athletes, 8:30am-10:30am**

***10-12th Athletes, 8am-10am**

***Monday-Thursday**

***Strength, Core, Flexibility, Speed &
Agility Training**

***No Camp – June 30-July 7, 17&18**

***Football Skills**





RANGER FOOTBALL CAMPS

***“TODAY I WILL DO WHAT OTHERS WON’T, SO
TOMORROW I CAN DO WHAT OTHERS CAN’T”***





RANGER FOOTBALL CAMPS

FUTURE RANGER FOOTBALL CAMP II

***Students entering the 7th – 9th Grade, 6pm – 8pm,
Monday-Thursday**

***July 24th – July 27th**

***Orientation and Teaching of Ranger FB Program, Skill
Development in All Areas of FB**

FUTURE RANGER FOOTBALL CAMP I

***Students entering the 1st – 6th Grade, 8am to 10,
Monday - Thursday**

***July 24th – July 27th**

***Training and Skill Development in All Areas of Football**

RANGER FOOTBALL QB/WR CAMP

***Students entering the 6th-9th Grade, 6pm to 8pm, Monday –
Thursday**

***June 12th – 15th VRHS Grass Fields**

***Specific Training for the Quarterback and Wide Receiver
positions**



**RANGER FOOTBALL
TRAINING CAMP
(Mandatory Start of
Football Practices)**

- *July 31st for 9th Graders**
- *August 7th for 10th – 12th Graders**
- *Mandatory Attendance**
- *Bring Snacks / Shower Towels**
- *No Physical Paperwork Issues**
- *School Holidays (We practice)**



MOMS, ARE YOU READY FOR SOME FOOTBALL?

WHAT: RANGER MOM'S CLINIC

WHEN: TUESDAY, AUGUST 1st

WHERE: RANGER STUDY HALL

5:45pm Refreshments

6pm Program Begins

Provided by Coach Scott, Ranger Football Staff, and Coaching Families



TEACHER WORKDAY

WHEN: *TBA TENTATIVE DATE AUGUST 8TH

WHERE: VRHS, HMS, SMS, COX, REED, REAGAN, RUTLEDGE, FAUBION, REED, AKIN

***Community Service Outreach**

***Help teachers get ready for school**

***Say thank you to former teachers**



Freshmen Breakfast for Faculty

***TBA Tentative Date, August 15th, 7am**

***First Impressions with Faculty**

***Serve Faculty**

***Freshmen Parents get involved**

***Sing School Song**

***Door Prizes**



Ranger Football Media (Picture) Day

August 18th

6:45am – Pictures JV/VAR

8am – Pictures 9th

***Picture Packets will be available**



WHAT: PARENT INFORMATION & UIL TRAINING

WHEN: TBA , AUG 2023

WHERE: VRHS Auditorium

***Find out all information concerning game day shirts, pre-game meal plans, and UIL training.**



RALLY AT THE RIDGE

***Community Pep Rally**

***Gupton Stadium**

***TBA Tentative Date Wednesday,
August 16th**

***7pm**

***Performances by Band, Star
Steppers, and Cheer**



2023 Ranger Football Schedules

- **Varsity**
- **Junior Varsity Red**
- **Junior Varsity Black**
- **Freshman Red**
- **Freshman Black**

[2023 Ranger Football Schedule](#)

VISTA RIDGE FOOTBALL COMMUNICATION App

sportsYou™

You've been invited to join

Vista Ridge Football

Use your **unique access code** below and follow the instructions.

Access Code

5YZM-MH22

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**



visit us at **www.sportsyou.com**
or in the app stores



VISTA RIDGE FOOTBALL



2023 Spring Lift-A-Thon March 29th

Current VRHS Athletes Only

VRHS Football Fundraiser Details

Athlete Pledge/Donor Page. Goal is for each athlete to raise \$100 in Donations/Pledges

***Vista Ridge Football Lift-a-thon**

Vista Ridge High School



\$0 raised

Matt's Goal: \$100

(Estimate based on completing 1 pounds)

DONATE
TO MATT

Only 28 days left!



Matt Garver

Help spread the word

Facebook Twitter Email



FOOTBALL BOOSTER CLUB OFFICERS



Executive Officers:

President – Nicole Sundquist

Vice-President – Greg Yount

Treasurer – Ashley Gonzalez

Secretary – Lauri Smit



Ranger Football Booster Club

GOALS

- Understand and support the vision of the football program
- No hidden agendas
- To make the 2023 football season the most positive experience for the players
- Help Support Community Outreach
- Help Create the Ranger Nation Football Family
- Get each football family involved
- Help to raise money to support the program



Meet the 2023 Booster Club

Committee Chairs:

Chairs – Matt Berry

Communications/Social Media – Open

Concessions – Open

Football Yearbook – Meghan Antilla

Media/Photos – Angee Wilbur/Needs Help

Membership – Courtney Vaughan

Merchandise – Aimee Reed

Special Events – Crystal Green

Spirit – Faith Dean

Sponsorship – Open

Tunnel Crew – Jason Swartz

Varsity Dinners – Bronwyn Swartz

Volunteer Coordinator – Alex Hart



Why should I become a football booster club member and volunteer to help?

- Connect with other Ranger Families/Build Relationships
- Help support my son's team financially
- Help create school and community spirit (ONE RANGER NATION)
- Scholarship opportunity - VRABC



What do Booster Club Membership Dues Help Pay For:

- Football helmets/Decals
- Jerseys/Game pants
- Coach's headsets /drones /ipads /TVs and sound equipment
- Pregame and halftime nutrition
- Hudl subscription (Video Editing System)
- Field equipment - stand up dummies/step overs pads/Hand Shields
- Weight Room Equipment/Study Hall needs
- Knee braces/Sports Med needs
- Transportation Needs (Charter Buses)
- All Football Program events such as: Spring Game, Homecoming Parade, Football Banquets, Facility Upgrades
- And much, much more!



What do Booster Club Membership Dues Help Pay For:





What do Booster Club Membership Dues Help Pay For:





What do Booster Club Membership Dues Help Pay For:



VISTA RIDGE FOOTBALL BOOSTER CLUB
INVITES YOU TO ATTEND
THE 2022 VARSITY RANGER
FOOTBALL BANQUET



DECEMBER
2022
14
WEDNESDAY

5:30PM – 6:00PM ARRIVAL
6:00PM – 7:00PM DINNER
7:00PM – 8:00PM AWARDS

THE CROSSOVER
1717 Scottsdale Dr
Leander, TX 78641

RSVP BY SATURDAY DEC. 10TH

[2022 VISTA RIDGE VARSITY FOOTBALL BANQUET
\(JOTFORM.COM\)](https://www.jotform.com)

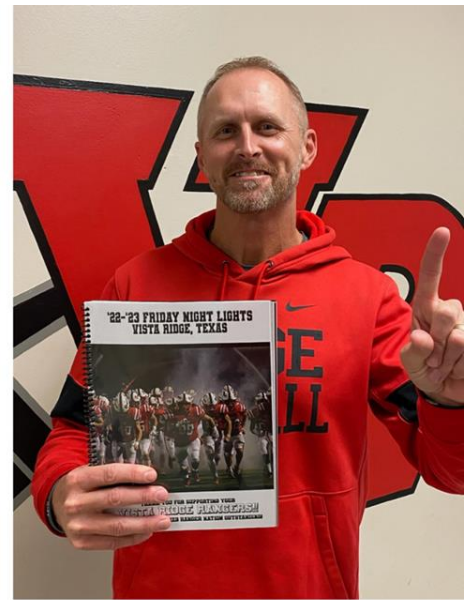
Coaches and one Guest attend for free, all additional guests (10 years & up) are \$50 per person
There will be no entry without a ticket. Your online receipt is your ticket.

Go Rangers!





What do Booster Club Membership Dues Help Pay For:


































What do Booster Club Membership Dues Help Pay For:





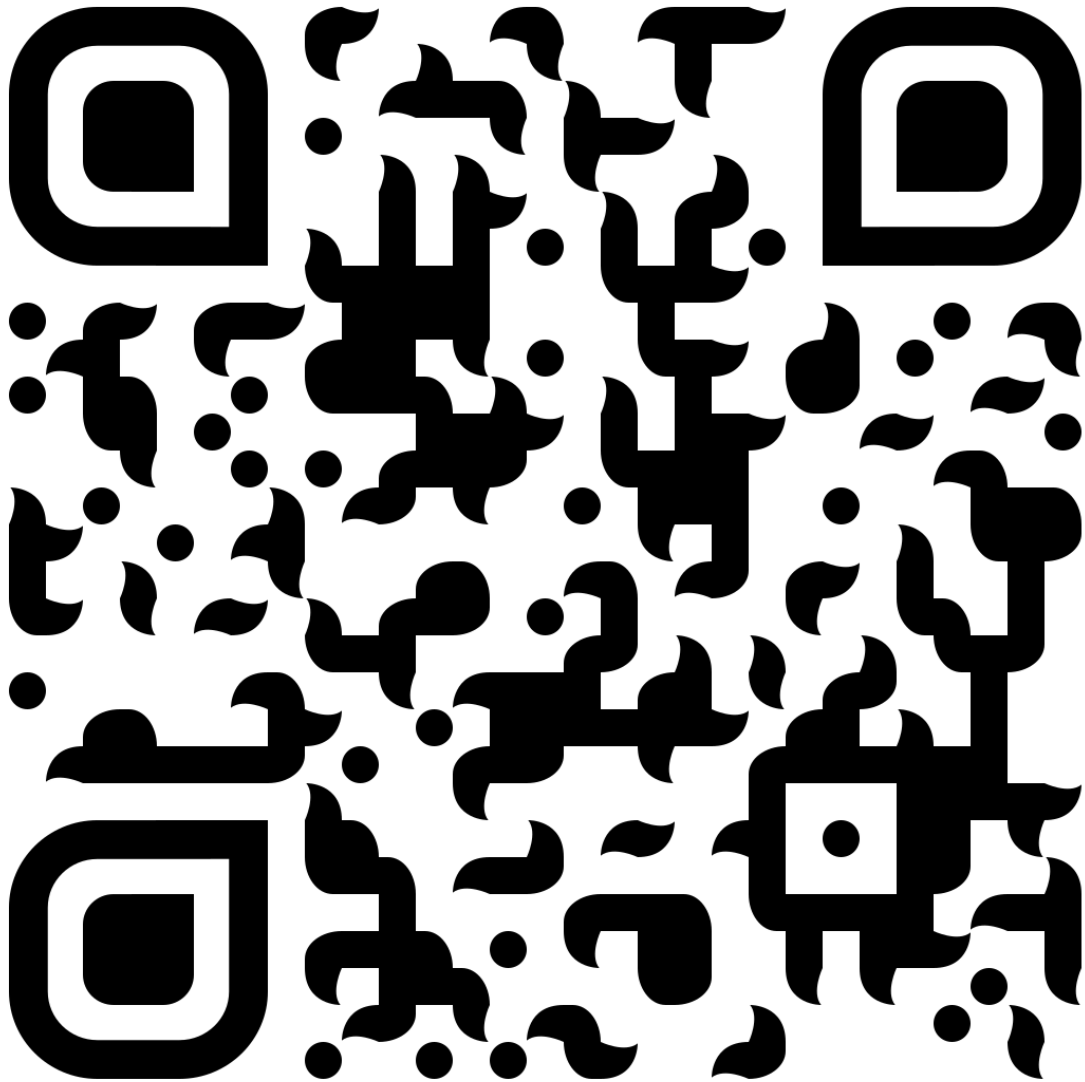
Vista Ridge Football Booster Club Membership Levels

| Membership Levels | White \$50 | Red \$100 | Black \$250 | Silver \$500 | Ranger MVP \$1000 | Golden Grandparents \$50+ |
|--------------------------------------|--|---|---|--|---|---|
| Board Member Voting Rights |  |  |  |  |  |  |
| Website/Media Guide Recognition |  |  |  |  |  |  |
| Window Decal |  |  |  |  |  |  |
| Members only Koozie | |  |  |  |  |  |
| Personalized Yard Sign | |  |  |  |  | |
| Player ad in Media Guide | | | 1/4 Page Ad | 1/2 Page Ad | Full Page Ad | |
| 2 Banquet Tickets | | | | |  | |
| One of a Kind VR Grandparent T-shirt | | | | | |  |

*****Tonight Only!!! Free giveaway for signing up to become a VR Football member!***



Vista Ridge Football Booster Club
Membership QR Code





Ranger Challenge

- Become a Member of the Ranger Football Family/ RANGER NATION!
- Sign up for 2 or more hrs of volunteer service
- Get questions answered by coaching staff and booster club officers
- Get to know someone outside of your son's class or circle

GO RANGERS!!