

Ranger Nation,

Spring Football practices are off to a great start and our staff and players are looking forward to a full week of practices. The players are doing a great job with learning our offensive and defensive system and have been working hard. It is fun to coach them and to watch them all compete. For this week, we will be practicing Monday through Thursday. Some practice times have been adjusted to accommodate for STAAR testing. All practice times are listed on the agenda below with start times to refer to. We will go in the mornings on Monday and Tuesday and will have to adjust our Wednesday practice to after school. Our 1<sup>st</sup> inter-squad scrimmage will be this coming Thursday after school at Gupton for our JV/VAR (2<sup>nd</sup> Block) athletics athletes. We will be scrimmaging our 9<sup>th</sup> football athletics class (1<sup>st</sup> Block) during the period at Ranger Stadium.

Players will need to make sure they allow enough time to get ready and be on the field. We are asking them to arrive at 5:30 am to the field house for the days we have morning practices. There is some potential for bad weather, and we are asking everyone to be flexible if changes occur due to weather. Please pay close attention to sportsYou and our football booster club communications on any changes with practice times.

**\*Attention current 9<sup>th</sup> Grade parents and players:**

9<sup>th</sup> grade players will not be practicing on Tuesday morning only because of the **English I STAAR Exam** and will instead report at normal school start times for their exam. They will pick back up with everyone for our Wednesday practice after school.

[VR Football Spring Football Calendar April & May](#)

Have a blessed week.

Go Rangers!

Coach Scott & Staff

**Upcoming Important Dates:**

**Save the Dates:**

\*Monday April 24<sup>th</sup>, Football Booster Club Meeting, 6:00 pm Large Study Hall, Open Meeting

\*Saturday, May 6<sup>th</sup>, [Spring Football Kickoff Pancake Breakfast Fundraiser](#), 7:30 am to 9:30 am, Mighty Fine in Cedar Park

- Here is the link to purchase tickets to an amazing breakfast! Parents, please help spread the word, and feel free to share on your social media pages. Proceeds will go to help support the financial needs of our Ranger Nation Football Program. ([VRHS Spring Football Kickoff Breakfast Tickets](#))
- We will be asking for player volunteers to help serve, bus tables, and clean for this event. We will be asking for 40 athletes to help with this. There will be two shifts. 7:00 to 8:30am (20) and 8:30 to 10:00 am (20), Players may sign up with Coach Hughes to help serve.

**Monday (Family)**

(OL Locker Room/Cafeteria/Doors)

**Before School:**

Players Arrive 5:30am

6:00am Spring Practice #3 (Full Pads)

**Athletic Period:**9<sup>th</sup>AP – Continue FB/Weights/Film Study/Meetings

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

**After School:**

No Open Weight Room

6:00pm FB Booster Club Meeting, Open Meeting

**Tuesday (Character)**

(DL Locker Room/Cafeteria/Doors)

**Before School:**\*Eng I STAAR Exam, No 9<sup>th</sup> graders at morning practice

6:00am Spring Practice #4 (Full Pads)

**Athletic Period:**9<sup>th</sup>AP – Eng I STAAR Exam

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

**After School:**

No Open Weight Room

**Wednesday (Toughness)**

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

\*US History STAAR EXAM

**Before School:**

No AM Practice Due to STAAR Testing

**Athletic Period:**9<sup>th</sup> AP – Football/Weights, 9<sup>th</sup> Arrive in time for the start of 1<sup>st</sup> block class

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

**After School:**\*\*\*4:05pm Spring Practice #5\*\*\*(1/2 Pads)(GRASS), 9<sup>th</sup>/JV/VAR**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

\*Eng II STAAR Exam

**Before School:**No AM Practice, 9<sup>th</sup> Scrimmage during AP, JV/VAR Scrimmage after school**Athletic Period:**9<sup>th</sup> Arrive in time for the start of 1<sup>st</sup> block class (Class starts at 8:15am)9<sup>th</sup> AP – 9<sup>th</sup> Scrimmage (1<sup>st</sup> Block Athletics) @ Ranger Stadium

JV/VAR AP – Velocity Lift/Walk Throughs Offense &amp; Defense

SH/Ranger Time (Cafeteria)

**After School:**Scrimmage #1 (JV/VAR- 2<sup>nd</sup> Block Athletics) @ Gupton3:45pm 1<sup>st</sup> Wave leave for Gupton, 3:55pm 2<sup>nd</sup> Wave leave for Gupton, 4:05pm Last Wave leave for Gupton4:30pm (JV/VAR- 2<sup>nd</sup> Block Athletics) Scrimmage @ Gupton**Friday (Payday)**

(WR Locker Room/Cafeteria Doors)

**Before School:**

No Open Weight Room or Practice

**Athletic Period:**

9<sup>th</sup>AP – Weights/Film/Meetings, 9<sup>th</sup> Arrive at the start of AP

JV/VAR AP – Position Meetings/Film

SH/Ranger Time (Cafeteria)

**After School**

No Open Weight Room or Practice