

Ranger Nation,

It was nice to see many of you at our 1<sup>st</sup> scrimmage of the spring last Thursday. We saw many bright spots as well as some areas we will need to improve. We are excited to get back at it on Monday. Spring Football practices this week will be in the afternoons after school because of STAAR/AP exams. We will be practicing Monday through Thursday. All practice times are listed on the agenda below with start times to refer to. Our 2nd 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 continue to scrimmage our 9<sup>th</sup> football athletics class (1<sup>st</sup> Block) during the period at Ranger Stadium.

There is some potential for bad weather later in the week. 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.

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

Have a blessed week.

Go Rangers!

Coach Scott & Staff

### **Update:**

**Cancellation** - The Spring Football Kickoff Pancake Breakfast scheduled for Saturday, May 6<sup>th</sup> @ Mighty Fine has been cancelled. Please notify us if you purchased tickets and have not received a refund.

### **Upcoming:**

[VRHS Sports Physicals](#), \*See link for more details. We will host on-campus physicals on Friday May 12, 2023 from 8am-12pm. All student athletes looking to attend will need to purchase a ticket via HomeTown ticketing for \$20. The ticket link will be going live on Friday April 28th and will close on Thursday May 11th. Like last year, we will be allotting time during our athletic periods between Monday May 1st - Thursday May 11th to take vitals and the height and weight portion of the physical. Our training staff will only complete this for athletes who have purchased a ticket and have a parent signed form. Once athletes have purchased their ticket our training staff will coordinate a specific time during the athletic period to complete this portion. For questions please contact our athletic trainers at (512) 570-1846 // vrhsathletictrainers@leanderisd.org // or (512) 570-1863.

### **Football Weekly Agenda (5/1)**

#### **Monday (Family)**

(OL Locker Room/Cafeteria/Doors)

#### **Before School:**

No AM Practice Due to AP Testing

#### **Athletic Period:**

\*Large Study Hall used for AP testing, Players need to remain quite in the locker rooms

9<sup>th</sup> AP – Football/Weights

JV/VAR AP – Weights / Film Study / Meetings

SH/Ranger Time (Cafeteria)

#### **After School:**

\*\*\*4:05pm Spring Practice #7\*\*\* (Full Pads) 18 Periods (KO) Turf

**Tuesday (Character)**

(DL Locker Room/Cafeteria/Doors)

\*9<sup>th</sup> Biology STAAR Exam**Before School:**

No AM Practice Due to AP/STAAR Testing

**Athletic Period:**

\*Large Study Hall used for AP testing, Players need to remain quite in the locker rooms

9<sup>th</sup> AP: No 9<sup>th</sup> b/c Bio STAAR Exam

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

**After School:**

\*\*\*4:05pm Spring Practice #8\*\*\* (Full Pads) 18 Periods (KO) Turf

\*Incoming 9<sup>th</sup> 7 on 7 Vandegrift League**Wednesday (Toughness)**

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

\*9<sup>th</sup> Algebra I STAAR Exam**Before School:**

No AM Practice Due to AP/STAAR Testing

**Athletic Period:**

\*Large Study Hall used for AP testing, Players need to remain quite in the locker rooms

9<sup>th</sup> AP: 9<sup>th</sup> Alg I STAAR, Any 9<sup>th</sup> not testing will have weights

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

\*Meeting w/ Mr. Johnson 1:00pm (Scott)

**After School:**

\*\*\*4:05pm Spring Practice #9\*\*\* (1/2 Pads) 18 Periods (KO) (GRASS)

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria/Doors)

**Before School:**No AM Practice, 9<sup>th</sup> Scrimmage during AP, JV/VAR Scrimmage after school (AP Hum GeoTripp, Lacek, Kuene)**Athletic Period:**9<sup>th</sup> AP – Scrimmage 9<sup>th</sup> Grade during the period

JV/VAR AP – Velocity Lift/Walk Throughs/Meetings

SH/Ranger Time (Cafeteria) – Commitment, Equipment Issues for scrimmage

Last Block Coaches/Trainers Set-Up Gupton for Scrimmage

**After School:**Scrimmage #2 (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