

Ranger Nation,

We are now halfway through spring practices. It's crazy how fast the last two weeks have gone. We are seeing some good things on both sides of the ball. We will continue to work on the offense and defensive installs the next two weeks and look forward to Thursday's scrimmages.

Spring Football practices this week will be in the morning before school on Monday - Wednesday. We are asking the players to arrive by 5:30 am to be ready for a 6:00 am start. All practice times are listed on the agenda below with start times to refer to. Our 3rd inter-squad scrimmage will be this coming Thursday after school at Gupton for our JV/VAR (2nd Block) athletics athletes. We will continue to scrimmage our 9th football athletics class (1st Block) during the period at Ranger Stadium.

If you are choosing to participate in the on campus VRHS sports physicals this Friday, we are asking that you purchase a ticket for the physicals on Hometown Tickets before Tuesday 5/9. Our sports medicine team is going to use the Ranger Time periods on Tuesday and Wednesday to take care of vitals, height, weight, and vision on anyone who has purchased a ticket for the physical. This will help save time Friday and make the process go faster for athletes choosing to take advantage of the in-school physicals. Details and link provided below on how to purchase a physical ticket.

There is again some potential for bad weather throughout 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

Upcoming May 12th VRHS Sports Physicals:

[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 or ranger time 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 (5/8)

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

6:00am Spring Practice #11 (Full Pads) (Specialties) - Turf

Athletic Period:

9thAP – break then continue FB Practice (Turf)/Weights/Film Study/Meetings

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria)

After School:

No Open Weight Room

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

6:00am Spring Practice #12 (Full Pads)/(Punt) - Turf

Athletic Period:

9thAP – break then continue FB Practice (Turf)/Weights/Film Study/Meetings

JV/VAR AP – Football Skills (1/2 Pads) (Grass)/Weights

SH/Ranger Time (Cafeteria), RT – Vitals and SWAY for athletes that buy ticket for Physicals

After School:

No Open Weight Room

*Incoming 9th 7 on 7 Vandegrift League

Wednesday (Toughness)

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

Before School:

6:00am Spring Practice #13 (Full Pads) – Turf

Athletic Period:

9thAP – Velocity Weights /Walk Throughs (Def/Off)

JV/VAR AP – Weights / Film Study

SH/Ranger Time (Cafeteria), RT – Vitals and SWAY for athletes that buy ticket for Physicals

After School:

No Open Weight Room

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

No AM Practice, 9th Scrimmage during AP, JV/VAR Scrimmage after school

Athletic Period:

9th AP – Scrimmage 9th Grade during the period

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

SH/Ranger Time (Cafeteria)

After School:

Scrimmage #3 (JV/VAR- 2nd Block Athletics) @ Gupton

3:45pm 1st Wave leave for Gupton, 3:55pm 2nd Wave leave for Gupton, 4:05pm Last Wave leave for Gupton

4:30pm (JV/VAR- 2nd Block Athletics) Scrimmage @ Gupton

Friday (Payday)

(WR Locker Room/Cafeteria Doors)

Before School:

No Open Weight Room or Practice

Athletic Period:

9thAP – Weights/Film/Meetings, 9th Arrive at the start of AP

JV/VAR AP – Position Meetings/Film

SH/Ranger Time (Cafeteria)

After School

No Open Weight Room or Practice