

Ranger Nation,

We appreciate everyone's support for a successful Red vs Black Spring Game last Friday night. It was fun to watch the guys battle it out. Thank you to the booster club and the many friends and family members that pitched in to make this event a special occasion.

We look to conclude this last week of school strong. We will be doing some clean up, equipment returns, and getting a lift or 7 on 7 session in during the period. On Tuesday, our booster club will be sponsoring a Team BBQ during the athletic periods. Coaches will be cooking and serving burgers and hot dogs for the guys in appreciation for all their hard work this offseason and Spring practices. A special thank you to our booster club for helping to make this team building opportunity a reality.

SUMMER PLANNING:

It's time to start planning for the summer. As we discussed in our Spring Parent Meeting, it is important that we have a great summer with strength & conditioning and skill development. We are so proud of how hard our players worked this spring and are grateful that we were able to make great strides in spring football. The challenge now is to have a great summer starting with our 2023 Ranger Strength and Speed Camp which begins on June 5th. All paperwork and summer camp registrations are linked below. You must select Vista Ridge HS. Once there, specific camp details can be seen on each camp listed by clicking on the brochure link on the LISD summer camp website. Each year LISD requires that athletes complete a LISD physical and the UIL/LISD online forms for summer camps and the coming Fall season. If you have not already done so, please take time to complete the physical and online forms. Athletes may bring the physical with them on their first day of camp. In addition to our highly recommended Strength and Speed Camp, there are some other summer football camps we are offering. Should you have any camp related questions, please contact Coach Tim Byerly, our camp director. tim.byerly@leanderisd.org

[LISD 2023 to 2024 Physical Form](#)

All athletes need to complete a physical form prior to summer camps and the fall season.

[Link to Rankone Online UIL/LISD Athletics Forms](#)

Online forms need to be completed prior to the fall season.

[SWAY Concussion Baseline Testing/Formerly Impact Testing](#)

New app that allows student athletes to take a baseline concussion test with their cell phone or tablet. This needs to be completed prior to the fall season.

SUMMER CAMPS: Registration is Open

[2023 Ranger Strength and Speed Camp](#)

For Incoming MS, 9th, 10th, 11th, & 12th Graders (Highly Recommended: We want all are athletes to be a part of this camp to gain the added strength and conditioning needed to be successful for the Fall season.)

[2023 Vista Ridge QB and WR Passing Camp \(6th-9th\)](#)

For Incoming 6th, 7th, 8th, 9th Graders (Optional for WRs & QBs who are looking for added skill development at those positions)

2023 Future Ranger Football Camp II (7th-9th)

For Incoming 7th, 8th, 9th Graders (Highly Recommended for our incoming 9th Graders who want to start the install process of our offense and defense and get a head start on things.)

Have a great week and summer! Also, a special congratulations to our seniors who will be graduating this Friday. We are proud of each and every one of you, and look forward to hearing about the great things you will accomplish in the next chapter of your life.

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (5/22)

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

No Open Weight Room

Athletic Period:

9th AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

VAR/JV AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

SH/Ranger Time (Cafeteria)

After School:

No Open Weight Room

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

No Open Weight Room

Athletic Period:

9th AP – Team Meeting-Summer Camp/Equipment/Team BBQ & Fellowship

VAR/JV AP – Team Meeting Summer Camp/Equipment/Team BBQ & Fellowship

SH/Ranger Time (Cafeteria)

After School:

No Open Weight Room

*CP 7 on 7 League @ Vandegrift (9th/JV/VAR) 5:30pm-8:00pm

Wednesday (Toughness)

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

Before School:

No Open Weight Room

Athletic Period:

9th AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

VAR/JV AP – Facilities clean-up/Equipment/Weights/Player Meetings/7 on 7

SH/Ranger Time (Cafeteria)

After School:

No Open Weight Room

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

*7:30 am Optional Senior Baccalaureate Service (location PAC) CARE & FCA Sponsored

Before School:

No Open Weight Room

Athletic Period:

9th AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

VAR/JV AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

SH/Ranger Time (Cafeteria) – Commitment

After School:

No Open Weight Room

Friday (Payday)

(WR Locker Room/Cafeteria Doors)

Before School:

No Open Weight Room

Athletic Period:

9th AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

*9am Graduation Practice Gym (Scott/Garver)

VAR/JV AP – Facilities clean-up/Equipment/OL-DL Weights/Player Meetings/Skill 7 on 7

*12:00pm Senior Graduation @ HEB Center

After School:

No Open Weight Room

Saturday

*Westwood 7 on 7 SQT Tourn. (VAR) @ CRHS