

Ranger Nation,

Strength and conditioning camp is going great. We have seen many of the guys make gains in their strength levels and speed and quickness. It is always fun to watch them get after it. They are definitely not afraid to work. Below you can find the agenda with information and important reminders about our strength camp. If you have not registered your athlete for SWSC, please do so as soon as you can. It is never too late to get signed up and going. If you have any registration questions, please email Tim.Byerly@leanderisd.org. We are looking forward to another great week.

A few camp reminders:

- **Please send a water container with your athlete every day. This week is predicted to be a hot one.**
- **Athletes may want to bring a pair of flats and a pair of cleats. We will be on the grass and it will help with the footing.**
- **Athletes will need to wear their own athletic gear (athletic shirt/or tank top and athletic shorts).**
- **If you are going to a later session, you may want some sun block or you may want to bring a hat.**

Congratulations to our Varsity State Qualifying Team! This Friday and Saturday they will be competing for the 7 on 7 State Title in College Station against approximately 128 other qualifying schools from across the state. We are so proud of you and wish you the best of luck!

Thank you. Go Rangers!!!

Coach Scott & Staff

[Camp Registration Link](#)

Strength Camp Details:

***Session 1: (Incoming MS 7th & 8th graders) - 7am to 8 am.**

***Session 2: (Incoming 10th - 12th graders/Football) - 8 am to 10:00 am.**

***Session 3: (Incoming 9th graders & 10th - 12th graders in other sports) - 8:30 am to 10:30 am.**

The Camp generally runs from Monday-Thursday. In case of bad weather, Friday will be a make-up day. Always assume we have camp unless you receive a message that camp has been canceled or moved to Friday. There will be no camp July 3rd-July 7th, & July 17/18. The last day of camp will be July 27th.

What to bring? Water bottle

What to wear? Personal Athletic shorts and shirt

What kind of shoes? Please bring flats and cleats if you have them

Where to meet/drop-off? Outside the garage door on the curb of the main weight room in the back of Vista Ridge HS.

Where will we be training? VR Weight Rooms, Grass Fields

Where is pick-up? Athletes needing to be picked up can wait on the curb outside the garage door of the main Vista Ridge weight room.

Do I need a physical? Yes, LISD requires a yearly sports physical for camps.

[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.

2023 Vista Ridge QB and WR Passing Camp (6th -9th)

(Optional camp for WRs & QBs who are looking for added skill development at those positions. Click the link above to register your athlete if interested.)

* For Incoming 6th, 7th, 8th, 9th Graders, 6pm to 8pm, Monday –Thursday

*June 12th – June 15th

*Ranger Grass Fields

*Bring Water bottle, cleats, athletic shirt and shorts

*If you have any QB/WR camp questions, please email Tim.Byerly@leanderisd.org.

Football Weekly Agenda Week 3 Summer SWSC (6-19)

Monday-Thursday

Session 1 – Middle School (Incoming 7th & 8th) Boys

6:45am: Arrive and Check In/Stretch

7am-8am: MS Strength and Conditioning

Session 2 – High School (10-12th) Football Boys

7:45am: Arrive and Check In/Stretch

8am-10am: Strength and Conditioning (FB Skills training on most days, 8 am to 8:30 am)

Session 3 – High School (Incoming 9th graders & 10th - 12th other sports)

8:30am: Arrive and Check In/Stretch (Grass Stretch)

8:30am-10:30pm: Strength and Conditioning (FB Skills training on most days, 10:00 am to 10:30 am)

Friday

Varsity SQT State 7 on 7 Tournament College Station, Veteran Park & Athletic Complex, 3101 Harvey Rd, College Station, Pool Play Brackets should be out some time early this week.

Saturday

Varsity SQT State 7 on 7 Tournament College Station, Veteran Park & Athletic Complex, 3101 Harvey Rd, College Station, Pool Play Brackets should be out some time early this week.