

Ranger Nation,

We are looking forward to a great week of camp to close out the month. We are sure proud of the guys, for the hard work they have put in throughout the month of June. We keep reminding them that the work they are doing now will translate into the success they will have in the coming season. A quick reminder that after this week, camp will be shut down the week of July 3rd – 7th for the LISD/UIIL 4th of July break. Camp will then resume again on Monday, July 10th. We hope everyone takes time to enjoy their families and be safe over this time.

Congratulations to our Varsity State Qualifying Team! Ranger Nation is sure proud of them and how they represented Vista Ridge at the state tournament. Also, a special thank you to all the parents, sponsors, and athletes for your effort and support throughout our 7 on 7 run. Again, we are so proud of each and every one of you!

Blessings on your week.

Go Rangers!!!

Coach Scott & Staff

Athletes, please take care of these things:

Athletes, please make sure you are staying ahead of things. If you did not already get your physical done, please take care of this in July. You will not be able to participate in mandatory season practices without this being done. In addition, please work to complete the online Rankone UIL/LISD forms and complete the yearly concussion baseline testing with SWAY. Please see the links below to help complete these items.

[LISD 2023 to 2024 Physical Form](#)

All athletes need to complete a physical form prior to 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.

Football Weekly Agenda Week 4 Summer SWSC (6-26)

Strength Camp Times:

***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.**

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)