

Ranger Nation,

We hope you enjoyed the 4th of July break with family and friends. July is here, and we are excited to get back in the weight room to get back to work.

Blessings on your week.

Go Rangers!!!

Coach Scott & Staff

Athletes! We need you to 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 5 Summer SWSC (7-10)

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)

IMPORTANT UPCOMING DATES

July 10th - Strength and Conditioning Camp Continues

July 17th & 18th -No Camps, THSCA Coaching Convention

July 19th/27th – Strength and Conditioning Camp Resumes and ends July 27th.

July 24th – July 27th Future Ranger Camp I – 8am to 10am (M-Th) *1st–6th Grade

July 24th – July 27th Future Ranger Camp II – 6pm to 8pm (M-Th) *7th – 9th Grade

July 31st - 9th Training Camp Starts *Mandatory 9th Grade Practices Start

Aug 1st - Moms Clinic (Ranger Study Hall Room) – 6:00pm

Aug 4th or 5th TBD Team Social

Aug 7th – V/JV (10th -12th Grade) Training Camp Starts *Mandatory V/JV Practices Start

Aug 15th – Teacher Workday - VR, Henry, Stiles, Rutledge, Cox, Faubion, Reagan, Reed, Akin

Aug 15th – Freshman Breakfast for Faculty, 7:30am

Aug 16th – First Day of School

Aug 16th, Wednesday – Rally at the Ridge Community Pep Rally @ Gupton Stadium, 7pm

Aug 17th – Scrimmage vs Copperas Cove @ Bulldawg Stadium in Copperas Cove 5:00/7pm

Aug 18th – Ranger Football Media Day – (V/JV) 6:45am, (9th) 8am

***TBA Aug – Parent Information Night**

August 23rd – Dad’s and Decals (Varsity Event)/Guest Speaker

August 23rd – VRHS vs Bowie sub-varsities *See Schedule

August 24th Thursday – VRHS vs Bowie @ Bowie TBD 7pm (Varsity)

Contact Information

General Football:

Coach Scott – Chad.Scott@leanderisd.org

Physicals/Medical:

Coach C & M – Jose.carrillo@leanderisd.org, Sophia.Munoz@leanderisd.org

HS Seven on Seven:

Coach Wilgoren – Robb.Wilgoren@leanderisd.org

VR Summer Camps:

Coach Byerly – Tim.Byerly@leanderisd.org

Strength & Conditioning:

Coach Hardy – George.Hardy@leanderisd.org