

Ranger Nation,

We hope everyone had a great weekend and enjoyed time with family and friends. This week will be our last week of summer strength and conditioning camp. It's crazy how fast time flies by. We will be making an adjustment to the start time of SWSC this week. Please read report times below carefully.

Blessings on your week.

Go Rangers!!!

Coach Scott & Staff

July 24th – 27th, Summer Strength and Conditioning Camp Final Week, (9th/JV/Varsity)

This is the final week of summer strength and conditioning camp. The camp will conclude on Thursday, 7/27. We are asking all SWSC campers (9th-12th grade) to report at a later time than normal. Please be there just prior to 9:00 am for the weights and conditioning session. Our football skills session will start at 10:30 am for all HS campers this week on the turf and conclude at 11:00 am.

July 24th – 27th, 6:00 – 8:00 pm, 9th Graders

(Optional) Future Ranger Football Camp II (7th – 9th Graders) This camp is optional but highly recommended and highly encouraged to help our incoming 9th graders get a great start to the upcoming season. Campers will be exposed to offensive, defensive, and special-teams skills work and begin the install phases of our season's offense and defense. Attached is the link to register for this camp which runs from July, 24th – 27th from 6:00 - 8:00 pm. Campers will need to wear an athletic t-shirt and shorts. We are also asking campers to bring a water bottle and a pair of cleats. Campers will meet at Ranger stadium to check in at the gate. Please arrive by 5:50 pm the first day. Attached below is the link to register and pay for this camp.

[Future Ranger Camp Registration Link](#)

***For Camp Questions please email our camp director: Coach Tim Byerly Tim.Byerly@leanderisd.org**

Attention All 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 this week if possible. 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. 9th graders will start mandatory start of practices on 7/31 and begin the UIL acclimation. Our JV/Varsity players will begin their mandatory start of practices on 8/7 and begin the UIL acclimation to be ready for the first scrimmage vs Copperas Cove.

[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 6 Summer SWSC (7-24)

****Please note that HS Strength and Conditioning start times have been adjusted this week.**

Strength Camp Times:

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

*Session 2: (Incoming 9th & 10th - 12th graders/Football) - 9 am to 11:00 am.

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 (9th & 10-12th) Football Boys

8:45am: Arrive and Check In/Stretch

9am-11am: Strength and Conditioning (FB Skills training 10:30 am)

IMPORTANT UPCOMING DATES: [August Monthly Schedule Link](#)

July 24th - 27th – Strength and Conditioning Camp 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 – Mom's Clinic (Ranger Study Hall Room) – 6:00pm

Aug 4th Team Social, The Fieldhouse at the Crossover 7pm, More details to come.

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

Aug 10th – Teacher Workday (Changed to the 10th due to VR PD Schedule) - 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

Aug 14th – Parent Information Night, at 7:30pm. VRHS Auditorium

August 23rd – Dad's and Decals (Varsity Event) 5 pm/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