

**Rangers Nation,**

**August is just about here. We are pumped for the start of our 2023 football season. This week our freshmen will start there mandatory training camp practices in the morning while our upper classmen will continue their open weight room training. I have listed details for the week below so you can plan.**

### **“Peanut Butter Bowl”**

**Additionally, our program along with Bowie HS will be collecting jars of peanut butter to help support those less fortunate in the community. After our game against Bowie, our jars of peanut will be picked up and donated to Hope Austin. The Peanut Butter Bowl, as it will be called, will pit us against Bowie HS in donating the most jars of peanut butter. Donations can also be made online through their website [www.PeanutButterBowl.com](http://www.PeanutButterBowl.com). For every \$2 donated, Vista Ridge will get credit for a jar of peanut butter. Please consider adding another jar of peanut butter to the grocery list and sending it in with your child to practice. Jars of peanut butter will be collected outside the locker rooms in the athletic hallway. Thank you for supporting this initiative to help those in need.**

**Also, if you have not had a chance to add the sportsYou app to your device please do so. This will be the primary channel of communication we will utilize as the season begins. Details can be found below. Enjoy the week.**

**Go Rangers!**

**Coach Scott & Staff**

**\*We will be utilizing the [sportsYou app](#) for access to parent/player weekly agendas and team information for parents/guardians/players.**

**Attached is a [link to details of how to join either on a device or through your desktop computer](#). sportsYou Code: [SYZMMH22](#)**

## **Football Weekly Agenda Week 1 (7-31), 9<sup>th</sup> Training Camp Begins**

### **Monday (Family)**

(OL Locker Room Duty)

7:15am 9<sup>th</sup> Players Report

(9<sup>th</sup> Players report to Double Doors on the Sports Medicine Side in order to check in, please arrive by 7:15 am on the first day so we can start at 8 am with practice. All other days, players will report by 7:30 am. Players can be picked up by 11 am. Please have players bring water bottles, flats, and cleats with them. We will issue lockers, locks, shorts, and shirts. Each athlete will have a laundry clip for their school issued shorts and shirt. These will be cleaned daily and placed back in their locker. A lock will be provided for them to lock any valuables up in their lockbox. Parents, please encourage them to lock up their valuable (wallets, keys, phones, expensive items, ect.).

8am – 11am 9<sup>th</sup> Practice #1

9am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

10:30 - 11am Senior Led (JV/VAR) Skills (Turf)

### **Tuesday (Character)**

(DL Locker Room Duty)

7:30 9<sup>th</sup> Grade Players Report

8:00am – 11am 9<sup>th</sup> Practice # 2

9am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

10:30 - 11am Senior Led (JV/VAR) Skills (Turf)

6pm – [Mom’s Clinic](#) (9<sup>th</sup>/JV/VAR Moms), Ranger Study Hall

(Optional Fun Event for all grade level Mom’s/Details linked above.)

### **Wednesday (Toughness)**

(LB/H/TB/QB Locker Room Duty)

7:30am 9<sup>th</sup> Grade Players Report

8:00am – 11am 9<sup>th</sup> Practice #3

9am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)  
10:30 - 11am Senior Led (JV/VAR) Skills (Turf)

**Thursday (Relentless Effort)**

(DB/Sams Locker Room Duty)

7:30am 9<sup>th</sup> Grade Players Report

8:00am – 11am 9<sup>th</sup> Practice #4

9am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

10:30 - 11am Senior Led (JV/VAR) Skills (Turf)

**Friday (Payday)**

(WR Locker Room Duty)

7:30am 9<sup>th</sup> Grade Players Report

8:00am – 11am 9<sup>th</sup> Practice #5

No Open Weight Room

7pm [VRHS Football Team & Family Social](#): The Fieldhouse at the Crossover

**Saturday**

8:00am 9<sup>th</sup> Players Arrive

8:30am 9<sup>th</sup> Practice/Scrimmage @ Ranger Stadium

**\*\*Next Week\*\***

**Monday 8/7**

5:30am 9<sup>th</sup> Arrive for 6am practice, pick up time 7:50 am

8am – 4:00pm Teacher/Coach Inservice/PD

4:15am JV/VAR (10<sup>th</sup> -12<sup>th</sup>) Arrive on the first day of practice

**Physical Form** Students must have a physical completed prior to participating in practices this fall season. Incoming 9<sup>th</sup> grade season practices will begin July 31<sup>st</sup> at 8 am. If they have not already turned their physical in, athletes will need to bring their physical with them when they report on July 31<sup>st</sup>. Upper classmen will need to have their physicals turned in prior to Aug 7<sup>th</sup>.

[LISD 2023 to 2024 Physical Form](#)

**Rank One Forms (LISDs UIL forms and Emergency Contact information filled out online)**

All LISD online form must be completed prior to participating in practices this fall season. Please complete before July 31<sup>st</sup> for 9<sup>th</sup> and August 7<sup>th</sup> for JV/Varsity.

[LISD/UIL Rank One Online Forms for the 2023 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. SWAY CODE: CSEDR

**Contact Information**

General Football:

9<sup>th</sup> Grade Head Football:

Physicals/Medical:

HS Seven on Seven:

VR Summer Camps:

Strength & Conditioning:

Coach Scott – [Chad.Scott@leanderisd.org](mailto:Chad.Scott@leanderisd.org)

Coach Johnson – [Cecil.Johnson@leanderisd.org](mailto:Cecil.Johnson@leanderisd.org)

Coach C & M – [Jose.Carrillo@leanderisd.org](mailto:Jose.Carrillo@leanderisd.org), [Sophia.Munoz@leanderisd.org](mailto:Sophia.Munoz@leanderisd.org)

Coach Wilgoren – [Robb.Wilgoren@leanderisd.org](mailto:Robb.Wilgoren@leanderisd.org)

Coach Byerly – [Tim.Byerly@leanderisd.org](mailto:Tim.Byerly@leanderisd.org)

Coach Hardy – [George.Hardy@leanderisd.org](mailto:George.Hardy@leanderisd.org)