

## **Ranger Nation,**

Welcome incoming 9<sup>th</sup> grade parents and players to the 2023 football season. We are excited for the start of our 9th grade mandatory season practices. All players must have an updated physical on file, have all online UIL/Rankone paperwork completed, and complete the SWAY concussion baseline test prior to being allowed to practice this Monday. If your student athlete has their physical but has not yet turned it in, please have them bring it with them on Monday when they report to campus for practice. Our coaching staff can't wait to get started with this group. We have been impressed with them so far this summer. Please help us make sure your player arrives on time and is ready to get after it.

GO RANGERS!

Coach Scott & Staff

**\*This season we will continue to utilize a team app for our team communication and announcements. (sportsYou app) This app will give 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**

Below I have listed a few reminders, links, and important dates for 9<sup>th</sup> grade players and parents.

### **Important Dates (Please Read Carefully)**

#### **Week of July 31<sup>st</sup> – Aug 3<sup>rd</sup>**

##### **July 31<sup>st</sup> – Aug 3<sup>rd</sup> Open Weight Room (JV/Varsity) 9:00 – 10:30 am**

This is an optional but encouraged lifting session in the VR large weight room for JV/Varsity players. Skills training will occur on the turf of Ranger Field from 10:30 – 11:00 am after the lift. Please have players bring their water bottles, flats, and cleats with them to this session.

##### **July 31<sup>st</sup> – Aug 3<sup>rd</sup>, (8 - 11:00 am), 9<sup>th</sup> Training Camp Starts (Start of Mandatory Football Season Practices for the 9<sup>th</sup> graders)**

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, 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.).

**August 1<sup>st</sup> - 6:00 pm, [Mom's Clinic](#) (Ranger Study Hall Room/& Gupton Stadium)**

This is an optional fun event for all grade level Moms (or other mother figures)/details linked above.

**August 4<sup>th</sup> - 7:00 pm, 9<sup>th</sup> /JV/Varsity Team Social @ The Crossover**

Save the date. More details on this to come.

**August 5<sup>th</sup> - 8:30 am, 9<sup>th</sup> Intersquad Scrimmage @ Ranger Stadium**

Players arrive by 8am.

### **Week of Aug 7<sup>th</sup> – 12<sup>th</sup>**

**August 7 - 6:00 am, 9<sup>th</sup> Meetings & Practice** please arrive by 5:30 am so we can start at 6 am with practice), Pick Up time 7:50 am.

**8:00 am -4:00 pm** Teacher/Coach Inservice/PD

**August 8 - 6:00 am, 9<sup>th</sup> Meetings & Practice**, please arrive by 5:30 am so we can start at 6 am with practice), Pick Up time 7:50 am.

**8:00 am -4:00 pm** Teacher/Coach Inservice/PD

**August 9 - 6:00 am, 9<sup>th</sup> Meetings & Practice**, please arrive by 5:30 am so we can start at 6 am with practice), Pick Up time 7:50 am.

**8:00 am -4:00 pm** Teacher/Coach Inservice/PD

**August 10 - 6:00 am, 9<sup>th</sup> Meetings & Practice**, please arrive by 5:30 am so we can start at 6 am with practice), 9<sup>th</sup> Community Service, Teacher Workday (Athletes will help teachers move desks and set up classrooms, 9<sup>th</sup> graders will be assigned to VRHS) 9<sup>th</sup> graders can be picked up at 12:00 pm.

**August 11 - 6:00 am, 9<sup>th</sup> Meetings & Practice**, please arrive by 5:30 am so we can start at 6 am with practice), Pick Up time 7:50 am.

**8:00 am -4:00 pm** Teacher/Coach Inservice/PD

**August 12 - 8:30 am JV/9<sup>th</sup> Intersquad Scrimmage**, Please arrive by 8am.

### **Week of Aug 14<sup>th</sup> – 18<sup>th</sup>**

**August 14 - 6:00 am, 9th Meetings & Practice**, please arrive by 5:30 am so we can start at 6 am with practice) Pick Up time 7:50 am.

**8:00 am -4:00 pm** Teacher/Coach Inservice/PD

**August 14 - 7:30 pm, Parent UIL Football Information Meeting and Membership Drive (9th/JV/Varsity Parents)**

Mandatory UIL Parent Meeting for at least one parent or guardian. Location: VRHS Auditorium at the front of the HS close to the band hall. Enter through the glass doors of the auditorium (PAC).

**August 15 - 6:00 am, 9th Meetings & Practice**, please arrive by 5:30 am so we can start at 6 am with practice)

**9th Community Service Faculty Teacher Breakfast,**

9th Graders will report to the cafeteria after practice to serve breakfast to VRHS faculty and sing the school song in front of the VRHS faculty, Pick-Up time will be 8:50 am

**August 16 - First Day of School**

**7:30 am, 9th Practice**

**7:00 pm,** Rally at the Ridge Community Pep Rally @ Gupton Stadium

**August 17 - 8:30 am, 9th Practice/Athletics**

**5:00 pm, (9th/JV)** Scrimmage vs Copperas Cove @ Copperas Cove

**7:00 pm, (Varsity)** Scrimmage vs Copperas Cove @ Copperas Cove

**August 18 - 8:00 am, (9th)** Ranger Football Media Day (Team Pictures)

**August 19 - OFF/Treatments for Injuries (Sign-Up with Trainers)**

**Week of Aug 21<sup>st</sup> – 25<sup>th</sup>**

\*See Weekly Agenda on sportsYou for Game Week - Bowie

**August 23 - VRHS vs Bowie, 9th/JV** games \*See Schedule

**August 24 - VRHS vs Bowie, Varsity** @ Burger Stadium

([Current 2023 VRHS Football Schedule](#)) \*Please note that Sub-Varsity games can change if opponent teams don't make.

**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 may stop by the field house to turn in their physical prior to July 31<sup>st</sup> to avoid a long line the morning of 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

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**sportsYou Code: [5YZMMH22](#)**

**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)**