

## **Ranger Nation,**

We hope everyone is having a great summer. Our 2023 football season is almost here. We need everyone to keep working hard every day to continue to get better and be prepared for training camp. Help us encourage all players to invest and be committed to their teammates! We expect them to be in great shape, have an updated physical on file, and have all online paperwork complete when they report for mandatory training camp. Our coaching staff can't wait to get started with our teams. Please help us make sure your player arrives on time and is ready to get after it.

GO RANGERS!

Coach Scott & Staff

**\*This Season will again be utilizing a team app for 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 both 9<sup>th</sup> & JV/Varsity players and parents.

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

**July 24<sup>th</sup> – 27<sup>th</sup>, Summer Strength and Conditioning Camp Final Week, (9<sup>th</sup>/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 (9<sup>th</sup>-12<sup>th</sup> 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 and conclude at 11:00 am.

**July 24<sup>th</sup> – 27<sup>th</sup>, 6:00 – 8:00 pm, 9<sup>th</sup> Graders**  
**(Optional) Future Ranger Football Camp II (7<sup>th</sup> – 9<sup>th</sup> Graders)** This camp is optional but highly recommended and highly encouraged to help our incoming 9<sup>th</sup> 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**

### **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.

#### **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>**

#### **Start of Training Camp for JV/Varsity (Mandatory Season Practices for 10<sup>th</sup> - 12<sup>th</sup> graders begin)**

**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. (Also, Tentative Fall Fundraiser Kick-off)

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

**5:00 pm, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, (Players report to Double Doors on the Sports Medicine Side in order to check in, please arrive by 4:15 pm on the first day so we can start at 5 pm with practice. All other days, players will report by 4:00 pm for an earlier start time.

**August 8 - 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

**4:30 pm, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, please arrive by 4:00 pm so we can start at 4:30 pm with practice, Pick Up time 7:30 pm.

**August 9 - 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

**4:30 pm, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, please arrive by 4:00 pm so we can start at 4:30 pm with practice, Pick Up time 7:30 pm.

**August 10 - 6:00 am, 9th 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.

**10:00 am, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, please arrive by 9:30 am so we can start at 10:00 am with practice, at the conclusion of practice we will start our JV/Varsity Player Community Service/Teacher Workday – VR, Henry, Stiles, Rutledge, Cox, Faubion, Reagan, Reed, Akin (Athletes will sign up to help teachers move desks and set up classrooms).

**August 11 - 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

**4:30 pm, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, please arrive by 4:00 pm so we can start at 4:30 pm with practice, Pick Up time 7:30 pm.

**August 12 - 8:30 am JV/9<sup>th</sup>** Intersquad Scrimmage

**10:00 am Varsity** Intersquad Scrimmage

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

**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

**4:30 pm, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, please arrive by 4:00 pm so we can start at 4:30 pm with practice, Parent UIL Football Information Meeting to follow practice at 7:30 pm in the VRHS Auditorium.

**August 14 - 7:30 pm, Parent UIL Football Information Meeting and Membership Drive (9<sup>th</sup>/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, 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 Faculty Teacher Breakfast,**

9<sup>th</sup> 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

**10:00 am, V/JV (10<sup>th</sup>-12<sup>th</sup>) Meetings & Practice**, please arrive by 9:30 am so we can start at 10:00 am with practice. Pick Up time 12:30 pm.

**August 16 - First Day of School**

**7:30 am, 9<sup>th</sup> Practice**

**4:00 pm, VAR/JV Practice**

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

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

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

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

**August 18 - 6:45am, (Varsity/JV) Ranger Football Media Day (Team Pictures)**

**8:00 am, (9<sup>th</sup>) 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, 9<sup>th</sup>/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.

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**sportsYou Code: 5YZMMH22**

**Contact Information**

**General Football:**

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

**Physicals/Medical:**

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

**HS Seven on Seven:**

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

**VR Summer Camps:**

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

**Strength & Conditioning:**

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