

Ranger Nation,

9th Graders:

We have had a great start to our 9th grade training camp and concluded the week with a scrimmage this past Saturday at Ranger Stadium. We are proud of their start. We have things to work on, but they are working hard and learning our system fast. We look forward to our second week of training camp and are excited with their progress thus far. For the 9th grade this week, we will be transitioning to an earlier practice time structure. Please have the 9th graders arrive by 5:30 am. These are mandatory practices, and we would like to start at 6:00am sharp. Pick up time will be 7:50am on most days, with the exception of Thursday, which will be 12pm. Please note that on Thursday we will be serving the teachers and administration at Vista Ridge. After practice Thursday we will have the players head down to the Vista Ridge Star in front of the library and begin to help teachers and administration move furniture and set up classrooms. They are scheduled to serve from 8am – 12pm on Thursday, 8/10. Please continue to have them bring a water bottle to practice each day. Also, we are encouraging all the players to begin bringing in soap, shampoo, and deodorant for post practice. As we get closer to the start of school, they are going to need these things in order to shower before their 2nd block class. We are also looking to restock our towel supply. If everyone can bring in two white towels over the next couple of weeks we should be good. Towels will be placed in lockers for each athlete daily. Each athlete has been issued a combination lock with their lock box. We are encouraging everyone to lock all valuables in their lock box while practicing. Please help remind your son to lock up his valuables. We have also talked through our locker room rules about no horseplay and no use of cell phones in the locker room. Please help us by reminding them of this as well. Should they have any lock issues they have been instructed visit with Coach Spiller, who oversees this.

It takes an army of volunteers to run all the events and activities throughout a season. We are asking that incoming 9th parents serve a minimum of 2hrs throughout the season to help out. Below you will find the sign-up genius link to many of our events. Please take time to look them over and sign up to help this season.

One specific event we could use your help on is our Freshmen Teacher Breakfast on August 15th. Each year the VR Football Booster Club and Freshmen Football Players welcome our wonderful teachers and administration back to school by spoiling them with a delicious breakfast served by our incoming Freshmen Football Players. The Freshmen will even sing the VRHS school song in front of the faculty. This is a special event and our teachers and administration love it. [Freshmen Teacher Breakfast Sign Up](#)

JV/Varsity:

We are also really excited for the start of our 2023 season for our JV/Varsity teams. Mandatory training camp practices will be in the afternoon for our upperclassmen. We are asking the **players to report at 4:15 pm on Monday**. I have listed details for the rest of the week below so you can plan accordingly. Please note that we have made an adjustment to Friday's practice time. We now will be starting practice at 10am for both Thursday and Friday. The players will report at 9:30am those two days. Please also note that on Thursday we will be serving the teachers and schools of our feeder pattern. We will have sign-ups for the players to pick a school to go and help teachers and administration move furniture and set up classrooms. They are scheduled to serve from 1pm – 3pm on Thursday, 8/10. Coach McSwain and Coach Hughes have reached out to the principals at our various feeder schools, and they are excited to have the help. It takes an army of volunteers to run all the events and activities throughout a season. Thank you to all that continually lend a helping hand throughout the season. Below you will find the sign-up genius link to many of our events this year. Please take time to look them over and sign up to help this season.

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has been issued a combination lock with their lock box. We are encouraging everyone to lock all valuables in their lock box while practicing. Please help remind your son to lock up his valuables. We will also talk through our locker room rules about no horseplay and no use of cell phones in the locker room. Please help us by reminding them of this as well. Should they have any lock issues they have been instructed visit with Coach Spiller, who oversees this.

Please be flexible with our practice schedule. We are working through a lot of logistics. If we need to adjust practice times we will communicate this via the sportsYou app.

Please Help by Signing Up to Volunteer for the following Upcoming Events:

It takes an army of volunteers to run all the events and activities throughout a season. We are asking parents to help serve a minimum of 2hrs throughout the season to help out. Below you will find the sign-up genius link to many of our events. Please take time to look them over and sign up to help this season. We would love to have a couple of hours of concession help from each football family. This is one of our hardest roles to fill and one of our biggest money makers. [VR Football Volunteer Sign-Up](#)

Our booster club has also started a Group Me for volunteer information. I will attach the QR Code to join this group me if you are interested in receiving updates on volunteer opportunities throughout the season.



Football Team Community Service:

“Peanut Butter Bowl”

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. 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.

Fall Football Fundraiser:

We will be starting the beginning stages of our fall football fundraiser. We will be utilizing a company called Group Funds USA Fundraising which is similar to the Snap Raise Concept. We will send home a player contact sheet on Monday for each player to fill out. We are asking players to obtain 25 contacts of

people they know who would potentially support them and the VR Football program. We are asking parents to help their sons with this process. We would like to collect these by the end of the week. On the August 16th we will have representatives from Group Fund help us kick this fundraising campaign off during athletics. Please partner with us to help make this the best fundraiser VR has ever had.

Player Game Day Polos:

We will be asking our players to wear a VR polo on game days. Attached you will find the link to order your son's game day polo. The design/color is the same from last year. We will have a black polo for sub-varsities (9th, JV Black, and JV Red teams) and a Red Nike for the varsity team. If your son is a returning athlete and still has his game day shirt and it still fits, then they do not need to order one unless they are moving up to the varsity. Official rosters will not be finalized until after the Copperas Cove Scrimmage on August 17th. We would like to have all orders in by September 10th at the latest. [Game Day Polo Order Link](#)

Enjoy the week.

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: 5YZMMH22

Football Weekly Agenda Week 2 (8-7), All Training Camp

Monday (Family)

(OL Locker Room/Cafeteria)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall – Fundraiser Contact Sheets given out

6:00am 9th Practice (Turf)

7:50am 9th Parent Pick Up

4:15pm JV/VAR Players Report & Check In (Physicals Turned In, LISD Online Forms Complete, SWAY Concussion Test Complete)

4:40pm Team Meeting Study - Fundraiser Contact Sheets given out

5:00pm JV/VAR Practice (Turf)

7:30pm JV/VAR Parent Pick Up

Tuesday (Character)

(DL Locker Room/Cafeteria)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall

6:00am 9th Practice (Turf)

7:50am 9th Parent Pick Up

4:00pm JV/VAR Players Report

4:30pm JV/VAR Practice (Turf)

7:30pm JV/VAR Parent Pick Up

Wednesday (Toughness)

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

5:30am 9th grade Players Report
5:45am 9th Team Meeting Study Hall
6:00am 9th Practice (Turf)
7:50am 9th Parent Pick Up
4:00pm JV/VAR Players Report
4:30pm JV/VAR Practice (Turf)
7:30pm JV/VAR Parent Pick Up

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Teacher Workday Community Service Reminder (Hughes, McSwain)

5:30am 9th grade Players Report
5:45am 9th Team Meeting Study Hall
6:00am 9th Practice (Turf)
8:00am 9th Grade Players report to Study Hall, Instructions for 9th Community Service, Big Star location by princess stairs at VRHS.
12:00pm 9th Parent Pick Up
9:30am JV/VAR Players Report
10:00am JV/VAR Practice (Turf)
1:00pm to 3:00pm JV/VAR Community Service (Feeder Schools Player Sign Up, Various Locations)

Friday (Payday)

(WR Locker Room/Cafeteria)

5:30am 9th grade Players Report
5:45am 9th Team Meeting Study Hall
6:00am 9th Practice (Turf)
7:50am 9th Parent Pick Up
9:30am JV/VAR Players Report
10:00am JV/VAR Practice (Turf)
1:00pm JV/VAR Parent Pick Up

Saturday

(LC Locker Room Duty)

7:45am 9th/JV Arrival
8:30am 9th/JV Scrimmage, *Collect Player Fall Fundraiser Player Contact Sheets
9:15am VAR Arrival
10:00am VAR Scrimmage, **Collect Player Fall Fundraiser Player Contact Sheets
11:30am Parent Pick Up

Physical Form Students must have a physical completed prior to participating in practices this fall season. Upper classmen will need to have their physicals turned in prior to Aug 7th.

[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 August 7th 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