

Ranger Nation,

What a great week last week. The players have put in a tremendous amount of work and are showing great gains because of it. We are proud of all of them who helped serve the staff here at VR, as well as our feeder school system, during our teacher workday community service. We have gotten some positive feedback from their efforts. Also, a big thank you to our wonderful football booster club for providing watermelon and oranges after our Saturday scrimmages. The players enjoyed it and really appreciated it.

We have a big week ahead of us. On Monday we are scheduled to have our Mandatory Parent UIL Football Information Meeting at 7:30 pm in the VRHS Auditorium at the front of the school. We are asking that at least one parent/guardian be in attendance for this meeting. Tuesday morning is our 9th Teacher Breakfast community service event. Wednesday is the first day of school, and also the Rally at the Ridge Community Pep Rally. On Thursday we travel to Bulldawg Stadium to scrimmage Copperas Cove and this Friday is our media day (team picture day). It should be an exciting week.

As we begin school on Wednesday, we are encouraging all the players to begin bringing in soap, shampoo, and deodorant for post practice. They are going to need these things in order to shower before heading to their academic classes. We are also wanting to restock our towel supply. If you have not done so already, please bring in two white towels to help restock the supply. Towels will be placed in lockers for each athlete daily. Each athlete has also 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.

Our Freshmen Teacher Breakfast is 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. **We are still looking for some parents to fill in some of the items on the sign-up genius. Please consider signing up for an item or two.** [Freshmen Teacher Breakfast Sign Up](#)

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”

Thank you to all of you who have helped by donating jars of peanut butter for our Peanut Butter Bowl collection. We will continue to collect jars throughout the next two weeks. Our program along with Bowie HS will be collecting these 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 have asked players to complete a [fundraiser support contact sheet](#). We were able to collect many of these on Saturday after the scrimmage. If your son left his at home and has not already turned in his support contact sheet please encourage him to do so by Monday. We will be kicking off the fundraiser on August 16th in athletics and each athlete will need their sheet turned in to start this process on time. 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](#)

Player Game Meals:

Player game day meals are now live and can be ordered. We have selected Potbelly Sandwiches this year. Please see details of how to order and the options on the link to our booster club website. [Game Day Meals Order Link](#) Please note that there is an option for this week's Cove Scrimmage. The deadline for those orders will be this Tuesday by midnight. For game day meal questions please email Coach Hardy who oversees this. George.Hardy@leanderisd.org

***Save the Date* General Football Booster Club Meeting:**

On Tuesday, August 29th, we will be having a General Football Booster Club Meeting in the VRHS large study hall at 6:00pm. Everyone is welcome to attend.

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 (8-14), Copperas Cove Scrimmage

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

3:45pm JV/VAR Players Report

4:00pm JV/VAR Position Meeting/Film Study

4:30pm JV/VAR Practice (Turf)

7:30pm **9th/JV/VAR Mandatory Parent UIL Football Information Meeting (Auditorium)**

Tuesday (Character)

(DL Locker Room/Cafeteria)

5:30am 9th grade Players Report

5:45am 9th Team Meeting Study Hall

6:00am 9th Practice (Turf)

7:00am 9th Players Report to Cafeteria for **9th Teacher Breakfast Community Service**

8:50am 9th Parent Pick Up

9:30am JV/VAR Players Report

10:00am JV/VAR Practice (Turf)

12:30pm JV/VAR Parent Pick Up

*Deadline for Pre-Game Meal order for Copperas Cove Scrimmage, midnight

Wednesday (Toughness)

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

*1st Day of School

Before School:

7:00am 9th grade Players Report

7:15am 9th Team Meeting Study Hall

7:30am 9th Practice (Turf)

9th Study Hall / Cafeteria: Fall Fundraiser Kick Off, Procedures & Orientation for Study Hall, Rally at the Ridge Plan Discussed

JV/VAR Athletics: Team Meeting, Fall Fundraiser Kick Off, Off - Position Meetings/Film Study, Def - Jerseys/Yoga & Mobility

JV/VAR Study Hall: Cafeteria: Procedures & Orientation for Study Hall, Rally at the Ridge Plan Discussed

After School:

*JV OFF, No JV Practice

4:00pm VAR Only Practice (Turf)

Post Pract:

6:00pm JV/9th Report to VRHS

6:10pm 9th Team Meeting – Mat Room, Rally at the Ridge Plan & Expectations

6:10pm VAR/JV Team Meeting Study Hall, Rally at the Ridge Plan & Expectations

7:00pm Rally at the Ridge (Gupton Stadium Pep Rally)

Post Rally players return to VR to turn in jerseys, May be picked up at VRHS at Approx. 8:15pm

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:

7:00am 9th grade Players Report

7:15am Team Meeting Study Hall

7:30am 9th Practice

9th Study Hall/Ranger Time – (Cafeteria) Discuss scrimmage format

JV/VAR Athletics:

JV Team Walk Through Off/Def - Grass, VAR Velo Lift & Team Walk Through Off /Def

JV/VAR – Study Hall (Cafeteria) Discuss scrimmage format

2:30pm 9th/JV/VAR Release from class & report to Study Hall/Pre-Game Meal

3:00pm 9th/JV/VAR Load Buses for Copperas Cove

5:00pm JV / 9th Scrimmage, On opposite ends of the field

7pm VAR Scrimmage, Post Varsity Scrimmage load buses and head back to VRHS

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

6:45am (V/JV) Report **Media Day Pictures**

8:00am (9th) Report **Media Day Pictures**

Athletic Period

9th AP: Video - Off. then Def.

9th Study Hall: Cafeteria

V/JV: Lift/Scrimmage Video (Off/Def)

V/JV Study Hall: Cafeteria

After School

Players Off – No Practice

Saturday

Player Off – No Practice