

Ranger Nation,

What an amazing week! Thank you to everyone who helped make this year's teacher breakfast such a success. Our 9th graders and parent volunteers stepped up and made a great 1st impression on the VRHS faculty and staff.

If you were not able to attend our [Fall Football Parent Information Night](#), please review the presentation and let us know if you have any questions.

We are set to start the season with our first week opponent. Sub-varsity games against Bowie HS will be on Wednesday and the varsity game will be on Thursday night. Game times and locations can be found below.

Wednesday Games:

6:00pm 9th Black vs Bowie @ Burger Stadium ([Ticket Link](#)) Available Now

7:30pm 9th Red vs Bowie @ Burger Stadium ([Ticket Link](#)) Available Now

6:00pm JV Black vs Bowie @ Ranger Std, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

7:30pm JV Red vs Bowie @ Ranger Std, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

Thursday Game:

7:30pm VAR vs Bowie @ Burger Stadium, ([Ticket Link](#)) Available Now

Player Game Day Meals:

Player game day meals are live and can be ordered. 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 the **deadline for meal orders has been changed to Tuesday by 5:00 pm**. For game day meal questions please email Coach Hardy who oversees this. George.Hardy@leanderisd.org

This week's practice times are listed below in the week's agenda. With a short week to prepare we need everyone to be attendance and on time for practices. We have a great game plan for Bowie and are excited to get going on Monday.

Please Help by Signing Up to Volunteer for this Week's Upcoming Events:

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 this week. Please take time to look them over and consider signing up to help. 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.

8/21/2023 Snacks for JV and Freshman <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

8/22/2023 Decorate JV and Freshman Boy Locker Rooms <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

8/23/2023 JV Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>

8/23/2023 JV Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

8/24/2023 Varsity Tunnel Crew <https://www.signupgenius.com/go/9040444ABA628A3FF2-tunnel>

8/26/2023 Coaches Game Planning Weekend

Lunch <https://www.signupgenius.com/go/9040444ABA628A3FF2-lunch>

Football Team Community Service:

“Peanut Butter Bowl Video”

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 this week. 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 are being collected outside the locker rooms in the athletic hallway. Thank you for supporting this initiative to help those in need.

Fall Football Fundraiser:

We are off to a great start with our Fall Football Fundraiser. Thank you to everyone who has donated and is partnering with us to help make this the best fundraiser VR has ever had.

Player Game Day Polos:

We are 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. If you have not done so yet. Please 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. We would like to have all orders finalized and in by September 10th at the latest. [Game Day Polo Order Link](#)

Dad's and Decals (Varsity Only Event):

*Varsity - [Dad's and Decals Event](#), Wednesday, 8/23 @ 4:15pm (Team Meeting, Guest Speaker, Food, Decals, Large Athletic Study Hall)

We are asking varsity parents to help out with a few side items. Varsity parents please [sign-up for additional side items](#) if you are able. Dads feel free to arrive when you can. You are welcome to attend from 4:15pm until we finish stickering up the helmets. Arriving later than 4:15pm is just fine.

Varsity Team Dinners for 2023 Season:

In addition, for our varsity team dinners we collect \$5 from each varsity player to help offset the costs of the team dinner. This year we are asking parents to pay for their son's varsity team meal on the booster club website. Please click this link ([Varsity Team Dinner Payment](#)) to pay for your son's full season of varsity team dinners. Scroll down to varsity dinners on the website. These dinners occur the day before the varsity football game and are a player favorite. If you have any questions or would like to sponsor a varsity team meal, please email vistaridgevarsitymeals@gmail.com

***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 **small 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 (8-21), vs Bowie HS

Monday (Family)

(OL Locker Room/Cafeteria)

Before School:

5:30am JV/VAR Players Report
5:45am JV/VAR Scouting Report
6:00am JV/VAR Full Pads Practice & Special Teams (Turf)
7:00am 9th Report
7:30am 9th Weights and Practice

Athletic Period:

9th - continue practice, RT: Cafeteria
VAR - Weights / FB Shell – Grass
JV - FB Grass / Weights
Study Hall – TBA Cafeteria or SH

After School:

3:45pm VAR Special Team Meeting (Small SH)
4:00pm VAR Team Meeting (Large Study Hall), 4:30pm End

Tuesday (Character)

(DL Locker Room/Cafeteria)

*Game Day Sandwich Order Deadline Due by 5pm

Before School:

5:30am JV/VAR Players Report
6:00am JV/VAR Full Pads Practice & Special Teams (Turf) – Full Pads
7:00am 9th Report
7:30am 9th Practice

Athletic Period:

9th - continue practice, RT: Cafeteria, Academic Check In
JV/VAR – Pract. FB & Special Teams – Shell (Turf)
Study Hall – TBA Cafeteria or SH

After School:

3:50pm VAR Position Meetings/Film Study, 4:30pm End

Wednesday (Toughness)

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

Before School:

*JV/VAR Tutorial Opportunity
8:00am 9th Report
8:15am 9th Game Day Walk Throughs (Turf)

Athletic Period:

9th - continue practice, RT: Cafeteria
JV – Game Day Walk Throughs (Grass)
VAR – Specialties/Play the Game Script (Turf)

After School:

4:15pm Dad's & Decals VAR Team Meeting (Large Study Hall), Guest Speaker, Game Goals OFF/DEF, VAR Support Sub-Varsities

6:00pm 9th Black vs Bowie @ Burger Stadium

7:30pm 9th Red vs Bowie @ Burger Stadium

6:00pm JV Black vs Bowie @ Ranger Std

7:30pm JV Red vs Bowie @ Ranger Std

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:

8:00am 9th Players Report

Athletic Period:

9th AP: Weights / Film Study / Clean Locker Room

9th Study Hall: Cafeteria, RT: Cafeteria

JV: Yoga/Weights/Film Study/Clean Locker Room

VAR: Velo Lift/ST Meeting then Hard Hat Ceremony/Off./Def. Walk Through - Off./Def. Travel Bags, Load Trailer

Study Hall – TBA Cafeteria or SH

After School

*See Game Day Varsity Agenda, Pre-game meals delivered at 3:00pm

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

8:00am 9th Arrive

Athletic Period

9th – Weights/Conditioning/Mobility/Study Hall

RT: Cafeteria

JV/VAR – ½ Lift / ½ Film Study, Split by OFF/DEF

After School

Players Off - No Practice

Saturday

Players Off – No Practice