

## **Ranger Nation,**

Thank you for being a part of our Thursday and Friday games this week. Ranger Nation represented well, and we are proud of all of our athletes. A special congratulations to both JV teams and our varsity group for their victories this past week against Bowie. Everyone battled in some tough, hard-fought games. We are excited about playing our next opponent, Georgetown HS this week. Below is the agenda for practices throughout the week. Monday is also the VRHS Open House. \*Please note that during open house you do not have to stop by your son's football athletics class since we already had our parent information meeting. I will however be in the large study hall if you want to stop by and visit.

### **\*Games vs Georgetown Sub-Varsities (9<sup>th</sup> & JVs) Thursday 8/31 & Varsity Friday 9/1**

#### **Thursday Games:**

5:00pm 9<sup>th</sup> Black vs Georgetown @ Ranger Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

7:00pm 9<sup>th</sup> Red vs Georgetown @ Ranger Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

5:00pm JV Black vs Georgetown @ Georgetown HS Stadium, ([Ticket Link](#)). Available now.

7:00pm JV Red vs Georgetown @ Georgetown HS Stadium, ([Ticket Link](#)). Available now.

#### **Friday Game:**

7:00pm VAR vs Bowie @ Gupton Stadium, ([Ticket Link](#)) Available online Monday at 8:00 am

## **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 is Tuesday by 5:00 pm. For game day meal questions please email Coach Hardy who oversees this. [George.Hardy@leanderisd.org](mailto:George.Hardy@leanderisd.org)

This week's practice times are listed below in the week's agenda. We need everyone to be attendance and on time for practices. We have a great game plan for Georgetown 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. Thank you to everyone who served last week.

9/1/2023 Gupton Flags <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

8/31/2023 9th Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>

8/31/2023 9th Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

9/1/2023 Varsity Tunnel Crew <https://www.signupgenius.com/go/9040444ABA628A3FF2-tunnel>

9/3/2023 Coaches Game Planning Weekend Lunch (This week will be on **Sunday** for this week.) <https://www.signupgenius.com/go/9040444ABA628A3FF2-lunch>

## **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. We have surpassed our goal and appreciate everyone's generosity to the program.

## **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 (9<sup>th</sup>, 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 10<sup>th</sup> at the latest. [Game Day Polo Order Link](#)

## **Varsity Team Dinners (Varsity Only Event):**

Varsity Team Dinners for 2023 Season:

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 if you have not done so already. 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](mailto:vistaridgevarsitymeals@gmail.com)

## **General Football Booster Club Meeting:**

This Tuesday, August 29<sup>th</sup>, 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 (8-28), vs Georgetown 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 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Weights and Practice

##### **Athletic Period:**

9<sup>th</sup> - continue practice, RT: Cafeteria

VAR - Weights / FB Shell – Grass

JV - FB Grass / Weights

Study Hall – SH

**After School:**

3:45pm VAR Special Team Meeting (Small SH)

4:00pm VAR Team Meeting (Large Study Hall), 4:30pm End

\*6:30 pm [VRHS Open House](#) - \*Please note that during open house you do not have to stop by your son's football athletics class since we already had our parent information meeting. I will however be in the large study hall if you want to stop by and visit.

**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 9<sup>th</sup> Report

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

**Athletic Period:**

9<sup>th</sup> - continue practice, RT: Cafeteria, Academic Check In

JV/VAR – Pract. FB & Special Teams – Shell (Turf)

Study Hall – SH

**After School:**

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

\*6:00pm General Football Booster Club Meeting, Small Study Hall\*

**Wednesday (Toughness)**

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

**Before School:**

7:00am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Weights & Practice

**Athletic Period:**

9<sup>th</sup> - continue practice, RT: Cafeteria

VAR - Weights/ FB Shell – Grass

JV - FB Team & ST - Grass / Weights

Study Hall - SH

**After School:**

Pre-Practice: Punt Block

4:00pm JV/VAR – Shell, Practice (Turf), Winning Edge

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria)

**Before School:**

8:00am 9<sup>th</sup> Players Report

**Athletic Period:**

9<sup>th</sup> – Game Day Walk Throughs/Jerseys (Turf)

RT: Cafeteria

JV – Game Day Walk Throughs (Grass)/Jerseys

VAR – Play the Game Script (Turf)

**After School**

4:05 pm VAR Team Meeting (Lecture Hall), Teacher Letters, Game Goals OFF/DEF

4:45pm VAR Team Meal – Study Hall, Support Sub-Varsities

5:00pm JV Black vs GT @ Georgetown Stadium

7:00pm JV Red vs GT @ Georgetown Stadium

5:00pm 9<sup>th</sup> Black vs GT @ Ranger Stadium

7:00pm 9<sup>th</sup> Red vs GT @ Ranger Stadium

**Friday (Payday)**

(WR Locker Room/Cafeteria)

**Before School**

\*\*Pep Rally Schedule\*\*

7:45am Varsity Report - Pack Travel Bags/Load Trailer, Equipment Checks, Pep Rally

8:00am 9<sup>th</sup> Report, Pep Rally

**Athletic Period**

9<sup>th</sup> AP: Weights Red/Film Black then Switch

9<sup>th</sup> Study Hall: Cafeteria

No Ranger Time – Pep Rally Schedule

JV: Hard Hat Ceremony/Yoga/Weights/Film Study/Clean Locker Room

VAR: Velo Lift/ST Meeting/Off. Walk Through/Def. (Then Switch)

V/JV SH – Study Hall

**After School**

\*Players See Game Day Agenda

9<sup>th</sup>/JV Players Off - No Practice

**Saturday**

Players Off – No Practice, Treatments by appointment

**Monday (Labor Day)**

\*No 9<sup>th</sup> Practice - OFF

7:15am VAR Report

7:30am VAR Special Teams Scouting Report Meeting

7:45am JV Report for Practice

7:45am VAR Scouting Report OFF/DEF

8:15am JV/VAR Full Pads Practice & Special Teams (KO) (Turf)/Post Practice Weights VAR & JV

10:25 am JV/VAR pick-up