

Rangers Nation,

We hope everyone had a chance to catch their breath and enjoy a small pause in the season. We are excited to get back to district play against McNeil this coming week. There are a couple different things this week that we want to highlight. Varsity and JV will practice on Monday at 6:00 am. We need all our JV and Varsity athletes to attend this mandatory practice. Our 9th graders will be off on Monday and will not practice. The 9th graders will resume their normal schedule on Tuesday. In addition, McNeil has notified us that they only have one JV team, so we were able to schedule our JV Black team a game against Belton HS who was in a similar situation. That game will be played at Ranger Stadium at 5:00 pm. Please see the rest of the agenda for details below.

***We have had multiple grade check ins with the players this past week and many of them have attended tutorials and have retaken tests and turned in late assignments. Please help us encourage each athlete to continue to monitor grades as teachers finalize grades Tuesday morning.**

***McNeil Week Wednesday, 9/27 (9th & JVs)**

5:00pm JV Black vs **Belton HS** @ Ranger Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

7:00pm JV Red vs McNeil HS @ Ranger Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

5:00pm 9th Black vs McNeil HS @ MHS Stadium ([RRISD Ticket Link](#))

6:30pm 9th Red vs McNeil HS @ MHS Stadium ([RRISD Ticket Link](#))

7pm Thursday 9/28 Varsity vs McNeil @ Kelly Reeves Stadium ([RRISD Ticket Link](#))

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

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 has served.

9/27/2023 Decorate Varsity Boys Locker Room <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

9/27/2023 JV Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>

9/27/2023 JV Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

9/28/2023 Varsity Tunnel Crew <https://www.signupgenius.com/go/9040444ABA628A3FF2-tunnel>

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

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (9/25) vs McNeil Week

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

5:10am Coaches Arrive

5:30am JV/VAR Players Arrive

5:45am SR Meetings Off/Def (10 min)

6am VAR/JV Practice

*No 9th Grade Practice

PD Teacher/Staff Development/Student Holiday

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

*Game Day Sandwich Deadline Orders Due by 5pm

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Full Pads Practice & Special Teams (Turf)

7:00am 9th Report

7:30am 9th Weights / FB Practice

Athletic Period:

9th - continue practice, RT: Cafeteria, Academic Check In

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

Study Hall – Large SH

After School:

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

Wednesday (Toughness)

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

Before School:

8:00am 9th Report

8:15am Game Day Walk Throughs (Turf) Equipment Cks/Jerseys

Athletic Period:

9th - continue practice, RT: Cafeteria

JV – Helmet Ck/Game Day Walk Throughs (Grass)/Jerseys

VAR – Play the Game Script (Turf)

Study Hall – Large SH

After School:

4:05pm VAR Team Meeting (LH), Teacher Letters, Game Goals OFF/DEF, \$5 Var Team Meal, Support Sub-Varsities

5:00pm 9th Black vs McNeil @ McNeil HS Stadium

6:30pm 9th Red vs McNeil @ McNeil HS Stadium

5:00pm JV Black vs **Belton** @ Ranger Std

7:00pm JV Red vs McNeil @ Ranger Std

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

7:45am Varsity Player Report: Load Bags, Checklist, Load Trailer

8:00am 9th Players Report

Athletic Period:

9th AP: Weights Red/Film Black then Switch

9th Study Hall: Cafeteria, RT: Cafeteria

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

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

Study Hall – Large SH

After School

*Players See Game Day Agenda

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

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

Study Hall – Large SH – (Commitment)

After School

*NO 9th/JV/VAR Practice

Saturday

9am Player Treatments

Players Off