

Rangers Nation,

It was a great week for the Rangers! Thanks to everyone for supporting our teams this week. Through our kids' preparation and hard work, they were able to earn a program sweep against Clemens HS. This was a great way to close out the non-district season. It is fitting that our next word of the week is preparation. That is exactly what it is going to take to beat Cedar Ridge in our district opener. This will be an exciting week with our Homecoming Parade, Pep Rally, and Fireworks on Wednesday. Please see more details below in the agenda for the practices and events throughout this week.

***Games vs Cedar Ridge Sub-Varsities (9th & JVs) Thursday & (Varsity) Friday**

***Games vs Clemens Sub-Varsities (9th & JVs) Thursday 9/14**

5:00pm JV Black vs CRHS @ CRHS Stadium (I am waiting on their HC for a link)

7:00pm JV Red vs CRHS @ CRHS Stadium (I am waiting on their HC for a link)

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

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

Varsity Friday 9/15 (Homecoming Game)

7pm Varsity vs Cedar Ridge @ 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

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.

9/15/2023 Gupton Flags <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

9/14/2023 Varsity Locker Room Goodie Bags Items List (These are items used every week and can be dropped off in the coaches office.)

https://www.amazon.com/hz/wishlist/ls/2KIQSXPLRNL8O?ref=cm_sw_em_r_un_un_JpNO7qXIqcOLG

9/14/2023 9th Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>

9/14/2023 9th Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

9/15/2023 Varsity Tunnel Crew <https://www.signupgenius.com/go/9040444ABA628A3FF2-tunnel>

Homecoming Parade Prep:

We are excited about the Homecoming Parade on Wednesday. We are looking for some help decorating the trailers and trucks. If you are available to help with this please meet up at 4:15 pm behind the school in the back parking lot to decorate.

Jeeps for the Homecoming Court: We had a local Jeep Club step up and offer 8 Jeeps for the Homecoming Court. If you have previously offered up your Jeep, we thank you and would appreciate if you would be on standby in case the Jeep Club offer falls through.

Candy Bag Donations – If you are able. We are looking for candy bag donations for our Homecoming Parade on Wednesday 9/13. Candy will be distributed throughout the parade route this Wednesday. If you are able, please add a bag to your grocery list this week. Players can drop bags off in the field house by the coach's office. Thank you for your support of this special community event.

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

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 (9-11), vs Cedar Ridge HS

Monday (Family)

(OL Locker Room/Cafeteria)

Before School:

5:30am JV/VAR Players Report

5:45am JV/VAR Scouting Report (10 Min)

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

7:00am 9th Report

7:30am 9th Weights / Practice

Athletic Period:

9th - continue practice, RT: Cafeteria

VAR - Weights / FB Shell – Grass

JV - FB Team - Grass / Weights

Study Hall – Large Study Hall

After School:

3:50pm 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 – Large SH

After School:

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

Wednesday (Toughness)

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

Before School:

7:00am 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice, RT: Cafeteria

VAR - Weights/ FB Shell – Grass

JV - FB Team & ST - Grass / Weights

Study Hall - SH

After School:

Pre-Practice: Punt Block

4:05pm JV/VAR – Shell, Practice (Turf), Winning Edge

****Homecoming Parade 6:45pm:**

9th Arrive 5:45pm, Issue Jerseys, Mat Room Stage, Parade Expectations

VAR/JV, Issue Jerseys, Study Hall Stage, Parade Expectations

Parade Starts at 6:45pm and heads to Gupton for a Community Pep Rally followed by Fireworks.

Post Parade – VAR players walk the field to pick up candy wrappers. All players walk back to VRHS

Locker room to turn in jerseys.

We anticipate that fireworks start at approximately 8:00 pm – 8:15 pm

Players can be picked up at VRHS after the Pep Rally.

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:

8:00am 9th Players Report

Athletic Period:

9th – 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 Dinner – Study Hall - \$5 Payment Due for Varsity or online on the BC Website, Support

Sub-Varsities

***Games vs Cedar Ridge HS Sub-Varsities (9th & JVs) Thursday 9/14**

5:00pm JV Black vs CRHS @ CRHS Stadium (I am waiting on their HC for a link)

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

6:30pm 9th Red vs CRHS @ Ranger Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

*7:10am Varsity Elementary School Visits (Community Service Event - Varsity Players open doors and greet students arriving to school at our feeder Elementary. They invite them to the game on Friday at Gupton.)

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

8:00am 9th Report

Athletic Period

9th AP: Weights Red Team /Film Black Team then Switch

9th Study Hall: Cafeteria & Ranger Time – Cafeteria

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 – Large Study Hall

After School

*Players See Game Day Agenda

9th/JV Players Off - No Practice

**Optional Student Event Post Game - FCA (Fellowship of Christian Athletes) 5th QTR in the Large Gym

10:00 pm to 11:30 pm (Guest Speaker/Food/Games)

Saturday

Players Off – No Practice, Treatments 9 am

****BYE Week Next Week**** - Outlined Plan, A more detailed agenda will be sent out on Sunday before the bye week.

Monday Open Week

No AM Practices All Levels

Athletic Periods: Weights/Yoga & Film Study All Levels

No PM Practices All Levels

Tuesday Open Week

JV/VAR Normal AM Practice

9th Normal AM Practice

Athletic Periods: Weights/FB Practice All Levels

No PM Practices All Levels

VAR PM Position Meetings/Film Study

Wednesday Open Week

JV/VAR Normal AM Practice

9th Normal AM Practice

Athletic Periods: FB Practice All Levels

No PM Practices All Levels

VAR Position Meetings/Film Study

Thursday Open Week

9th Normal AM Practice

Athletic Periods: Weights/FB Practice All Levels

PM Practice JV/VAR

Friday Open Week

No AM Practice All Levels

Athletic Periods: Weights/Conditioning All Levels

No PM Practice All Levels