

Rangers Nation,

Thank you for all of the support at the Thursday and Friday games this past week. We have a lot of great things going on at each level and are excited to watch the players continue to develop and grow as a team. This week we are looking forward to our games against Vandegrift. Vandegrift has all their teams in tack so all of our teams are scheduled to play Vandegrift this week. This week we will also take time to honor our seniors at Friday's night's game. Please join us in honoring these wonderful young men.

***Vandegrift Week Thursday, 10/26 (9th & JVs)**

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

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

5:30pm JV Black vs Vandegrift @ Monroe Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

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

Senior Night (*Ceremony will begin pre-game at approximately 6:15 pm)

7pm Friday 10/27 Varsity vs Vandegrift @ Gupton Stadium, (Varsity ticket sales available online (LISD Athletics) at 8 am on Monday the week of the game.)

Senior Night:

Welcome to Ranger Senior Dedication Night at Gupton Stadium. We will be recognizing several seniors from various groups that have spent countless hours making this football season so special. I want to thank our senior football parents for trusting us with their most prize possession, and for doing such a great job raising them into the young men they are today.

Our coaching staff wants to thank our senior players for buying into the core values as a program and taking our team to the next level. The way these seniors have played and handled themselves has impacted our school and community in many ways. We are proud of all of their accomplishments over the past four years and want to encourage them to finish strong the rest of this season and school year.

This night is about recognizing seniors, but it is also a night about our players being thankful for those that have impacted them as well. We dedicate this game to our seniors and everyone that has taken the time to be a positive influence in their lives.

Senior parents should be receiving an email with more details about this event. Senior Night will take place on Friday, October 27th, just prior to the game. Senior players were sent a form on Saturday on their team Google classroom to fill out regarding senior night. I encourage senior parents to sit down with their sons to help them fill this form out. This will help guide in the development of the script for this ceremony. An agenda will also be emailed out to senior parents about this event. We are looking forward to seeing everyone on Friday.

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.

10/26/2023 Decorate Varsity Boys Locker Room <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

10/27/2023 Varsity Flags Setup & Takedown @
Gupton <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

10/26/2023 9th Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>
(We continue to need help with concessions. Please consider signing up.)

10/26/2023 9th Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

10/27/2023 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

Upcoming Event

Trunk or Treat event on Monday, October 30th. We now have plenty of candy for the event. Thank you for all the candy donations. Our booster club will be working on a theme, and we are excited to be part of this event. Trunk or Treat is also collecting canned goods to help support families in need over the holidays. **Please consider sending in canned goods with your favorite Ranger and we will donate them on behalf of VR Football.**

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (10/23) vs Vandegrift Week

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

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)
7:00am 9th Report
7:30am 9th Weights / Practice

Athletic Period:

9th - continue practice, RT: Cafeteria
VAR/JV - Pract. FB & Special Teams Shell – Turf
Study Hall – Large Study Hall

After School:

3:50pm VAR Special Team Meeting (Small SH)
4:00pm Team Meeting, Previous Weeks Team Awards (Large Study Hall) (Weekly Agenda, SR, Film) 4:30pm
End

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

*Game Day Sandwich Deadline Orders Due by 5pm

Before School:

No 9th Practice Before or After School

9th Grade Report to School at normal school start time (PSAT Day 9th Rotations)

Athletic Period:

No athletics 9th/JV/VAR due to PSAT Bell Schedule

After School:

4:05pm JV/VAR Full Pad Practice & ST (22 per) (Grass)

Wednesday (Toughness)

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

Before School:

7:00am 9th Report (Johnson)
7:30am 9th Weights/Practice (Turf)

Athletic Period:

9th - continue practice, RT: Cafeteria
VAR – Weights / FB, Shell – (Grass)
JV - FB Team & ST (Grass) / Weights
Study Hall – Large Study Hall

After School:

4:05pm JV/VAR Shell Practice & ST (Turf), Winning Edge
Post Pract: Specialties

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

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 – Patio - \$5 Payment Due for Varsity or online on the BC Website, Support Sub-Varsities

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

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5:30pm JV Black vs Vandegrift @ Monroe Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

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

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School:

7:45am Varsity Players 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

*NO 9th/JV/VAR Practice

Saturday

9am Player Treatments

Players Off