

Rangers Nation,

As we look to continue this week with our district play against Westwood, I wanted to take a moment and share our coaching staff's appreciation for each of the Ranger Nation fans and all the support and encouragement that is displayed on a weekly basis for your sons and for the program. Our goal is to teach each athlete the many life lessons this great game can teach us and be the class of the district. Thank you for entrusting your son to our program.

Coach Wood at Westwood notified us that Westwood only has one JV team and one 9th grade team, so we were able to schedule another opponent for our 9th Black Team but were unsuccessful finding another opponent for the JV Black Team. The JV Black team will therefore be open this week and the 9th Black Team will travel to Belton to play Belton HS. As a result of this some game times will be adjusted. Please see the rest of the agenda below for details.

*Westwood Week Wednesday, 10/4 (9th & JVs)

5:00pm 9th Black vs Belton @ Belton HS Stadium (I am waiting on their HC for ticket links and info)

5:00pm 9th Red vs Westwood @ Westwood HS Stadium, ([RRISD Ticket Link](#))

***JV Black,** Westwood does not have a JV Black Team so the JV Black team will be open this week.

6:00pm JV Red vs Westwood @ Ranger Std, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.
(Bus Plan/Ball Bags)

7pm Thursday 10/5 Varsity vs Westwood @ 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.

10/4/2023 Decorate Varsity Boys Locker Room <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

10/4/2023 JV Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>

10/4/2023 JV Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

10/5/2023 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 (10/2) vs Westwood Week

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

5:30am JV/VAR Players Report

5:45am JV/VAR Scouting Report

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 Special Teams/Team - Grass / Weights

Study Hall – Large SH

After School:

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

4:00pm VAR Team Meeting (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:

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

***Please note some changes in game start times:**5:00pm 9th Black vs Belton @ Belton HS Stadium *Players Out of class at 2:45pm, Leave by 3:15pm for Belton5:00pm 9th Red vs Westwood @ Westwood HS Stadium

*JV Black Team will be open this week due to Westwood not having two JV teams and us not being successful in finding another opponent for them on Wednesday.

6:00pm JV Red vs Westwood @ 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 Switch9th 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 School8:00am 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

After School*NO 9th/JV/VAR Practice**Saturday**

9am Player Treatments

Players Off

10/9 Professional Development/Teacher Inservice/Student Holiday

Monday (Family)

(OL Locker Room/Cafeteria/Door)

5:30am JV/VAR Players Arrive

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

6am VAR/JV Practice

*No 9th Grade Practice

PD Staff Development/Students Off School