

Rangers Nation,

We are excited at the progress we are seeing from each team and can't wait to get back to work. Thank you to everyone for your support at this past week's games. There are a few adjustments for this week's schedule because Stony Point only has one JV and one Freshman team. Please read the adjusted schedule below for these changes. There are also 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. Please see the agenda below for details.

As you may know, the month of October is Breast Cancer Awareness Month. October is the month we try to raise awareness about the impact of breast cancer on our community. Many of our players have family members or friends who have been affected by breast cancer. Our players have been given the option of filling out a Google form on the football Google classroom to honor a friend or family member who has been impacted. These individuals will be honored on the jumbotron of our home varsity game against Stony Point. We are also allowing our players to wear pink the remainder of October and asking them to make a small donation in order to do so.

On another note, we are beginning to prepare for our upcoming [Trunk or Treat](#) event on Monday, October 30th. We are asking anyone who can help to donate a bag of candy for the event to please have their favorite Ranger drop it off in the coaches' office. Our booster club will be working on a theme and we are excited to be part of this event.

***Stony Point Week Thursday, 10/12 (9th & JVs)**

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

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

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

5:00pm JV Red vs Stony Point HS @ Stony Point HS Stadium, ([RRISD Ticket Link](#))

7pm Friday 10/13 Varsity vs Stony Point @ Gupton Stadium Ticket sales available online (LISD Athletics) on Monday at 8 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 has served.

10/12/2023 Decorate Varsity Boys Locker Room <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

10/13/2023 Varsity Game Set Up & Take Down Flags at
Gupton <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

10/12/2023 9th Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>

10/12/2023 9th Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

10/13/2023 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 (10/9) vs Stony Point 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:

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, ICE BATHS

*Optional FCA Fields of Faith Event 6:30pm -8:00 pm @ Ranger Stadium (Guest Speaker, Student Speakers)

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

5:00pm 9th Black vs Cedar Ridge @ Cedar Ridge HS Stadium

7:00pm 9th Red vs Stony Point @ Ranger Stadium

5:00pm JV Black vs Hays HS @ Ranger Stadium

5:00pm JV Red vs Stony Point HS @ Stony Point HS Stadium

Friday (Payday)

(WR 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

*NO 9th/JV/VAR Practice

Saturday

9am Player Treatments

Players Off