

Rangers Nation,

Thank you to everyone for coming out to support the Rangers this past week. There are a few adjustments for this week's schedule because Manor only has one JV and one 9th grade team. Please read the adjusted schedule below for these changes.

***Manor Week Thursday, 10/19 (9th & JVs)**

9th Black - No Game (Canceled due to Manor only having one 9th team)

6:00pm 9th Red vs Manor @ Manor Athletic Complex, (I am working to get ticket information and will post it as soon as I have it available)

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

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

7pm Friday 10/20 Varsity vs Manor @ Manor Athletic Complex (I am working to get ticket information and will post it as soon as I have it available)

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.

10/19/2023 Decorate Varsity Boys Locker Room <https://www.signupgenius.com/go/9040444ABA628A3FF2-vrspirit>

10/19/2023 JV Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-subvarsity2>
(We could really use a few more families to help with concessions. Please consider signing up.)

10/19/2023 JV Chains <https://www.signupgenius.com/go/70A0D45AAA92CA7FE3-vista>

10/20/2023 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 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. 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 (10/16) vs Manor 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 - Weights / FB Shell – Grass

JV - FB Shell Grass / Weights

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:

5:30am JV/VAR Players Report

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

7:00am 9th Report

7:30am 9th 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 (Library), 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

9th Black - No Game (Canceled due to Manor only having one 9th team)**6:00pm** 9th Red vs Manor @ Manor Athletic Complex, (I am working to get ticket information and will post it as it becomes available)

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

7:00pm JV Red vs Manor HS @ Ranger 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 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

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

9am Player Treatments

Players Off

Sunday

*Senior Photos @ Gupton 5:30pm (More details will be emailed to Senior Parents)