

**Ranger Nation,**

**August is just about here. We are pumped for the start of our 2024 football season. This week many of our freshmen will begin their Future Ranger Football Camp in the mornings while our upper classmen will continue their open weight room training. I have listed details for the week below so you can plan.**

### **“Peanut Butter Bowl”**

**Our program along with Killeen HS will be collecting jars of peanut butter to help support those less fortunate in the community. After our game against Killeen, our jars of peanut will be picked up and donated to Hope Austin. The Peanut Butter Bowl, as it will be called, will pit us against Killeen HS in donating the most jars of peanut butter. Donations can also be made online through their website <https://peanutbutterbowl.com/online-donation-form/>. For every \$10 donated, Vista Ridge will get credit for 5 jars of peanut butter. Please consider adding another jar of peanut butter to the grocery list and sending it in with your child to practice. Jars of peanut butter will be collected outside the locker rooms in the athletic hallway. Thank you for supporting this initiative to help those in need.**

**Also, if you have not had a chance to add the sportsYou app to your device please do so. This will be the primary channel of communication we will utilize as the season begins. Details can be found below. Enjoy the week.**

**Go Rangers!**

**Coach Scott & Staff**

### **SAVE THE DATE:**

**VRHS Football Booster Club Meeting, VRHS Large Athletic Study Hall @ 5:30 pm**

**\*We will be utilizing the [sportsYou app](#) for 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: [SYZMMH22](#)**

## **Football Weekly Agenda (7-29), 9<sup>th</sup> Future Ranger Football Camp & JV/VAR Open Weight Room**

### **Monday (Family)**

**7:50am 9<sup>th</sup> Future Ranger Campers Report to the gates at Ranger Stadium**

**8am – 10am 9<sup>th</sup> Future Ranger Camp, Parent Pick Up at 10:00am**

**(9<sup>th</sup> grade campers please bring water bottles, flats, and cleats. Players will need to wear a pair of athletic shorts and shorts and may want to bring sunblock.)**

**8am – 10am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)**

### **Tuesday (Character)**

**7:50am 9<sup>th</sup> Future Ranger Campers Report to the gates at Ranger Stadium**

**8am – 10am 9<sup>th</sup> Future Ranger Camp, Parent Pick Up at 10:00am**

**(9<sup>th</sup> grade campers please bring water bottles, flats, and cleats. Players will need to wear a pair of athletic shorts and shorts and may want to bring sunblock.)**

**8am – 10am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)**

**10am JV/VAR Helmet Fittings after open weight room**

### **Wednesday (Toughness)**

**7:50am 9<sup>th</sup> Future Ranger Campers Report to the gates at Ranger Stadium**

**8am – 10am 9<sup>th</sup> Future Ranger Camp, Parent Pick Up at 10:00am**

**(9<sup>th</sup> grade campers please bring water bottles, flats, and cleats. Players will need to wear a pair of athletic shorts and shorts and may want to bring sunblock.)**

8am – 10am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)  
10am JV/VAR Helmet Fittings after open weight room

### **Thursday (Relentless Effort)**

7:50am 9<sup>th</sup> Future Ranger Campers Report to the gates at Ranger Stadium

8am – 10am 9<sup>th</sup> Future Ranger Camp, Parent Pick Up at 10:00am

(9<sup>th</sup> grade campers please bring water bottles, flats, and cleats. Players will need to wear a pair of athletic shorts and shorts and may want to bring sunblock.)

8am – 10am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

10am JV/VAR Helmet Fittings after open weight room

### **Friday (Payday)**

No Open Weight Room

**Team Social @ The Field House at the Crossover:** (Meet & Greet, Food, Fun, & Fellowship)

6pm 9<sup>th</sup> Grade Arrive & 7pm JV/VAR Arrive

## **Athletes! We need you to take care of these things before the start of the 2024 Season.**

All players must have all the LISD paperwork/online forms completed in order to practice. All the physical paperwork, online Rank One forms from the district, and summer camp opportunities are linked below. We would like to have all these things wrapped up before the start of our season and mandatory football practices on August 5<sup>th</sup> for 9<sup>th</sup> graders and August 12<sup>th</sup> for 10<sup>th</sup> -12<sup>th</sup> graders. Below I've also included some important dates to help with your calendar organization.

### **[LISD 2024 to 2025 Physical Form](#)**

All athletes need to complete a physical form prior to summer camps and the fall season.

### **[Link to Rankone Online UIL/LISD Athletics Forms](#)**

Online forms need to be completed prior to the fall season.

### **[SWAY Concussion Baseline Testing/Formerly Impact Testing](#)**

New app that allows student athletes to take a baseline concussion test with their cell phone or tablet. This needs to be completed prior to the fall season. Football SWAY Code: **2DFTP**

### **IMPORTANT DATES**

July 29<sup>th</sup> – Aug. 1<sup>st</sup> Future Ranger Camp II – 8am to 10am (M-Th) \*7<sup>th</sup> – 9<sup>th</sup> Grade (We would like all incoming 9<sup>th</sup> grade FB players to register for this camp on the link above.)

Aug 2<sup>nd</sup> Team Social/Player and Family Meet & Greet, The Fieldhouse at the Crossover 9<sup>th</sup> Grade at 6 pm and JV/VAR at 7 pm, More details to come.

Aug. 5<sup>th</sup> - 10<sup>th</sup> Training Camp Starts \*Mandatory 9<sup>th</sup> Grade Season Practices Start

Aug. 6<sup>th</sup> – Community Service Teacher Workday, 10 am to 1 pm - VR, Henry, Stiles, Rutledge, Cox, Faubion, Reagan, Reed, Akin (Help with teacher setting up classrooms for the new school year)

Aug 6<sup>th</sup> – Moms' Clinic (Ranger Study Hall Room) – 6:00pm

Aug 7<sup>th</sup> – **[Freshman Breakfast for Faculty](#)**, 7am Setup, 7:30 start serving

Aug 12<sup>th</sup> – VAR/JV (10<sup>th</sup> -12<sup>th</sup> Grade) Training Camp Starts \*Mandatory VAR/JV Season Practices Start

Aug 12<sup>th</sup> – Parent Information Night & UIL Orientation Meeting, Cafeteria 6:00 pm

Aug 14<sup>th</sup> – First Day of School

**Aug 21<sup>st</sup>, Wednesday – Rally at the Ridge Community Pep Rally @ Gupton Stadium, 7pm**

**Aug 22<sup>nd</sup>, Thursday – Scrimmage vs East View @ Gupton Stadium Time TBD**

**Aug 23<sup>rd</sup> – Ranger Football Media Day – (V/JV) 6:45am, (9<sup>th</sup>) 8am**

**Aug 29<sup>th</sup> – VRHS vs Killeen sub-varsities \*See Schedule**

**Aug 30<sup>th</sup> – VRHS vs Killeen @ Killeen Leo Buckley Stadium 7pm (Varsity)**

**Contact Information: Team sportsYou App code: 5YZM-MH22**

**General Football: Coach Scott – [Chad.Scott@leanderisd.org](mailto:Chad.Scott@leanderisd.org)**

**Physicals/Medical: Coach C & M – [Jose.carrillo@leanderisd.org](mailto:Jose.carrillo@leanderisd.org), [Sophia.Munoz@leanderisd.org](mailto:Sophia.Munoz@leanderisd.org)**

**HS Seven on Seven: Coach Wilgoren – [Robb.Wilgoren@leanderisd.org](mailto:Robb.Wilgoren@leanderisd.org)**

**VR Summer Camps: Coach Byerly – [Tim.Byerly@leanderisd.org](mailto:Tim.Byerly@leanderisd.org)**

**Strength & Conditioning: Coach Hardy – [George.Hardy@leanderisd.org](mailto:George.Hardy@leanderisd.org)**

**Football Website & Social Media: [vistaridgefootball.com](http://vistaridgefootball.com), [www.facebook.com/vrhsfootball](http://www.facebook.com/vrhsfootball), [twitter.com/vrhsfootball](https://twitter.com/vrhsfootball)**