

Rangers Nation,

Our coaching staff is ready and excited for the start of our 9th 2024 football season. This week our freshmen will start their mandatory training camp practices in the morning while our upper classmen will continue their open weight room training and conditioning. I have listed details for the week below so you can plan.

A special thank you to all the players and families who were able to attend the Team Social and Meet and Greet at the Field House this past Friday. Thank you to our booster club board and families for making this event possible.

“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 games against Killen, 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 www.PeanutButterBowl.com. For every \$2 donated, Vista Ridge will get credit for a jar 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, Monday 8/5 in the VRHS Large Athletic Study Hall @ 5:30 pm

9th Grader Teacher Welcome Back Breakfast 8/7:

9th Graders will report to the cafeteria after practice on Wednesday to serve breakfast to VRHS faculty and sing the school song in front of the VRHS faculty, Pick-Up time will be approximately 8:50 am. 9th Parents please help by signing up to volunteer or bring a breakfast item. Our boys will serve the faculty breakfast and make a great first impression. They will also get to sing the school song in front of the faculty.

[Please sign up to bring a breakfast item here.](#)

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 5th for 9th graders and August 12th for 10th -12th 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**

***This Season we will continue to utilize a team app for team communication and announcements. (sportsYou app) This app will give you access to our parent/player weekly agendas and other team information. Attached is a [link to details of how to join either on a device or through your desktop computer](#).**

sportsYou Code: **5YZMMH22**

Football Weekly Agenda (8-5), 9th Training Camp Start & JV/VAR Open Weight Room

Monday (Family)

(OL Locker Room Duty)

5:30am 9th Players Report

(9th Players report to Double Doors on the Sports Medicine Side in order to check in, please arrive by 5:30 am on the first day so we can start practice at 6 am. Please have players bring water bottles, flats, and cleats with them. We will issue lockers, locks, shorts, and shirts. Each athlete will have a laundry clip for their school issued shorts and shirt. These will be cleaned daily and placed back in their locker. A lock will be provided for them to lock any valuables up in their lockbox. Parents, please encourage them to lock up their valuables (wallets, keys, phones, expensive items, etc.).

6:00am – 9th Practice #1

Approx. 8:00am 9th Parent Pick Up

Teacher/Coaches Inservice

3:30pm – 5:00pm (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

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

Tuesday (Character)

(DL Locker Room Duty)

7:30 9th Grade Players Report

8:00am 9th Practice # 2 then Community Service

8:00am – 10:00am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR), then Community Service

10:00am to 1:00pm 9th/JV/VAR Community Service – Teacher Workday (Players help teachers with furniture and classroom set up.) 9th at VRHS, VAR/JV – VRHS Feeder Elem. & MS, players will sign up to help these schools.

1:05pm 9th Player Pick Up

6:00pm – [Mom's Clinic](#) (9th/JV/VAR Moms), Ranger Study Hall

(Optional Fun Event for all grade level Mom's/Details linked above.)

Wednesday (Toughness)

(LB/H/TB/QB Locker Room Duty)

5:40am 9th Grade Players Report

6:00am 9th Practice #3

9th Teacher Welcome Back Breakfast

9th Graders will report to the cafeteria after practice to serve breakfast to VRHS faculty and sing the school song in front of the VRHS faculty, Pick-Up time will be approximately 8:50 am. 9th Parents please help by signing up to volunteer or bring a breakfast item. Our boys will serve the faculty breakfast and make a great first impression. They will also get to sing the school song in front of the faculty.

[Please sign up to bring a breakfast item here.](#)

7:30am 9th to Cafeteria to Serve Teacher Breakfast

8:50am 9th Parent Pick Up

3:30pm – 5:00pm (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

Thursday (Relentless Effort)

(DB/Sams Locker Room Duty)

Adjusted times from summer letter

6:30am 9th Grade Players Report

7:00am 9th Practice #4

9:15am 9th Parent Pick Up

No Open Weight Room – JV/VAR

Friday (Payday)

(WR Locker Room Duty)

5:40am 9th Grade Players Report

6:00am 9th Practice #5

Approx. 8:00am 9th Parent Pick Up

No Open Weight Room – JV/VAR

Saturday

8:00am 9th Players Arrive

8:30am 9th Intersquad Scrimmage @ Ranger Stadium

****Next Week****

Monday 8/12

5:20am JV/VAR Players Arrive for 1st Day of Mandatory Practices

(JV/VAR Players report to Double Doors on the Sports Medicine Side in order to check in, please arrive by 5:20 am on the first day so we can start practice at 6 am. Please have players bring water bottles, flats, and cleats with them. We will issue lockers, locks, shorts, and shirts. Each athlete will have a laundry clip for their school issued shorts and shirt. These will be cleaned daily and placed back in their locker. A lock will be provided for them to lock any valuables up in their lockbox. Parents, please encourage them to lock up their valuables (wallets, keys, phones, expensive items, etc.).

8:00am JV/VAR Parent Pick Up

Teacher/Coach Inservice

3:00pm 9th Players Report

3:30pm 9th Practice

6:00 pm, [Parent Fall Football Information & UIL Orientation Meeting & Membership Drive](#) (9th/JV/Varsity Parents)

Mandatory UIL Parent Season Informational Meeting for at least one parent or guardian.

Location: VRHS Cafeteria. Enter the glass doors by the Large Oak Tree by the student parking lot.

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IMPORTANT DATES

Aug. 5th – FB Booster Club Meeting 5:30 in the Large Athletic Study Hall

Aug. 5th - 10th Training Camp Starts *Mandatory 9th Grade Season Practices Start

Aug. 6th – 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 6th – Moms' Clinic (Ranger Study Hall Room) – 6:00pm

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

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

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

Aug 14th – First Day of School

Aug 21st, Wednesday – Rally at the Ridge Community Pep Rally @ Gupton Stadium, 7pm

Aug 22nd, Thursday – Scrimmage vs East View @ Gupton Stadium 9th/JV 5pm, VAR 7pm

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

Aug 29th – VRHS vs Killeen sub-varsities *See Schedule

Aug 30th – VRHS vs Killeen @ Killeen Leo Buckley Stadium 7pm (Varsity)

Contact Information: Team sports You App code: **5YZM-MH22**

General Football: Coach Scott – Chad.Scott@leanderisd.org

Physicals/Medical: Coach C & M – Jose.carrillo@leanderisd.org, Sophia.Munoz@leanderisd.org

HS Seven on Seven: Coach Wilgoren – Robb.Wilgoren@leanderisd.org

VR Summer Camps: Coach Byerly – Tim.Byerly@leanderisd.org

Strength & Conditioning: Coach Hardy – George.Hardy@leanderisd.org

Football Website & Social Media: vistaridgefootball.com, www.facebook.com/vrhsfootball, twitter.com/vrhsfootball