

Ranger Nation,

9th Graders:

We have had a great start to our 9th grade training camp and concluded the week with a scrimmage this past Saturday at Ranger Stadium. We are proud of their start thus far. We also realize that we have some things to work on still. The main thing is that they are working hard, and having fun, and picking up our system fast. We look forward to our second week of training camp and the start of the new school year. For the 9th grade this week, we will be practicing in the afternoon on Monday and then shift to the mornings the remainder of the week. Specific times are given on the agenda below. Please continue to have them bring a water bottle to practice each day. Also, we are encouraging all the players to begin bringing in soap, shampoo, and deodorant for post practice. As we get closer to the start of school, they are going to need these things in order to shower before their 2nd block class. We are also asking everyone to **bring in two white towels** over the next couple of weeks to help with our towel supply. Towels will be placed in lockers for each athlete daily. Each athlete has been issued a combination lock for their locker lock box. We are encouraging everyone to lock all valuables in their lock box while practicing. Please help remind your son to lock up his valuables. We have also talked through our locker room rules about no horseplay and no use of cell phones in the locker room. Please help us by reminding them of this as well. Should they have any lock issues they have been instructed visit with our coaching staff.

It takes an army of volunteers to run all the events and activities throughout a season. We are asking that incoming 9th parents serve a minimum of 2hrs throughout the season to help out. Below you will find some of these volunteer opportunities.

JV/Varsity:

We can't wait for the start of the 2024 football season for our JV/Varsity teams. Mandatory training camp practices will begin this Monday (8/12) in the morning for our JV/Varsity teams (10th – 12th graders). We are asking the **players to report at 5:20 am on Monday**. They will report and check in by the double glass doors by our sports medicine office. I have listed details for the rest of the week below so you can plan accordingly. It takes an army of volunteers to run all the events and activities throughout a season. Thank you to all of you that continually lend a helping hand throughout the season. We have a few volunteer opportunities listed below. Please look over them and see if you can help out.

We are asking all athletes to **bring two white towels** for the year. If everyone can bring in the towels over the next couple of weeks, we should be good. Towels will be placed in lockers for each athlete daily. Also, each athlete has been issued a combination lock with their lock box. We are encouraging everyone to lock all valuables in their lock box while practicing. Please help remind your son to lock up his valuables. We will also talk through our locker room rules about no horseplay and no use of cell phones in the locker room. Please help us by reminding them of this as well. Should they have any lock issues they have been instructed to visit with our coach staff.

Game Day Polos

Game Day Polos are required for each player to wear on their specific game day. There is a sub varsity polo and a varsity polo.

Deadline to order: Purchase link closes September 13

Delivery: Orders will be given to coaching staff to be distributed to boys before the first game during athletic period or as your order is placed.

<https://vistaridgefootball.com/game-day-shirts/>

“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 butter 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 \$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.

Fall Football Fundraiser:

We will be starting the beginning stages of our fall football fundraiser. We will be utilizing a company called Group Funds USA Fundraising. We will send home a [player contact sheet](#) on Monday for each player to fill out. We are asking players to obtain 25 contacts of people they know who would potentially support them and the VR Football program. We are asking parents to help their sons with this process. We are asking the players to have them on Saturday for our Fundraiser Launch after the scrimmages. Athletes can turn these into to their position coaches before Saturday or just bring it with them on Saturday. On Saturday, August 17th we will have representatives from Group Fund help us kick this fundraising campaign off after our scrimmages. Please partner with us to help make this the best fundraiser VR has ever had.

Parent Fall Football Information & UIL Orientation Meeting & Membership Drive (9th/JV/Varsity Parents) Monday 8/12 @ 6:00pm

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.

Enjoy the week.

Go Rangers!

Coach Scott & Staff

We are looking for some parent volunteers:

We are doing a **concession stand cleanup** after the scrimmages this Saturday (8/17) and need 5 volunteers for Gupton Stadium and 5 for Ranger Stadium. See link below.

<https://m.signupgenius.com/#!/showSignUp/9040444ABA628A3FF2-50604473-concession>

We are also asking for parent volunteers for **concessions help** at the East View (8/22) scrimmage. 10 varsity parents for the 9/JV scrimmage and 10 JV/9 parents for the Varsity game at 7. See link below.

<https://m.signupgenius.com/#!/showSignUp/9040444ABA628A3FF2-50569555-concession>

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 (8-12), All Teams 9th/JV/VAR Training Camps & Start of School

Monday (Family)

(OL Locker Room Duty)

*Fundraiser Contact Sheets Sent Home

5:20am JV/VAR Players Report

(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 have issued 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 – JV/VAR Practice #1

Approx. 8:00am JV/VAR Parent Pick Up

Teacher/Coaches Inservice

3:00pm 9th Report

3:10pm 9th Weights

3:35pm 9th Practice (Grass Field)

4:50pm 9th Parent Pick Up

6:00pm **Football Parent Information and UIL Orientation Meeting** in the VRHS Cafeteria

Enter the glass doors by the Large Oak Tree by the student parking lot.

Tuesday (Character)

(DL Locker Room Duty)

5:30am JV/VAR Players Report
6:00am JV/VAR Practice # 2
8:10am JV/VAR Parent Pick Up
8:00am 9th Report
8:30am 9th Practice
10:00am 9th Parent Pick Up
Teacher/Coaches Inservice

Wednesday (Toughness)

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

1st Day of School**Before School:**

5:30am JV/VAR Players Report
6:00am JV/VAR Practice # 3
7:30am 9th Report
8:00am 9th Weights & Practice

During School:

9th AP: Continue 9th Practice
JV/VAR AP: FB Practice (Turf)

After School:

3:55pm JV/VAR Mandatory Weights/Film Study
*5:30pm **Senior A2Z Photo Shoot*** - All Senior Players (Large Study Hall)

Thursday (Relentless Effort)

(DB/Sams Locker Room Duty)

Before School:

5:30am JV/VAR Players Report
6:00am JV/VAR Practice # 4
7:30am 9th Report
8:00am 9th Practice

During School:

9th AP: Continue 9th Practice/Meetings
JV/VAR AP: FB Practice (Turf)

After School:

3:55pm JV/VAR Mandatory Weights/Film Study

Friday (Payday)

(WR Locker Room Duty)

Before School:

5:30am JV/VAR Players Report
6:00am JV/VAR Practice # 5
7:30am 9th Report
8:00am 9th Practice

During School:

9th AP: Continue 9th Practice/Meetings
JV/VAR AP: FB Practice (Turf)

After School:

3:55pm JV/VAR Mandatory Weights/Film Study

Saturday***Bring Fundraiser Contact Sheet***

7:30am 9th/JV Players Report
8:00am 9th /JV Intersquad Scrimmage @ Ranger Stadium

8:30am Varsity Players Report
9:00am Varsity Warm Up & Intersquad Scrimmage @ Ranger Stadium
10:30am 9th/JV/VAR Mandatory Fundraiser Launch Meeting with Group Fund

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IMPORTANT DATES

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 sportsYou 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