

Rangers Nation,

We are off to a great start. It's fun to see the players working so hard. They understand that they must work for everything they have. We have seen gains on all levels and are looking forward to our scrimmage this week against East View. Also, a big thank you to our wonderful football booster club for providing watermelon after our last Saturday scrimmages. The players really enjoyed it.

Some of the big events this week include: (More details below)

*Rally at the Ridge (Community Pep Rally)

*Scrimmage vs East View @ Gupton Stadium (Free Entry)

*Media Day (Pictures)

Enjoy the week.

GO RANGERS!!!

Coach Scott & Staff

Reminder:

We are still trying to replenish our towel supply. If you haven't done so already, we are asking all athletes to **bring two white towels** for the year. Also, at the point 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 continue to help remind your son to lock up his valuables.

Game Day Meals Update

Our booster club has met with Jason's Deli who we will be using for pre-game meals this season. They are giving parents an option to order game day meals either week to week or orders can be placed for the whole season at once. We should be receiving a link to order these meals within the next 24 hrs. I will send this out in a separate post after we receive it. The East View scrimmage will be included for pre-game meal orders. Once everything is active and we have the link, all orders will need to be placed 24 hrs in advance. All meals will be delivered to VRHS by Jason's Deli and the coaches will distribute the meals to those that order one. Please know that this is an optional service that is provided. If players want to bring their own meal that is fine as well.

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 are off to a great start with our fundraiser. A special thank you to everyone who has helped support the Vista Ridge Football Program.

Football Weekly Agenda (8-19), East View Scrimmage

Monday (Family)

(OL Locker Room Duty)

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Practice – Full Pads

7:30am 9th Report

7:45am 9th Weights, Practice – Full Pads

Athletic Period:

9th AP: continue practice,

RT: Large Study Hall – Fundraiser Check In

VAR/JV AP:

VAR – Fundraiser Check In, Weights / FB Shell – (Grass)

JV - FB Special Teams/Team (Grass) / Fundraiser Check In, Weights

Study Hall – Large Study Hall

After School:

3:50pm JV/VAR Mandatory Film Study, End Film by 4:30pm

Tuesday (Character)

(DL Locker Room Duty)

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Practice – Full Pads

7:30am 9th Report

7:45am Practice – Full Pads

Athletic Period:

9th AP: continue practice,

RT: Large Study Hall – Academic Check In

VAR/JV AP:

JV/VAR – Pract. FB & Special Teams - Shell (Turf)

Study Hall – Large Study Hall

After School:

3:50pm JV/VAR Mandatory Film Study, End Film by 4:30pm

Wednesday (Toughness)

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

Before School:

7:30am 9th grade Players Report

7:45am Weights / F Practice (Turf) – Full Pads, 9th Jerseys Issued for Rally at the Ridge

Athletic Period:

9th AP: Continue Practice & 9th Jerseys Issued

Ranger Time: Large Study Hall - Team Meeting 9th Rally at the Ridge Plan

JV/VAR AP: Team Meeting SH - Rally at the Ridge Plan, then Off - Film Study, Def - Jerseys/Yoga & Mobility then switch

Study Hall - Large SH

After School:

4:00pm VAR Only Practice Helmet Only

Post Pract:

6:00pm JV/9th Report – 9th Mat Room, JV Study Hall

6:10pm 9th Team Meeting – Mat Room, Rally at the Ridge Expectations

6:10pm VAR/JV Team Meeting Study Hall – Rally at the Ridge Plan/Expectations

*7:00 pm Rally at the Ridge (Pep Rally @ Gupton Stadium)

Post Rally at the Ridge - players walk back to VR to turn in jerseys

Thursday (Relentless Effort)

(DB/Sams Locker Room Duty)

Before School:

7:30am 9th grade Players Report

7:45am Team Meeting Study Hall, EV Scrimmage Format & after school plan

8:00am F Practice – Helmets Only, Walk Thru OFF/DEF, Equipment Needs

Athletic Period:

9th AP: Continue Meetings & Walk Thurs

Ranger Time – Large Study Hall

JV/VAR AP: JV Equipment Needs & Team Walk Thru Grass // VAR Velo Lift/Equipment Needs Def/Walk Thru Off, then switch

JV/VAR – Study Hall in the Cafeteria

After School

3:40pm 9th/JV Report to Study Hall / Food-Pregame Meal if ordered

4:10pm JV/9th Walk to Gupton

4:40pm JV/F Warm Up Together

5:00pm JV / F Scrimmage, Post Scrimmage 9th/JV Walk Over to VR for Jersey Return and may return to scrimmage or be picked up

5:15pm Varsity Walk to Gupton

Approx. 6:15pm VAR Warm up (Pre-Game Routine)

7pm VAR Scrimmage

*Post Scrimmage All Players walk back to VRHS

Friday (Payday)

(WR Locker Room Duty)

Before School

6:15am JV/VAR Report

6:45am (V/JV) Media Day Pictures

7:30am 9th Report

8:00am (9th) Media Day Pictures

Athletic Period

9th AP: Finish Media Pictures then Film Study

9th Study Hall/Ranger Time: Large Study Hall

V/JV: Lift/Scrimmage Video (Off/Def)

V/JV Study Hall: Large Study Hall

After School

No Practice

Saturday

No Practice

IMPORTANT DATES

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