

Ranger Nation,

Hope everyone is doing good - hard to believe it is September! We are off to a great start this season at all levels. Thanks to everyone who came out to support last week. We have our first varsity home game this Thursday at 7:00 pm against Bowie HS. It should be a great test for us. We want everyone to show up and pack the house. VRHS vs Bowie game times and locations can be found below.

We have been discussing academic grades with the players and will continue to do so this week. We are working to push everyone to turn in all missing assignments and zeros in the gradebook. Please take time to partner with us and ask your sons to show you their grades on the Home Access Center (HAC). The end of the six weeks grading cycle is September, 20th.

Wednesday Games:

5:00pm 9th Black vs Bowie @ Ranger Std, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

7:00pm 9th Red vs Bowie @ Ranger Std, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

5:00pm JV Black vs Bowie @ Burger Std, [Online Tickets Link](#) (Please note our game time of 5pm is correct)

7:00pm JV Red vs Bowie @ Burger Std, [Online Tickets Link](#) (Please note our game time of 7pm is correct)

Thursday Game:

7:00pm VAR vs Bowie @ Gupton Stadium, Ticket sales available online (LISD Athletics) at 8 am Monday morning.

This week's practice times are listed below in the week's agenda. We need everyone to be in attendance and on time Monday morning. We have a short week to prepare for Bowie.

Enjoy the week.

Go Rangers!

Coach Scott & Staff

Player Game Day Meals:

Player game day meals are live. Here are the game day meal links for the season for Jason's Deli. If you would like to take advantage of this game day meal option please click the appropriate link below. Please remember Jason's Deli requires that the orders be placed 24 hours in advance.

Varsity- <https://gameday.jasonsdeli.com/app/events/96CXN65M86>

JV- <https://gameday.jasonsdeli.com/app/events/39WHRY9EVY>

Freshman- <https://gameday.jasonsdeli.com/app/events/DC2R7TTDA2>

For game day meal questions please email Coach Hardy who oversees this. George.Hardy@leanderisd.org

Volunteers Needs for the Upcoming Weeks:

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 various events this week.

9/4/2024 Sub-Varsity Concessions <https://www.signupgenius.com/go/9040444ABA628A3FF2-50909387-2024>

9/4/2024 Sub-Varsity Game Chains <https://www.signupgenius.com/go/4090F4AAEAD2CA4F94-50914797-2024>

9/7/2024 Coaches Weekend Game Planning Lunch
<https://www.signupgenius.com/go/9040444ABA628A3FF2-50678652-lunch>

Upcoming Booster Club Meeting:

Monday, 9/9/24

Football Booster Club Meeting

Large Athletic Study Hall

5:30 pm (This is an open meeting)

Senior A2Z Portraits:

Here is the link to the Senior A2Z portraits that were taken earlier in the year. Senior parents and players have the option to purchase these through A2Z.

<https://a2zsportsmedia.pixieset.com/vistaridgefootballseniormediaday2024/>

Varsity Team Dinners start this Wednesday (Varsity Only Event):

Varsity Team Dinners for 2024 Season:

For our varsity team dinners, we collect \$5 from each varsity player to help offset the costs of the team dinner. Please click this link <https://form.jotform.com/232057638763160> to pay for your son's full season of varsity team dinners. 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

Player 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/>

Team Communication App

*This season we will continue to utilize a team app for our team communication and announcements. (**sportsYou app**) This app will give 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: **5YZMMH22**

Football Weekly Agenda (9-1), vs Bowie HS

Monday (Family)

(OL Locker Room/Cafeteria)

LABOR DAY: *We have practice on Labor Day

7:15am VAR/JV Report

7:30am VAR/JV Special Teams Scouting Report Meeting - Small Study Hall

7:45am VAR/JV Team Meeting, then split OFF/DEF Scouting Report

8:15am JV/VAR Full Pads Practice & Special Teams (KO, PAT) (Turf) then Weights

10:45am VAR/JV Parent Pick Up
9:30 am 9th Report
9:45 am 9th Weights/Practice
11:15 am 9th Parent Pick Up

Tuesday (Character)

(DL Locker Room/Cafeteria)

*Sub-Varsity Game Day Sandwich Orders Due by End of the Day

Before School:

5:30am JV/VAR Players Report
6:00am JV/VAR Full Pads Practice & Special Teams (Punt) (Turf)
7:15am 9th Report
7:30am 9th Special Teams / Practice

Athletic Period:

9th - continue practice, RT: Study Hall, 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)

*Varsity Game Day Sandwich Orders Due by End of the Day

Before School:

8:00am 9th Report
8:15am 9th Game Day Walk Throughs (Turf)/Equipment Cks/Jerseys

Athletic Period:

9th - continue practice, RT: Study Hall
JV – Equipment Ck/Game Day Walk Throughs (Grass)/Jerseys
VAR – Specialties/Play the Game Script (Turf)
Study Hall – Large SH

After School:

*JV out of class 2:45pm, JV Black leave for Burger Std @ 3:15pm
4:05pm VAR Team Meeting (Lecture Hall), Teacher Letters, Elem/MS School Visits, Game Goals OFF/DEF
VAR Team Meal – \$5 Please click this link <https://form.jotform.com/232057638763160> to pay for your son's full season of varsity team dinners.
Study Hall, Birthdays, Support Sub-Varsities

Sub-Varsity Games:

5:00pm 9th Black vs Bowie @ Ranger Stadium
7:00pm 9th Red vs Bowie @ Ranger Stadium
5:00pm JV Black vs Bowie @ Burger Std
7:00pm JV Red vs Bowie @ Burger Std

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

7:10am VAR Elementary School Visits, TBD
7:45am Varsity Pack Travel Bags/Load Trailer
8:00am 9th Players Report

Athletic Period:

9th AP: Weights Red/Film Black then Switch, Jersey Hang Ups, Clean Locker Room
9th Study Hall: Cafeteria, RT: Large Athletic Study Hall
JV: Yoga/Weights/Film Study/Clean Locker Room & Jersey Hang Ups
VAR: Velo Lift/ST Meeting then Hard Hat Ceremony/Off. Walk Through/Def. Nutrition & Locker Room
Clean Up (Then Switch)
Study Hall – Large SH

After School

*See Game Day Agenda

Friday (Payday)

(WR Locker Room/Cafeteria)

*Pep Rally Schedule

Before School

8:00am 9th Arrive

Athletic Period

9th – Weights/Conditioning/Mobility/Study Hall

RT: Large Athletic Study Hall

JV/VAR – ½ Lift / ½ Film Study, Split by OFF/DEF

Study Hall – Large SH

After School

Players Off- No Practices

Saturday

Players Off – No Practice

VAR Treatments – 9 am