

**Rangers Nation,**

**We had a great week last week. The guys continue to show improvements at all levels. We are proud of their focus and preparation. This week we are set to play Cedar Ridge HS. Practice details are on the agenda below. Let's have another high energy week of work. Let's show Cedar Ridge who the Real Ridge is! Beat the Raiders!**

Thursday Games:

5:00pm 9th Black vs Cedar Ridge HS @ CRHS, [Online Tickets Link](#)

7:00pm 9th Red vs Cedar Ridge @ CRHS, [Online Tickets Link](#)

6:00pm JV Red vs Cedar Ridge @ Ranger Stadium, Ticket sales available online (LISD Athletics) at 8 am the day of the game only.

Friday Game:

7:00pm VAR vs Cedar Ridge HS @ Dragon Stadium, [Online Tickets Link](#)

**This week's practice times are listed below in the week's agenda.**

**Blessings on your 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](mailto: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.**

10/17/2024 Sub-Varsity Concessions <https://m.signupgenius.com/#!/showSignUp/9040444ABA628A3FF2-52085814-2024>

**\*Varstiy families are encouraged to help with sub-varsity concessions. Please review the available days. We are asking for varsity parents to help cover these days, because we now have only one JV team for the rest of the season. Thank you in advance. Your volunteer time is appreciated and **NEEDED!****

10/17/2024 Sub-Varsity Game Chains <https://www.signupgenius.com/go/4090F4AAEAD2CA4F94-50914797-2024>

10/20/2024 Coaches Weekend Game Planning Lunch

## **Attention Senior Moms:**

Hey Senior Moms! Join us Oct 20th at 5:30 for pictures with your player. Our very own Angee Wilbur will be taking both group photos and individual pictures of you and your son.

We ask that you wear a black shirt for the group photo and then you can change into your Senior Mom jersey or whatever you'd like to wear for the individual pictures. The boys will be wearing their red jerseys and black shorts.

Meet inside Gupton Stadium (come in at the gate by the JumboTron).

Please note this session is for moms and players only.

## **Trunk or Treat Prep:**

We are excited about this year's Trunk or Treat Event coming up on Wednesday, Oct. 30<sup>th</sup> from 5:30 pm to 7:30 pm. This event is a fun community builder that takes place on the VRHS campus in the B Student Parking lot. **\*Candy Bag Donations\*** – If you are able. We are looking for candy bag donations for this Trunk or Treat Event. Please add a bag to your grocery list. Players can drop bags off in the field house by the coach's office. Thank you for your support of this special community event.

## **Varsity Team Dinner this Thursday (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. You can also pay week to week. 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](mailto:vistaridgevarsitymeals@gmail.com)

## **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 (10-14), vs Cedar Ridge HS**

### **Monday (Family)**

(OL Locker Room/Cafeteria)

#### **Before School:**

5:20am JV/VAR Players Report

5:35am JV/VAR Team Meeting, OFF/DEF Scouting Report (15 Min)

6:00am JV/VAR Full Pads Practice & Special Teams (Turf)

8:00am JV/VAR Parent Pick Up

\*9<sup>th</sup> Grade Only Off – No Practice (9<sup>th</sup> Practices will resume on Tuesday)

12:00pm VAR Mandatory Weights/Film, JV Optional Weights/Film

Teacher/Staff Inservice

**Tuesday (Character)**

(DL Locker Room/Cafeteria)

**Before School:**

5:30am JV/VAR Players Report

6:00am JV/VAR Full Pads Practice & Special Teams (Turf)

7:15am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Weights, Practice

**Athletic Period:**

9<sup>th</sup> - 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, Academic Check In, 4:30pm End

**Wednesday (Toughness)**

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

\*Sub-Varsity Game Day Sandwich Deadline Orders Due

**Before School:**

7:15am 9<sup>th</sup> Report

7:30am 9<sup>th</sup> Special Teams / Practice

**Athletic Period:**

9<sup>th</sup> - continue practice, RT: Study Hall

VAR - Weights / FB - Shell (Grass)

JV - FB Team & ST (Grass ) / Weights

Study Hall – Large SH

**After School:**

4:00pm JV/VAR Shell Practice & ST, Winning Edge

Post Pract: Specialties, JV Equipment Ck & Jersey Issue

**Thursday (Relentless Effort)**

(DB/Sams Locker Room/Cafeteria)

\*Varsity Game Day Sandwich Deadline Orders Due

\*PSAT 10<sup>th</sup> & 11<sup>th</sup> Graders

8:00am 9<sup>th</sup> Report

8:15am 9<sup>th</sup> Game Day Walk Throughs (Turf)/Equipment Cks/Jersey Issue

**Athletic Period:**

9<sup>th</sup> - continue practice, RT: Study Hall

JV – \*PSAT 10<sup>th</sup> & 11<sup>th</sup> Graders

VAR – Sophomores & Juniors PSAT, Seniors – Weights/Yoga/Senior Night Google Form

Study Hall – Large SH

**After School:**

3:50pm VAR Specialties/Game Day Pregame Routine/Play the Game Script/Off & Def Game Goals (Turf)

VAR Team Meal, [\\$5 VAR Dinner Link](#) – Study Hall, Birthdays, Support Sub-Varsities

5:00pm 9th Black vs Cedar Ridge @ CRHS

7:00pm 9th Red vs Cedar Ridge @ CRHS

6:00pm JV Red vs Cedar Ridge @ Ranger Stadium

**Friday (Payday)**

(WR Locker Room/Cafeteria)

**Before School**

7:45am Varsity Report & Pack Travel Bags/Load Trailer

8:00am 9<sup>th</sup> Report

**Athletic Period**

9<sup>th</sup> AP: Weights & Film Study

9<sup>th</sup> Study Hall: Cafeteria

No Ranger Time

JV: Hard Hat Ceremony/Yoga/Weights/Film Study/Clean Locker Room/Jersey Hang Ups

VAR: Velo. Lift/ST Meeting/Off. Walk Through/Def.

V/JV SH – Large SH

**After School**

\*See Game Day Agenda

**Saturday**

Player Treatments – 9 am

**Sunday**

Senior Mom and Player Pictures @ Gupton Stadium 5:30pm