

Rangers Nation,

Thank you to everyone for coming out to support the Rangers this past week. There are a few adjustments for this week's schedule. Because Manor only has one 9th grade team our 9th Black team will be playing Belton HS at Ranger Stadium. The time will still be the same. Our JV will be at the Manor Athletic Complex for their game at 6:00 pm.

This Thursday we are wanting all of our JV team come out to be on the sideline in their jersey at our Varsity game. We want to have the energy on the sideline be electric for this ball game. The football booster club will be providing pizza for the JV after school.

Let's have a great week!

Beat the Mustangs!

Wednesday Games:

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

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

6:00pm JV Red vs Manor @ Manor Athletic Complex, [Ticket sales available online at Manor ISD Athletics](#)

Thursday Game:

7:00pm VAR vs Manor HS @ 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.

Blessings on your week.

Go Rangers!!!

Coach Scott & Staff

Breast Cancer Awareness:

As you may know, the month of October is Breast Cancer Awareness Month. October is the month we try to raise awareness about the impact of breast cancer on our community. Many of our players have family members or friends who have been affected by breast cancer. Our players will be given the option of filling out a Google form on the football Google classroom to honor a friend or family member who has been impacted. These individuals will be honored on the jumbotron of our home varsity game against Manor. We are also allowing our players to wear pink the remainder of October.

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.

10/23/2024 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. Thank you in advance. Your volunteer time is appreciated and NEEDED!

10/23/2024 Sub-Varsity Game Chains <https://www.signupgenius.com/go/4090F4AAEAD2CA4F94-50914797-2024>

10/27/2024 Coaches Weekend Game Planning Lunch
<https://www.signupgenius.com/go/9040444ABA628A3FF2-50678652-lunch>

Attention Senior Moms:

Hey Senior Moms! Join us today, 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.

Save the Date for our next Football Booster Club Meeting:

Time: October 28th

Location: Large Athletic Study Hall, General Meeting

Time: 5:30 pm

Trunk or Treat Prep:

We are excited about this year's Trunk or Treat Event coming up on Wednesday, Oct. 30th 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 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. 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

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 (10-21), vs Manor HS (Breast Cancer Awareness)

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)

7:15am 9th Report

7:30am 9th Weights, Practice

Athletic Period:

9th - continue practice, RT: Large Study Hall

VAR - Weights / FB – Shell (Grass)

JV - FB Special Teams/Team (Grass) / Weights

Study Hall – Large SH

After School:

3:45pm VAR Special Teams SR Meeting (Small SH)

3:55pm VAR Position Meetings/Film Study, 4:30pm End

Tuesday (Character)

(DL Locker Room/Cafeteria)

*Sub-Varsity Game Day Sandwich Deadline Orders Due

Before School:

5:30am JV/VAR Players Report

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

7:15am 9th Report

7:30am 9th Practice & Special Teams

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, Academic Check In, 4:30pm End

Wednesday (Toughness)

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

*Varsity Game Day Sandwich Deadline Orders Due

Before School:

8:00am 9th Report

8:15am Game Day Walk Throughs (Turf)/Helmet & Equipment Cks/Jerseys

Athletic Period:

9th - continue practice, RT: Study Hall

JV – Helmet Ck/Game Day Walk Throughs (Grass)/Jerseys

VAR – Specialties/Game Day Pregame Routine/Play the Game Script (Turf)

Study Hall – Large SH

After School:

4:05pm VAR Team Meeting (Lecture Hall), Teacher Letters, Game Goals OFF/DEF

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

5:00pm 9th Black vs Belton @ Ranger Stadium

7:00pm 9th Red vs Manor @ Ranger Stadium

6:00pm JV Red vs Manor @ Manor Complex

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

7:45am Varsity Pack Travel Bags/Load Trailer

8:00am 9th Report

Athletic Period

9th AP: Weights Red/Film Black then Switch

9th Study Hall: Cafeteria

Ranger Time – Study Hall

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

VAR: Velo Lift/ST Meeting/Off. Walk Through/Def. (Then Switch)

V/JV SH – Study Hall

After School

***JV Report to Large Study Hall**

*See Game Day Agenda

Friday (Payday)

(WR Locker Room/Cafeteria)

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

Player Treatments – 9 am