

Rangers Nation,

Welcome to round 1 of the State 6A Division I Playoffs. We are setting our sights on the Westlake Chaparrals and are working hard to be the best version of the Rangers we can possibly be on Friday night to take them down. I encourage everyone to come out a support your Rangers as we travel to Westlake HS for our 6A Bi-District Championship matchup on Friday night at 7:00 pm.

Bi-District Championship Friday, 11/15 7:00pm @ Chaparral Stadium (1st Round Playoff Ticket Link will be shared through sportYou as soon as it becomes available)

Varsity Roster Player Game Day Meals:

Player game day meals this week will be provided by our amazing football booster club. Thank you!

Varsity Team Dinner this Thursday (Varsity Roster 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 the varsity team dinner. 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

Banquet Details:

Varsity Banquet

Date: The evening of Wednesday, December 4th

Location: Hill Country Bible Church, Café and Auditorium, 6-9 pm, be on the lookout for more details as they become available.

****Senior Parents**** Please email Coach Scott at (chad.scott@leanderisd.org) a baby/infant picture of your favorite ranger if you have not already done so. Please put senior baby picture and the player's name in the subject line. We will be putting together a special video for our seniors.

JV/9th Banquet

Date: The Evening of Monday, November 18th

Location: Pinballz

****Players only, (Fun, Food, Celebrate, Bowling, Arcades)**

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

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (11/11) vs Westlake HS Bi District Championship Week

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

Before School:

No 9th Grade Practice

8:00am 9th Report

Athletic Period:

9th Weights/Yoga & Mobility, RT: Study Hall

VAR/JV – Team Meeting, Previous Weeks Team Awards, Playoff Packet, Scouting Report ST/OFF/DEF,

Weights BWR – Varsity Roster, SWR – JV

Study Hall – Large Study Hall

After School:

3:50pm VAR/JV Mandatory Film Study

4:30pm JV/Varsity Mandatory Practice

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

Before School:

No 9th Grade Practice

8:00am 9th Report

Athletic Period:

9th Weights/Agilities, RT: Cafeteria & Study Hall

VAR/JV – FB Special Teams & OFF/DEF – Shell (Turf)

Study Hall – Large Study Hall

After School:

3:50pm VAR/JV Mandatory Film Study

4:30pm JV/Varsity Mandatory Practice

Wednesday (Toughness)

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

Before School:

No 9th Grade Practice

8:00am 9th Report

Athletic Period:

9th Form Running Routine Intro, RT: Cafeteria & Study Hall

VAR/JV - Weights BWR – Varsity Roster, SWR – JV /then FB (4 Per.) Shell – Turf

Study Hall – Large Study Hall

After School:

Pre-Practice: Punt Block

4:05pm JV/VAR Mandatory Shell Practice & ST (Turf), Winning Edge, Hard Hat Captains/LC Input

Post Pract: Specialties

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

8:00am 9th Players Report

Athletic Period:

9th – Weights & Agilities/Conditioning, RT: Cafeteria & Study Hall

VAR/JV – Play the Game Script (Turf)

After School

4:05pm VAR Roster Team Meeting - (LH), Teacher Letters, Playoff Packet Winner's Thoughts & Collect
Packets, OFF/DEF Game Goals

4:45pm VAR Roster Team Meal – Study Hall

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School:

7:45am Varsity Pack Travel Bags/Load Trailer

8:00am 9th Report

Athletic Period

9th AP: Weights, Lockers Cleaned, Clean & Set Up Study Hall

9th Study Hall: Cafeteria, Ranger Time – Cafeteria

JV: Velo Lift JV- SWR, VAR Roster BWR: Velo Lift/ST Meeting/Off. Walk Through/Def.

V/JV SH – Study Hall

2:00pm Varsity out of class, Departs 2:30pm

After School

*Players See Varsity Roster Game Day Agenda

Saturday

9am Player Treatments

Players Off