

Rangers Nation,

Our coaching staff is ready and excited for the start of our 9th 2025 football season. This week our freshmen will start their mandatory training camp practices in the morning while our upper classmen will continue their open weight room training and conditioning. I have listed details for the week below so you can plan.

GO RANGERS!

#RUNET

Coach Scott & Staff

Athletes! We need you to take care of these things before the start of the 2025 Season Practices.

Please have all the LISD paperwork/online forms completed so we don't get behind for the upcoming season. All the physical paperwork, online Rank One forms from the district, and incoming 9th grade Future Ranger Camp II registration links are below. We would like to have all these things wrapped up before the start of our season and mandatory football practices on August 4th for 9th graders and August 11th for 10th -12th graders. Below I've also included some important dates to help with your calendar organization.

Care Now Urgent Care is offering walk in sports physicals for \$35 with locations in Cedar Park and Georgetown.

[LISD 2025 to 2026 Physical Form](#)

All athletes need to complete a physical form prior to the start of mandatory season practices.

[Link to Rankone Online UIL/LISD Athletics Forms](#)

Online forms need to be completed prior to the fall season.

*****ATTENTION ALL PARENTS AND PLAYERS*****

As we work to ensure that we are in compliance with UIL guidelines, our district had to adjust the Previous Athletic Participation Form that was recently added to the required Rank One paperwork. The form that was added on Monday, July 28th has been deactivated and the correct form has been added and updated. We apologize for the confusion and inconvenience associated with this process, and our athletic office has been working diligently to correct this and streamline this process.

Thank you for your patience with this!

The district athletic office has completed a conversation with RankOne regarding this PAPF process.

At this point, if you have not done so already, we need all players' parents to get onto Rankone to complete this form. This applies to all grade levels 9 - 12: We would like this to be completed before their first mandatory practices. 8/4 for all 9th graders and 8/11 for all 10th - 12th graders. [Please click to see instructions on how to fill out the Rankone PAPF form.](#)

SWAY Concussion Baseline Testing/Formerly Impact Testing

App that allows student athletes to take a baseline concussion test with their cell phone or tablet. This needs to be completed prior to the fall season. SWAY code for VRHS Football is QT63J

If you have completed the SWAY test but it is not showing complete on Rankone. Please email our athletic trainers to manually check the status and update Rankone. The two systems do not communicate with each other and our trainers will login onto the SWAY system to check the status and manually flip the status in Rankone to complete. If you are showing your SWAY test as complete then yours has already been flipped. Thank you. Jose.Carrillo@leanderisd.org or Sophia.Munoz@leanderisd.org

Towels & Locks

We are asking all athletes to **bring two white towels** for the year. If everyone can bring in the towels before the start of school on August 13th, we should be good. Towels will be placed in lockers for each athlete daily. Also, 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 help remind your son to lock up his valuables. We will also talk through our locker room rules about no horseplay and no use of cell phones in the locker room. Please help us by reminding them of this as well. Should they have any lock issues they have been instructed to visit with our coaching staff.

Additional Community Service“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 is 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. Donated jars of peanut butter will also be collected. 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.

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 19

Delivery: Orders will be given to coaching staff to be distributed to boys before the first game during the athletic period or as your order is placed.

<https://vistaridgefootball.com/game-day-shirts/>

Team Communication

*This Season we will continue to utilize a team app for team communication and announcements. (sportsYou app) This app will give you access to our parent/player weekly agendas and other team information. Attached is a [link to details of how to join either on a device or through your desktop computer](#).

sportsYou Code: **5YZMMH22**

SAVE THE DATE:

VRHS Football Booster Club Meeting, Monday 8/18 in the VRHS Large Athletic Study Hall @ 5:30 pm

9th Grader Teacher Welcome Back Breakfast 8/11:

9th Graders will report to the cafeteria after practice on Monday to serve breakfast to VRHS faculty and sing the school song in front of the VRHS faculty. 9th Parents please help by signing up to volunteer or bring a breakfast item. Our boys will serve the faculty breakfast and make a great first impression. They will also get to sing the school song in front of the faculty. This is a great Vista Ridge 9th Grade Tradition. Please sign up to help with this!

[Please sign up to bring a breakfast item here.](#)

Football Weekly Agenda (8-4), 9th Training Camp Start & JV/VAR Open Weight Room

Monday (Family)

(OL Locker Room Duty)

5:30am 9th Players Report

(9th Players report to Double Doors on the Sports Medicine Side in order to check in, please arrive by 5:30 am on the first day so we can start practice at 6 am. Please have players bring water bottles, flats, and cleats with them. We will issue lockers, locks, shorts, and shirts. Each athlete will have a laundry clip for their school issued shorts and shirt. These will be cleaned daily and placed back in their locker. A lock will be provided for them to lock any valuables up in their lockbox. Parents, please encourage them to lock up their valuables (wallets, keys, phones, expensive items, etc.).

6:00am – 9th Practice #1

Approx. 8:00am 9th Parent Pick Up

Teacher/Coaches Inservice

1:00pm – 3:00pm (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

Tuesday (Character)

(DL Locker Room Duty)

7:30 9th Grade Players Report

8:00am 9th Practice # 2 / Lift

10:30am 9th Player Pick Up

8:00am – 10:00am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

Teacher/Coaches Inservice

6:00pm - **Mom's Clinic** (9th/JV/VAR Moms), Ranger Study Hall

(Optional Fun Event for all grade level Mom's/Details linked above.)

Wednesday (Toughness)

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

7:30am 9th Grade Players Report

8:00am 9th Practice #3

10:00am 9th Parent Pick Up

8:00am – 10:00am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)

Thursday (Relentless Effort)

(DB/Sams Locker Room Duty)

7:30am 9th Grade Players Report

8:00am 9th Practice #4

8:00am – 10:00am (JV/VAR) Open Weight Room & Conditioning - Senior Led (JV/VAR)*Community Service at the conclusion of the lift

9th/JV/VAR **Community Service – Teacher Workday** (Players help teachers with furniture and classroom set up.) 9th at VRHS, VAR/JV – VRHS Feeder Elem. & MS, players will sign up to help these schools.

1:00pm Parent Pick Up after community service

Friday (Payday)

(WR Locker Room Duty)

5:30am 9th Grade Players Report

6:00am 9th Practice #5

Approx. 8:15am 9th Parent Pick Up

No Open Weight Room – JV/VAR

6:30pm Team Social, 9th/JV/Varsity, [Team Social @ The Field House at the Crossover](#) (Meet & Greet, Fun, Food, Fellowship)

Saturday

8:00am 9th Players Arrive

8:30am 9th Intersquad Scrimmage @ Ranger Stadium (Open to Parents)

10:15am 9th Parent Pick Up

****Next Week*******

Monday 8/11

Start of Training Camp for **JV/Varsity** & Continued practices for 9th Graders (Mandatory Season Practices for 10th - 12th graders begin)

- Monday 8/11 (9th Practice and Teacher Breakfast Community Service) [Sign Up Here to Help](#)
 - 5:30am 9th Arrive/Check in
 - 6:00am 9th Practice & Jerseys Handed Out for Teacher Breakfast
 - 6:45am – 7:15am Teacher Breakfast Volunteer Set Up & Food Arrival (Parent Volunteers/BC)
 - 7:30am Start of 9th Teacher Breakfast Community Service
 - 8:50am 9th Player Pick Up
- 3:45pm **VAR/JV** Players Report (10th-12th) Check Ins/LISD Paperwork & Physical completed, *Bring 2 White Towels
- 4:30pm **VAR/JV** Team/Position Meetings
- 5:00pm **VAR/JV** Mandatory Practice
- 7:30pm **VAR/JV** Parent Pick Up

IMPORTANT DATES

Aug. 4 - 9 Training Camp Starts *Mandatory 9th Grade Season Practices Start

Aug. 4 – 7 (10th -12th Grade) Open Weight Room & Senior Led Workouts

August 5 – Moms' Clinic (Ranger Study Hall Room) – 6:00pm

Aug 11 – 16 VAR/JV (10th -12th Grade) Training Camp Starts *Mandatory VAR/JV Season Practices Start

Aug 7 – Teacher Workday (Player Community Service) - VR, Henry, Stiles, Rutledge, Cox, Faubion, Reagan, Reed, Akin

Aug 11 – Freshman Breakfast for Faculty, 7am (Incoming 9th Teacher 1st Impression Opportunity Community Service)

Aug 13 – First Day of School

Aug 20, Wednesday – Rally at the Ridge Community Pep Rally @ Gupton Stadium, 7pm

Aug 21, Thursday – Scrimmage vs East View @ East View HS Stadium Time TBD

August 22 – Ranger Football Media Day – (V/JV) 6:45am, (9th) 8am

August 27 – Dad's and Decals (Varsity Only Event)/Guest Speaker

August 27 – VRHS vs Killeen sub-varsities *See Schedule

August 28 – VRHS vs Killeen @ Gupton Stadium 7pm (Varsity) Senior Dedication Night

Contact Information: Team sportsYou 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 Fambrough – Tyler.Fambrough@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