

Rangers Nation,

We had a great start to our 9th grade training camp and concluded the week with a scrimmage this past Saturday at Ranger Stadium. Thank you to everyone who came out to support the Rangers. We are proud of their start thus far. We also realize that we have some things to continue to work on. The main thing is that they are working hard, having fun, and picking up our system fast.

This week kicks off the start of the VAR/JV training camp practices (start of season mandatory practices for VAR/JV). In addition, we will also be starting the new school year on Wednesday. Here we go!! Please see the agenda below with specific practice times for all levels throughout the week. We are asking that the players continue to bring a water bottle to practice each day. We are encouraging everyone to begin bringing in soap, shampoo, and deodorant for post practice. As we get closer to the start of school, they are going to need these things to shower before their next class. Coach Milton is asking everyone to **bring in two white towels** over the next couple of weeks to help with our towel supply. Towels will be placed in lockers for each athlete daily. Each athlete is issued a combination lock for their locker lock box. We encourage all athletes to lock up all their valuables in this lock box while practicing. Please help remind your son to lock up his valuables. As school begins, we will 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 will be instructed to visit with our coaching staff.

WE NEED YOUR HELP

It takes an army of volunteers to run all the events and activities throughout the season. We are asking that all parents serve a minimum of 2hrs throughout the season to help. Below you will find some of the immediate volunteer opportunities. Through the season I will add additional weekly opportunities to serve to these weekly agendas.

Concession Clean Up - Saturday 8/16 after the scrimmage 11:30-1:00pm

<https://www.signupgenius.com/go/9040444ABA628A3FF2-57877954-concession>

Right after our intersquad scrimmage we are getting volunteers together to clean the concessions at Gupton Stadium (Home and Away) and Ranger Stadium for the start of the season. Our school is being asked to provide 5-10 folks (Rouse and Cedar Park will assist with Gupton clean up as well)

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. 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. It is always a joy to watch them sing the school song in front of them as well. This is a great Vista Ridge 9th Grade Tradition. Please sign up to help with this by bringing an item, sending an item with your son to practice, or just showing up to help set up and facilitate the serving line. Set up and food drop off will be at the cafeteria between 6:45 am – 7:15 am. You can enter the cafeteria through the glass doors by the student parking lot. Just past the large, centered oak tree.

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

Thank you for serving and helping!

GO RANGERS!

#RUNET

Coach Scott & Staff

10th – 12th Grade Athletes! We need you to take care of these things before Monday's start of practice.

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. We would like to have all these things wrapped up before the start of practice on 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 has created an online PAPF form that everyone must fill out.

We need all players' parents to get onto Rankone to complete this form if you have not already done so. This form applies to all grade levels 9 - 12: We would like this to be completed before their first mandatory practices on Monday, 8/11. [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 grades 9-12 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

Please understand that due to UIL guidelines practice times could be subject to change when we encounter extreme weather conditions. (Lightning/Heat) We will make every effort to communicate through our sportsYou app if changes do occur.

Football Weekly Agenda (8-11), All Levels Training Camp 9th/JV/VAR

Monday (Family)

(OL Locker Room Duty)

5:30am 9th Players Report

6:00am – 9th Practice

6:45am – 7:15am – 9th Teacher Breakfast Setup and Collection of Donated Breakfast Items in the Cafeteria

7:20am 9th Graders Arrive to Serve Teacher Breakfast and hand out tickets for door prizes for the teachers

7:30am Teacher Breakfast Serving Line Begins

8:50 9th Player Pick Up

3:45pm VAR/JV Players Report *Make sure all Rankone online forms are done, Physical, SWAY

4:30pm Team Meeting (Study Hall) then Position Meetings *If wet bulb temp is too high, we will hold in meetings until all clear

Approx start 5:00pm VAR/JV Practice #1

Approx 8:00pm VAR/JV Player Pick Up

Tuesday (Character)

(DL Locker Room Duty)

5:30am VAR/VAR Players Report

6:00am VAR/JV Practice #2

8:20am VAR/JV Player Pick Up

9:30am 9th Report

10:00am 9th Practice

11:30am 9th Parent Pick Up

Teacher/Coach Inservice

Wednesday (Toughness)

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

*1st Day of School

Before School:

7:00am 9th Report

7:30am 9th Weights/Practice

During School:

9th AP: Continue Practice/Weights/Meetings

Ranger Time: 9th Graders in Large Study Hall *Fall Fundraiser Check In

JV/VAR AP: Shirt & Shorts Weights/Walk Throughs or Film Study

After School:

4:05pm JV/VAR Practice #3 *If wet bulb temp is too high, we will go into meetings until clear

Thursday (Relentless Effort)

(DB/Sams Locker Room Duty)

*2nd Day of School

Before School:

7:00am 9th Report

7:30am 9th Weights/Practice

During School:

9th AP: Continue Practice/Weights/Meetings

Ranger Time: 9th Graders in Large Study Hall

JV/VAR AP: Shirt & Shorts Weights/Walk Throughs or Film Study

After School:

4:05pm JV/VAR Practice #4 *If wet bulb temp is too high we will hold in meetings until clear

Friday (Payday)

(WR Locker Room Duty)

Before School:

7:00am 9th Report

7:30am 9th Weights/Practice

During School:

9th AP: Continue Practice/Weights/Meetings

Ranger Time: 9th Graders in Large Study Hall *Fall Fundraiser Check In

JV/VAR AP: Shirt & Shorts Weights/Walk Throughs or Film Study

After School:

4:05pm VAR/JV Practice #5 *If wet bulb temp is too high we will hold in meetings until clear

Saturday

*Players bring Cell Phones or Lap Tops for Fundraiser Kickoff after scrimmage

7:15am 9th /JV Players Report

8:00am 9th /JV Intersquad Scrimmage (Full Pads)

9th/JV Booster Club Watermelon Treat, 9th/JV remain after scrimmage to support VAR

9:00am VAR Report

9:30am VAR Warm Up, Inter-Squad Scrimmage (Full Pads), 9th/JV report to sideline

10:45am Var Booster Club Watermelon Treat

11:00am Mandatory Fundraiser Launch Meeting for all players with Group Fund – Large Study Hall

11:45am All Players Parent Pick Up

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

Monday Preview 8/18

5:30am VAR/JV Report

6:00am VAR/JV Pract (Full)

7:30am 9th Report

9th Lift/Pract

9th AP: Continue Pract

VAR/JV AP: Weights/Video

3:50 VAR/JV Film Study

IMPORTANT DATES

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

Aug 11 – Freshman Breakfast for Faculty, 7am (Incoming 9th Teacher 1st Impression Opportunity Community Service) Please sign up to bring a [breakfast item](#) with this link.

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