

Ranger Nation,

We are off to a great start. It's fun to see the players working so hard. They understand that they must work for everything they have. We have seen gains on all levels and are looking forward to our scrimmage this week against East View. Also, a big thank you to our wonderful football booster club and volunteers for providing watermelon after last Saturday's scrimmages. It was truly a blessing! All the players really enjoyed and appreciated it.

Fall Football Fundraiser:

A special thank you to everyone who has helped support the Vista Ridge Football Program. If you are on Facebook, Instagram, or other social media we would love for you to post your son's fundraiser link. Thank you again for the amazing support of the program. Go Rangers!!!

Some of the big events this week include: (More details below)

*Rally at the Ridge (Community Pep Rally Gupton Stadium – Wednesday 7pm)

*Scrimmage vs East View Thursday @ East View (Free Entry)

9th & JV @ 5pm (Players will stay after their portion of the scrimmage to support the varsity)

Varsity @ 7pm

*Coach Robertson at East View says they will have concessions for fans

*Media Day Friday Morning (Pictures) *Packets will be sent home this week but here is a prepay link as well.

[Photo Texas VR Football Pre-Pay Link](#)

Varsity/JV Report 6:20am

9th Report 7:30am

Enjoy the week.

GO RANGERS!!!

Coach Scott & Staff

8/23/2025 Coaches Weekend Game Planning Working Lunch – Signing up for a meal allows our coaching staff to have a working lunch and finish game planning in a reasonable time to get home to our families. We are thankful for any meal that you are able to provide. Our game planning sessions may be either Saturdays or Sundays depending on the week. A special thank you from our coaching staff and families.

<https://www.signupgenius.com/go/10C0E4BA8AD2FA5F9C52-57970356-coaches>

Reminder:

We are still trying to replenish our towel supply. If you haven't done so already, we are asking all athletes to **bring two white towels** for the year. Also, at the point 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 continue to help remind your son to lock up his valuables.

Game Day Meals Update

We have met with Jason's Deli who we will be using again this year for an optional pre-game meals. They are giving parents an option to order game day meals either week to week or orders can be placed for the whole season at once. The East View scrimmage will be included for pre-game meal orders. The deadline to order will be 24hrs prior to your son's game. There will be three links 9th, JV, and Varsity. **For this week we are asking that you just order the East View meal** since they are all on the same day August 21st. Our coaching staff will finalize teams after the East View scrimmage and then you may choose to order the rest of the year for your son's team level. Remember that 9th & JV meals arrive on sub-varsity game days (usually Thursday) and Varsity meals arrive on the varsity game days (usually Friday). All meals will be delivered to VRHS by Jason's Deli and the

coaches will distribute the meals to those that order one. Each meal box will be labeled with your son's name. Please know that this is an optional service that is provided. If players want to bring their own meal that is fine as well.

Freshman - <https://gameday.jasonsdeli.com/app/events/RNU97DATVP>

JV - <https://gameday.jasonsdeli.com/app/events/5MVZJ7R4AH>

Varsity - <https://gameday.jasonsdeli.com/app/events/29P7H96KAD>

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**

Football Weekly Agenda (8-18), East View Scrimmage

Monday (Family)

(OL Locker Room Duty)

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Practice – Full Pads

7:30am 9th Report

7:45am 9th Weights, Practice – Full Pads

Athletic Period:

9th AP: continue practice,

RT: Large Study Hall

VAR/JV AP:

VAR/JV – Fundraiser Check In, Scrimmage Film Study

Study Hall – Large Study Hall

After School:

3:50pm JV/VAR Mandatory Film Study, End Film by 4:30pm

***5:30pm Football Booster Club Meeting – Large Athletic Study Hall**

Tuesday (Character)

(DL Locker Room Duty)

Before School:

5:30am JV/VAR Players Report

6:00am JV/VAR Practice – Full Pads

7:30am 9th Report

7:45am Practice – Full Pads

Athletic Period:

9th AP: continue practice,

RT: Large Study Hall

VAR/JV AP:

JV/VAR – Weights & Pract. FB & Special Teams - Shell (Grass)

Study Hall – Large Study Hall

After School:

3:50pm JV/VAR Mandatory Film Study, End Film by 4:30pm

Wednesday (Toughness)

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

Before School:

7:30am 9th grade Players Report

7:45am Weights / F Practice (Turf) – Full Pads, 9th Jerseys Issued for Rally at the Ridge

Athletic Period:

9th AP: Continue Practice & 9th Jerseys Issued

Ranger Time: Large Study Hall - Team Meeting 9th Rally at the Ridge Plan

JV/VAR AP: Team Meeting SH - Rally at the Ridge Plan, then Off - Film Study, Def - Jerseys/Yoga &

Mobility then switch

Study Hall - Large SH

After School:

4:00pm VAR Only Practice Helmet Only

Post Pract:

6:00pm JV/9th Report – 9th Mat Room, JV Study Hall

6:10pm 9th Team Meeting – Mat Room, Rally at the Ridge Expectations

6:10pm VAR/JV Team Meeting Study Hall – Rally at the Ridge Plan/Expectations

***7:00 pm Rally at the Ridge** (Pep Rally @ Gupton Stadium)

Post Rally at the Ridge - players walk back to VR to turn in jerseys

Thursday (Relentless Effort)

(DB/Sams Locker Room Duty)

Before School:

7:30am 9th grade Players Report

7:45am Team Meeting Study Hall, EV Scrimmage Format & after school plan

8:00am F Practice – Helmets Only, Walk Thru OFF/DEF, Equipment Needs

Athletic Period:

9th AP: Continue Meetings & Walk Thurs

Ranger Time – Large Study Hall

JV/VAR AP: JV Equipment Needs & Team Walk Thru Grass // VAR Velo Lift/Equipment Needs Def/Walk

Thru Off, then switch

JV/VAR – Study Hall

After School

3:40pm 9th/JV Report to Study Hall / Food-Pregame Meal if ordered

4:00pm JV/9th Load Busses to East View

4:40pm JV/9th Warm Up Together @ EV

5:00pm JV / F Scrimmage, Post Scrimmage 9th/JV Unshell BC drinks and snacks, support varsity on visitor sideline

TBD time Varsity leave to East View

Approx. 6:15pm VAR Warm up (Pre-Game Routine)

7pm VAR Scrimmage

*Post Scrimmage - Load busses return to VRHS (Turn in Jerseys/clips/showers)

Approximately 9:15pm to 9:30pm Parent Pick Up

Friday (Payday)

(WR Locker Room Duty)

Before School

6:15am JV/VAR Report

6:45am (V/JV) **Media Day** Pictures [Photo Texas VR Football Pre-Pay Link](#)

7:30am 9th Report

8:00am (9th) **Media Day** Pictures [Photo Texas VR Football Pre-Pay Link](#)

Athletic Period

9th AP: Finish Media Pictures then Scrimmage Film Study

9th Study Hall/Ranger Time: Large Study Hall

V/JV: Lift/Scrimmage Video (Off/Def)

V/JV Study Hall: Large Study Hall

After School

No Practice

Saturday

No Practice