

Rangers Nation,

This week's word of the week is "Passion". It is the week's Winning Edge and that is exactly what it is going to take to beat Cedar Ridge during our HOCO (Homecoming) week. It will be an exciting one with our Homecoming Parade, Pep Rally, and Fireworks on Monday. Please see the details below for practice times and events throughout the week. Please note that our season's games and practices continue despite the Fall Break. We have communicated the adjusted practice times to the players. These are mandatory practices. Missing practice will affect playing time for the players.

Thursday Games:

5:00pm 9th Black vs Cedar Ridge @ Ranger Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

7:00pm 9th Red vs Cedar Ridge @ Ranger Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

5:00pm JV Red vs Cedar Ridge @ Cedar Ridge HS, [Online Tickets Link](#)

*Please note that we have been forced to consolidate into one JV team again for this week due to injuries sustained and some guys becoming academically ineligible.

Friday Game:

7:00pm VAR vs Cedar Ridge @ Gupton Std HOCO, Ticket sales available online (LISD Athletics) at 10 am on Monday.

This week's practice times are listed below in the week's agenda.

Blessings on your week.

Go Rangers!!!

Coach Scott & Staff

Player Game Day Meals:

Player game day meals are live and can be ordered. 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. ***Orders are due by 3:00pm the day before the game.**

9th - <https://gameday.jasonsdeli.com/app/events/RNU97DATVP>

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

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

For game day meal questions please email Coach Hinson who oversees this. Jake.Hinson@leanderisd.org

Volunteers Needs for the Upcoming Weeks:

Below you will find the sign-up genius links to many of our various events this week and next week. We appreciate your help and dedication to your son's football program.

This Week's Volunteer help needed:

- **10/16 Freshman Concessions**
[Sign Up Here](#)
- **10/16 Freshman Chains Crew**
[Sign Up Here](#)
- **10/16 Varsity Game Merchandise**
[Sign Up Here](#)
- **10/26 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. [Sign Up Here](#)
- **10/16 Varsity Team Breakfast: Decorating/Set Up/Serving/or Desserts** [Sign Up Here](#)

Upcoming Volunteer help needed:

- **10/23 JV Concessions** [Sign Up Here](#)
- **10/23 JV Chains Crew** [Sign Up Here](#)

Varsity Team Dinners (Varsity Only Event):

Varsity Team Dinners for 2025 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://pci.jotform.com/form/232057638763160> to pay for your son's full season of varsity team dinners. 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

Planning Ahead for Homecoming

This year's homecoming game is set for Friday, October 17th against Cedar Ridge HS. The Homecoming Parade is time honored tradition at Vista Ridge HS. The parade day has been adjusted from its normal Wednesday to Monday, October 13th due to a UIL Band event at Gupton on Wednesday as well as the Fall Break schedule. The VR Football team is responsible for obtaining vehicles for the school's royal court in the parade.

****The players received a [parade participant form/waiver](#) to fill out and bring back on Monday. Parents, please sign the consent form and have your son return it to the coaches on Monday. Thank you.**

****We Need Candy Bag Donations*** – If you are able. We are looking for candy bag donations for the Homecoming Parade on Monday 10/13. Candy will be distributed throughout the parade route. If you are able, please have your son bring a bag to the coach's office. Thank you for your support of this special community event.

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 (10-13), vs Cedar Ridge HS (HOCO)

Monday

(OL Locker Room/Cafeteria)

Before School:

5:20am JV/VAR Players Report

5:35am JV/VAR Team Meeting, OFF/DEF Scouting Report (10 Min)

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

7:30am 9th Report

7:45am 9th Weights, Practice

Athletic Period:

9th - continue practice, RT: Large Study Hall

VAR - Weights / FB Shell – (Turf), Jerseys Handed Out for Parade

JV - FB Special Teams/Team (Turf)/Weights & Jerseys Handed Out for Parade

Study Hall – Large Study Hall

After School:

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

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

****Homecoming Parade****

5:00pm 9th/JV/VAR Report to VRHS for Homecoming Parade Prep.

6:00pm Start of Parade

6:45pm Pep Rally at Gupton, Fireworks immediately following the Pep Rally

*Players will walk back from Gupton to turn in their jerseys, Parent Pick Up (You may want to ask your athlete to walk to HMS to be picked up as traffic will be pretty heavy)

Tuesday (Character)

(DL Locker Room/Cafeteria)

Before School:

5:30am JV/VAR Players Report

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

7:30am 9th Report

7:45am 9th Practice

Athletic Period:

9th - continue practice, RT: Study Hall

JV/VAR – Pract. FB & Special Teams Shell – Turf

Study Hall – Large SH

After School:

3:45pm VAR Position Meetings/Film Study, 4:30pm End

Wednesday (Toughness)

(LB/H/TB/QB Locker Room)

*Sub-Varsity Game Day Sandwich Deadline Orders Due by 3pm

7:15am 9th grade Players Report

7:30am Weights / 9th Practice (Turf) – Full Pads

Athletic Period:

9th AP: Continue Practice/Study Hall, Ranger Time: Large Study Hall

VAR - Weights / FB – Shell – (Turf)

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

Study Hall – Large Study Hall

After School:

Pre-Practice: Punt Block

4:05pm JV/VAR Shell Practice & ST (Turf), Winning Edge

Post Pract: Specialties, JV Equipment Ck & Jerseys

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Door)

School Holiday – No School 10/16:

8:30am VAR Report

9:00am VAR – Specialties/Pregame Routine/Play the Game Script (Turf)

10:20am VAR Team Meeting (Small SH or LH), Game Goals OFF/DEF

10:45am VAR Team Breakfast – Study Hall, Birthdays, Support Sub-Varsities games that night

3:00pm 9th Black Team & JV Arrive, Walk Throughs

Pre-game meals delivered at 3:00pm

9th Red Arrive 3:35pm

*Normal Sub-varsity Game Day Operations

5:00pm 9th Black vs Cedar Ridge HS @ Ranger Stadium7:00pm 9th Red vs Cedar Ridge HS @ Ranger Stadium**JV Black *JV Teams Consolidated****5:00pm** JV Red vs Cedar Ridge @ Cedar Ridge HS Std**Friday (Payday)**

(WR Locker Room/Cafeteria/Door)

School Holiday – No School 10/17*No 9th/JV Practice - OFF

8:45am VAR Players report

9:00am VAR: Velo Lift/ST Meeting/Off. Walk Through/Def. Equipment Clean & Nutrition Load Bags & Trailer (Then Switch)

3:30pm VAR Arrive Game Day Routine and Prep

*See Game Day Agenda, 7:00pm Kick Off vs Cedar Ridge (Homecoming)

Saturday

Player Treatments – 9 am

Players Off – No Practice

Manor Game Week with Monday Fall Break (Snapshot)**Monday**

(OL Locker Room/Cafeteria)

Student Holiday/Teacher Inservice 10/20:

9:00am JV/VAR Arrive

9:15am JV/VAR OFF/DEF Scouting Report (10 Min)

9:30am JV/VAR Full Pads Practice & Special Teams (Turf), Weights

Approx 11:50am JV/VAR Parent Pick Up

11:00am 9th Report11:10am 9th Practice12:30pm 9th Parent Pick Up