

Rangers Nation,

Thank you for the support everyone showed at last week's games. All the kids played hard at all levels and they are sure fun to watch and to coach. For this week there will be a few changes to the practice schedule because of LISD's October teacher professional development on Monday and Tuesday. Please see details about this below on the agenda. We also heard from Stony Point this weekend that they are down to one freshmen team and will have to drop the 9th Black team game. As a result, we have picked up a 9th Black game against Cedar Ridge which will be played at Ranger Stadium at 5 pm. In addition, JV Black will be playing Cedar Ridge HS at CRHS at 5:00pm Thursday since Stony Point does not have a JV B team. Thanks for your flexibility on this.

***Stony Point/Cedar Ridge Week (9th & JVs)**

Thursday 5:00pm JV Black vs Cedar Ridge HS @ CRHS Stadium

Thursday 7:00pm JV Red vs Stony Point HS @ Ranger Stadium

Thursday 5:00pm 9th Black vs Cedar Ridge HS @ Ranger Stadium

Thursday 5:00pm 9th Red vs Stony Point HS @ Stony Point HS Stadium

Friday 7pm Varsity vs Stony Point @ Dragon Stadium

Blessings on your week!

Go Rangers!

Coach Scott & Staff

Football Weekly Agenda (10/10) vs Stony Point/Cedar Ridge Week

Monday (Family)

(OL Locker Room/Cafeteria/Doors)

5:30 am Varsity/JV Arrive

5:45 am Varsity/JV Scouting Report Meeting

6:00 am Varsity/JV Mandatory Practice

***9th Grade OFF (No Practice for Monday)**

Teacher Inservice

3:30 pm Mandatory Varsity Lift/VAR Special Teams Scouting Report Meeting/VAR Team Meeting/Film Study

Tuesday (Character)

(DL Locker Room/Cafeteria/Doors)

5:30 am Varsity/JV Arrive

6:00 am Varsity/JV Mandatory Practice

8:00 am Varsity/JV Pick Up

Teacher Inservice

3:15 pm 9th Arrive

3:30 pm 9th Practice

4:50 pm 9th Pick Up

Wednesday(Toughness)

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

Before School:

7:00am 9th Report

7:30am 9th Practice

Athletic Period:

9th - continue practice

VAR - Weights / FB – Grass
JV - FB Team & ST Grass / Weights
9th & JV/VAR Study Hall/RT: Cafeteria

After School:

4:00pm JV/VAR Shell Practice & ST (Turf), Winning Edge, Specialties

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria/Doors)

Before School:

8:00am 9th Players Report

Athletic Period:

9th – Game Day Walk Throughs (Turf)/Helmet & Equipment Cks/Jerseys

JV – Helmet Ck/Game Day Walk Throughs (Grass)/Jerseys

VAR – Specialties/Play the Game Script (Turf)

9th & JV/VAR Study Hall/RT: Cafeteria, Players can portal out

After School

4:05pm VAR Team Meeting (Lecture Hall)

VAR Team Meal – Study Hall \$5, Birthdays, Support Sub-Varsities

Thursday 5:00pm JV Black vs Cedar Ridge HS @ CRHS Stadium

Thursday 7:00pm JV Red vs Stony Point HS @ Ranger Stadium

Thursday 5:00pm 9th Black vs Cedar Ridge HS @ Ranger Stadium

Thursday 5:00pm 9th Red vs Stony Point HS @ Stony Point HS Stadium

Friday (Payday)

(WR Locker Room/Cafeteria/Doors)

Before School

8:00am 9th Arrive

Athletic Period

9th AP: Weights / Film Study

9th Study Hall: Cafeteria

JV: Yoga/Weights/Film Study/**Clean Locker Room**

VAR: Velo Lift/ST Meeting then Hard Hat Ceremony/Off. Walk Through/Def. Helmet ck & Travel Bags,

Pants, Trailer

9th & JV/VAR Study Hall/RT: Cafeteria

After School

*See VAR Game Day Agenda

Saturday

9am Player Treatments (Sign-Up Genius Only)

Players Off