

Rangers Nation,

This week is our team's district "open/bye week" which means we will not have any games on Thursday or Friday. We will be using this week to work on continuing to develop our fundamentals, to get healthy, and to get ahead on McNeil. Please see more details below in the agenda for the practice times throughout the week.

***Games None (Open/Bye Week) * See Practice times below.**

Enjoy the week.

Go Rangers!

Coach Scott & Staff

*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**

Booster Club Meeting this Week:

Football Booster Club Meeting Wednesday, October 1st

Time: 6:00 pm

Location: Large Athletic Study Hall

Planning Ahead for Homecoming (Jeeps/Broncos/Convertibles & Truck/Trailers)

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. We need 8 vehicles for the court. Either Jeeps, Broncos, or Convertibles would be best for the parade. If you have one of these vehicles and would like to be a part of the parade vehicles, please email me. Chad.Scott@leanderisd.org I will send you the parade agenda, the parade route, and waiver information. **We currently have 7 vehicles committed to the royal court and are in need of one more. If you are interested in volunteering your vehicle and time to drive in the parade please email me. We are also looking for 2-3 trailers to decorate and carry varsity players in the parade. We currently do not have any trailers committed. If you have a trailer we could borrow, please email me as well.**

Candy Bag Donations – If you are able. We are looking for candy bag donations for our Homecoming Parade on Monday 10/13. Candy will be distributed throughout the parade route. If you are able, please add a bag to your grocery list this week. Players can drop bags off in the field house by the coach's office. Thank you for your support of this special community event.

Football Weekly Agenda (9-29), vs Open/Bye Week

Monday (Family)

Before School:

(OL Locker Room/Cafeteria)

No morning 9th/JV/VAR Practice

8:00am 9th Arrive - Weights/Yoga

Athletic Period:

9th - continue Weights/Yoga, RT: Study Hall

VAR/JV – Team Meeting, Weights/Game Film Study

JV/VAR Study Hall: Large Study Hall

After School:

No 9th/JV/VAR Practice

*Community Service Support Event: We are planning on supporting the VR Band at Gupton for Monday's Festival of Bands. Our VR Band performs at 6:45 pm at Gupton. We will meet up at VR in the study hall at 6:10 pm and walk over with volunteer football players to help support our band. Once the performance is completed, we will walk back to VRHS for pick up. This will be an optional community service event to support our band.

Tuesday (Character)

(DL Locker Room/Cafeteria)

Before School:

Before School:

5:30am JV/VAR Players Report

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

7:15am 9th Report

7:30am 9th Weights, Practice

Athletic Period:

9th - continue practice, RT: Large Study Hall

VAR - Weights / FB, Shell – (Turf)

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

Study Hall – Large SH

After School:

3:45pm VAR Special Teams Meeting (Large SH)

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

Wednesday (Toughness)

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

Before School:

7:15am 9th Report

7:30am 9th Weights, Practice

Athletic Period:

9th - continue practice, RT: Study Hall

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

Study Hall – Large SH

After School:

4:05pm JV/VAR Full Pads Practice & ST (Turf)

***6:00pm Football Booster Club Meeting - Large SH**

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:

7:15am 9th Report

7:30am 9th Weights & Practice

Athletic Period:

9th - continue practice, RT: Study Hall

VAR - Weights / FB - Shell (Grass)

JV - FB Team & ST (Grass) / Weights

Study Hall – Large Study Hall

After School:

Pre-Practice: Punt Block

4:05pm JV/VAR Shell Practice & ST (Turf), Post Pract: Specialties

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

8:00am 9th Report

Athletic Period

9th AP: Weights/Game Simulation Conditioning

9th Study Hall: Study Hall

Ranger Time – Study Hall

JV: Game Simulation Conditioning/Weights

VAR: Weights/Game Simulation Conditioning

V/JV SH – Study Hall

After School

*NO 9th/JV/VAR Practice

Saturday

Players Off – No Practice, Treatments by appointment only
