

Ranger Nation,

We are off to a great start. It's fun to see the players competing 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 Westwood HS. A big thank you to our wonderful football booster club and the many volunteers for providing watermelon after last Saturday's scrimmages. It was truly a blessing, and the guys really loved the treat!

Fall Football Fundraiser:

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

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

*Fall Football Parent Meeting & UIL Orientation 6:00pm VRHS Cafeteria

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

*Scrimmage vs Westwood Thursday @ Gupton Stadium (Free Entry – Enter through the North Fans Gates on the home side of the stadium) Bring your appetite as we will have two food trucks (pizza and tacos) and Kona Ice for dessert.

9th & JV @ 5:30pm (Players will stay after their portion of the scrimmage to support the varsity)

Varsity @ 7:30pm

*Media Day Friday Morning (Pictures) *Picture packets will be sent home this week.

Varsity/JV Report 6:15am

9th Report 7:15am

Let's enjoy the week.

GO RANGERS!!!

Coach Scott & Staff

Volunteer Opportunities this Week and Next Week

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. Throughout the season I will add weekly opportunities to serve to these weekly agendas. ****Be on the lookout for next week's game week volunteer opportunities. ****

Game Day Meals Update

We have met with Jason's Deli, who we will be using again this year for an optional pre-game meal. They have opened orders to their whole to go menu this season. They are giving parents an option to order game day meals either on a week-to-week basis or you can place an order for the whole season at once. If your son would like their order to have variety throughout the season, then it is best to order week-to-week so the order can be personalized each week. The Westwood 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 the Westwood week, we are asking that you just order the Westwood pre-game meal** since they are all on the same day, August 20th. Our coaching staff will finalize team rosters after the Westwood 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. Should you have any pre-game meal questions please contact Jake.Hinson@leanderisd.org

Jason's Deli Pre-Game Meal Instructions to Order:

<https://drive.google.com/file/d/1uDx-WEgcI81JewTno1UZHQQNXWoAt65N/view?usp=sharing>

Freshman- <https://gameday.jasonsdeli.com/app/events/6AAAJ2P9U8>

JV- <https://gameday.jasonsdeli.com/app/events/HXA25AZN7P>

Varsity- https://gameday.jasonsdeli.com/app/events/V4A8UH36YR_

Additional Community Service“Peanut Butter Bowl”

Our program along with Lake Belton HS will be collecting jars of peanut butter to help support those less fortunate in the community. After our games against Lake Belton, our jars of peanut butter will be picked up and donated to Hope Austin. The Peanut Butter Bowl, as it is to be called, will pit us against Lake Belton 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 for the Season

Game Day Polos are required for each player to wear on their specific game day (sub-varsity or varsity). There will be a sub varsity polo and a varsity polo for purchase.

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 (8-17), Westwood 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: Team Meeting/Texas Way Pillar I Respect for Others/Scrimmage Film Study

Study Hall – Large Study Hall

After School:

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

***6:00pm Fall Football Parent Meeting & UIL Orientation – VRHS Cafeteria**

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 – 9th Team Meeting Rally at the Ridge Plan & Texas Way Pre-Game Protocol

JV/VAR AP: Team Meeting All SH - Rally at the Ridge Plan, then JV Team walk throughs, VAR

Lift/Jerseys/Yoga & Mobility & Texas Way Pre-Game Protocol

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:

8:00am 9th grade Players Report

8:15am Team Meeting Study Hall, Westwood Scrimmage Format & after school plan

8:30am 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

4:40pm JV/9th Walk to Gupton

5:10pm JV/F Warm Up
5:30pm JV / F Scrimmage, Post Scrimmage 9th/JV Walk Over to VR for Jersey Return
5:45pm Varsity Walk to Gupton Home Locker Room
7:00pm VAR Warm up (Pre-Game Routine)
7:30pm VAR Scrimmage Begins
*Post Scrimmage return to VR
Approximately 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
7:15am 9th Report
8:00am (9th) Media Day Pictures

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