

Rangers Nation,

This week's word of the week is "Effort". It is the week's Winning Edge and that is exactly what it is going to take to beat McNeil during our HOCO (Homecoming) week. A great week of preparation with great effort. It will be an exciting week with our Homecoming Parade, Pep Rally, and Fireworks on Wednesday. Please see the details below for practice times and events throughout the week. One adjustment for this week will be with our 9th Black and JV Black teams. The new head coach at McNeil informed us that he is down to only one team for 9th and one team for his JV. As a result, we will be consolidating both 9th and JV squads this week and moving the game start times to 6:00 pm at each location.

Thursday Games:

6:00pm 9th Red vs McNeil @ Ranger Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

6:00pm JV Red vs McNeil @ McNeil HS, [Online Tickets Link](#)

*Please note that we will be combining both 9th grade teams into one & both JV teams into one for this week.

Friday Game:

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

Grades:

We have been discussing academic grades with the players and will continue to do so this week. We are working to push everyone to turn in all missing assignments and zeros in the gradebook. Please take time to partner with us and ask your sons to show you their grades on the Home Access Center (HAC). The end of the six-week grading cycle is this Friday, September 18th.

Blessings on your week.

Go Rangers!

Coach Scott & Staff

Player Game Day Meals:

Player game day meals are ready to order for this week. The deadline to order will be 24hrs prior to your son's game. There will be three links: 9th, JV, and Varsity. Remember that 9th & JV meals arrive on sub-varsity game days and Varsity meals arrive on the varsity game days. 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_

Please Help by Signing Up to Volunteer for this Week's Upcoming Events:

We are in need of some help in many areas for this week. Please click the link to our newly upgraded booster club website. Please look through the various **volunteer and support opportunities** for not only this week's games against McNeil, but many of our future games as well. It truly takes a village. Our boys are blessed to have such great support and encouragement here in Vista Ridge, Texas. **Please sign up to ensure we have coverage for each area listed.** <https://vrhs-football.org/>

(Opportunities include, concessions, spirit, merchandise, chains, and many other opportunities to plug in and help)

Varsity Team Dinners Payment Link (Varsity Only Event):

Varsity Team Dinners for 2026 Season:

For our team dinners, we collect \$5 from each varsity player to help offset the costs of the team dinner. Please click this link ([Varsity Team Meals](#)) to pay for your son's meal either weekly or pay for the whole 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

*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 (9-14), vs McNeil HS (HOCO)

Monday (Family)

4 Point Neck

(OL Locker Room/Cafeteria)

Before School:

5:20am JV/VAR Players Report

5:40am JV/VAR Team Meeting

5:45am JV/VAR Scouting Report (10 Min)

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

7:30am 9th Report

7:45am 9th Weights, FB Practice

Athletic Period:

9th - continue practice, RT: Study Hall

VAR – Weights / FB Off/Def in Shell – Turf

JV – Team & Special Teams – Turf/then Weights

Study Hall – Large SH

After School:

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

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

Tuesday (Character)

(DL Locker Room/Cafeteria)

Before School:

5:30am JV/VAR Players Report

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

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 (JV Optional), 4:30pm End

Wednesday (Toughness)

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

***HOCO Parade & Pep Rally

*Sub-Varsity Game Day Sandwich Deadline Orders Due by 2:30pm

7:30am 9th grade Players Report

7:45am Weights / F 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

4:00pm JV/VAR Shell Practice & ST (Punt Block) & (PAT/FG) (Turf), Winning Edge

Post Pract: JV Helmet Ck & Jerseys, HOCO Parade Prep:

*Homecoming Parade Starts at 7:00pm

9th Arrive 6:00pm, Issue Jerseys, 9th players Stage in Weight Room, Meet on Parade Expectations

VAR/JV, Issue Jerseys, Stage in Study Hall, Meet on Parade Expectations

Post Parade – Players back to VR Locker room to turn in jerseys.

Anticipated athlete pick up 8:30pm

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

*Varsity Game Day Sandwich Deadline Orders Due by 2:30pm

Before School

8:00am 9th Report

8:15am 9th Game Day Walk Throughs (Turf)/Helmet & Equipment Cks/Jerseys

Athletic Period:

9th - continue practice, RT: Study Hall

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

VAR – Specialties/Play the Game Script (Turf)

Study Hall – Large SH

After School:

*Sub-Varsity Pre-game meals delivered at 2:30pm

4:05pm VAR Team Meeting (Lecture Hall), Teacher Letters, Game Goals OFF/DEF

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

6:00pm 9th Red vs McNeil @ Ranger Std

6:00pm JV Red vs McNeil @ McNeil HS Std

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

*Varsity Elementary School Visits, Varsity report back to VR by 7:45am

7:45am Varsity Report to Pack Travel Bags/Load Trailer

8:00am 9th Report

Athletic Period

9th AP: Red & Black Film Study

9th Study Hall: Cafeteria then SH, Ranger Time – Study Hall

JV: Hard Hat Ceremony/Weights/Film Study/Clean Locker Room/Jersey Hang Ups

VAR: Velo Lift/ST Meetings & Nutrition/Off. Walk Through/Def. (Then Switch)

V/JV SH – Study Hall

After School

*See Game Day Agenda

Grades Due 1st Six Weeks

Saturday

Players Off – No Practice

9:00am Treatment

Looking Ahead Rouse Game Week

Monday 9/21

4 Point Neck

(OL Locker Room)

Student Holiday/Staff Inservice

5:20am JV/VAR Players Report

5:40am JV/VAR Team Meeting

5:45am JV/VAR Scouting Report (10 Min)

6:00am JV/VAR Full Pads Mandatory Practice & Special Teams (18 & 2 Per. KO) (Turf) – Full Pads

8:00am VAR/JV Parent Pick Up

9th – No Practice/Off