

Rangers Nation,

It was a game for Homecoming this past Friday night to get the Rangers back on track. Thank you to everyone's support for the players and team on such a special night. We are proud of the work all of our teams are putting in and we are seeing great growth and maturation in many areas throughout all levels. This week we look to strap it up against Rouse in our district opener. The game times and week's agenda are listed below.

A special thank you to the Booster Club and all the volunteers who made last week so special for the guys. Between the parade, sub-varsity games, varsity team dinner, and HOCO Friday night, we appreciate all you do for the program.

Thursday Games:

5:30pm 9th Black vs Rouse @ Ranger Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

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

5:30pm JV Black vs Rouse @ Rouse HS Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

7:00pm JV Red vs Rouse @ Rouse HS Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

Friday Game:

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

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 Rouse, 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 (9-21), vs Rouse HS

Monday (Family) 9/21

(OL Locker Room/Cafeteria)

Monday 9/21 Student Holiday/Staff Inservice – Season Mandatory Practices Continue for VAR/JV

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 (Turf) – Full Pads

8:00am VAR/JV Parent Pick Up

9th – No Practice/Off

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 Special Teams SR Meeting (Small SH) then VAR Position Meetings/Film Study, 4:30pm End

Wednesday (Toughness)

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

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

7:30am 9th Report

7:45am 9th Weights, FB Practice

Athletic Period:

9th - continue practice, RT: 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: Specialties, JV Helmet Ck & Jerseys Issue

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:

4:05pm VAR Team Meeting (Lecture Hall), Teacher Letters, Game Goals OFF/DEF
VAR Team Meal – Study Hall, Birthdays, Support Sub-Varsities
5:30pm 9th Black vs Rouse @ Ranger Std
7:00pm 9th Red vs Rouse @ Ranger Std
5:30pm JV Black vs Rouse @ Rouse HS Std
7:00pm JV Red vs Rouse @ Rouse 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

Saturday

Players Off – No Practice
9:00am Treatment