

Rangers Nation,

Thank you to everyone's support again last week. This week we continue our district play against Vandegrift HS. Our word of the week is character. What we do when no one is watching or how we respond when things get tough often reveals our true character. Let's show great character and have great effort in practice this week as we attack the Vipers in everything we do. The game times and week's agenda are listed below.

Wednesday Games:

5:00pm 9th Black vs Vandegrift @ Ranger Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

6:30pm 9th Red vs Vandegrift @ Ranger Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

5:00pm JV Black vs Vandegrift @ Monroe Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

6:30pm JV Red vs Vandegrift @ Monroe Std, Ticket sales available online (LISD Athletics) at 10 am on Monday.

Thursday Game:

7:00pm VAR vs Vandegrift @ Gupton Std,

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 (10-5), vs Vandegrift HS

Monday (Family)

(OL Locker Room/Cafeteria)

Before School:

Before School:

5:20am JV/VAR Players Report

5:40am Team Meeting

5:45am JV/VAR Scouting Report

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

7:30am 9th Report

7:45am 9th Weights, Practice

Athletic Period:

9th - continue practice, RT: Study Hall

VAR - Weights / FB Shell – Turf

JV - FB Special Teams/Team - Turf

Study Hall – Large SH

After School:

3:45pm VAR Special Team Meeting (Small SH)

4:00pm VAR Team Meeting (Large Study Hall), Position Film Study, 4:30pm End

Tuesday (Character)

(DL Locker Room/Cafeteria)

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

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, 4:30pm End

Wednesday (Toughness)

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

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

Before School:

8:00am 9th Report

Athletic Period:

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

RT: Study Hall

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

VAR – Specialties/Play the Game Script (Turf)

Study Hall – Large SH

*JV Black Out of class 3:00pm

After School:

*Tutorial Slips Due

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

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

Wednesday Games

5:00pm 9th Black vs Vandegrift @ Ranger Stadium

6:30pm 9th Red vs Vandegrift @ Ranger Stadium

5:00pm JV Black vs Vandegrift @ Monroe Stadium

6:30pm JV Red vs Vandegrift @ Monroe Stadium

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

*7:05am Community Outreach Varsity Players at Elementary Schools

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

8:00am 9th Report

Athletic Period

9th AP: Weights & Film Study Split Off/Def

9th Study Hall

Ranger Time – Study Hall

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

VAR: Velo Lift/ST Meeting Personnel Checks/Off. Walk Through/Def. Equipment Checks & Nutrition (Then Switch)

V/JV SH – Study Hall

*Pre-game meals delivered 2:30pm

After School

*See Game Day Agenda

Friday (Payday)

***Student Holiday/Teacher Inservice**

*9th/JV Off

*9:30am VAR Treatments

*10:00am Varsity Arrive

*10:10am Mandatory Varsity Striders/Weights/Game Film Study

Saturday

Players Off – No Practice