

Rangers Nation,

Thank you to everyone's support at the Vandegrift games. Our season continues this week against East View HS. It is important that everyone is on time and in attendance for this week's mandatory practices on Monday and Tuesday. Despite not having school for the Fall Break on Monday and Tuesday our season continues as normal. With a short week of preparation and games on Wednesday and Thursday we must all be there to prepare. Our word of the week is Focus. Focus can be defined as directing your attention or energy towards a single specific task, goal, or mission. Let's have great focus this week as we prepare to take down the Patriots. The game times and week's agenda are listed below.

Wednesday Games:

6:00pm 9th Red vs East View @ EVHS Stadium, *Please note that our 9th grade teams will be consolidated for the remainder of the year due to player losses due to injury and eligibility.

6:00pm JV Red vs East View @ Ranger Stadium *Please note that East View has informed us that they only have one JV so we will be consolidating our JV team this week.

Thursday Game:

7:00pm VAR vs East View HS @ Birkelbach 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 East View, 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

Trunk or Treat Prep:

We are excited about this year's Trunk or Treat Event coming up on Wednesday, Oct. 28th from 5:30 pm to 7:30 pm. This event is a fun community builder that takes place on the VRHS campus in the student parking lot B. ***Candy Bag Donations*** – If you are able. We are looking for candy bag donations for this Trunk or Treat Event. Please add a bag to your grocery list. 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 (10-12) vs East View HS

Monday (Family)

(OL Locker Room/Cafeteria)

Fall Break - No School - Student/Teacher Holiday

7:20am JV/VAR Players Report

7:40am JV.VAR Team Meeting

7:45am JV/VAR Scouting Report (10 Min)

8:00am JV/VAR Full Pads Mandatory Practice & Special Teams (18 & 4 Per. KOR/KO) (Turf) – Full Pads

9:55am JV Team, VAR Weights

10:30am VAR Film Study - JV Optional, End at 10:55am

10:50 9th Arrive

11:00 9th Practice (Turf)

12:15pm 9th Parent Pick Up

Tuesday (Character)

(DL Locker Room/Cafeteria)

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

Fall Break - No School - Student/Teacher Holiday

7:30am JV/VAR Players Report

8:00am JV/VAR Full Pads Mandatory Practice & Special Teams (18 & 4 Per. Punt Return/Punt) (Turf) – Full Pads

9:55am JV Team, VAR Weights, VAR Special Teams Scouting Report Meeting (Small Study Hall)

10:30am VAR Film Study JV Optional, End at 10:55am

10:50 9th Arrive

11:00 9th Practice (Turf)
12:15pm 9th Parent Pick Up

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

After School:

*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

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6:00pm JV Red vs East View @ Ranger Stadium *Please note that East View has informed us that they only have one JV so we will be consolidating our JV team this week.

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

Pep Rally Schedule

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)

8:00am 9th Report

Athletic Period

9th AP: Weights/Yoga

9th Study Hall: Study Hall

Ranger Time – Study Hall

VAR/JV: Clean Var Locker Room then Weights/Film Study, DEF Weights 1st/OFF Film Study 1st

V/JV SH – Study Hall

After School

Off – No Practices

Saturday

Players Off – No Practice

Bye Week Preview

Mon – No Practice 9th/JV/VAR

Tues – PSAT Day, 9th Arrive 8:00am, VAR/JV Practice After School (Grass)

Wed – 9th Arrive 8:00am, VAR/JV Practice After School (Turf)

Thur - 9th Arrive 8:00am, VAR/JV Practice After School (Turf)

Fri – AP – Game Simulation Conditioning, No Practices After School