

Rangers Nation,

This week is our team's district "open/bye week" which means we will not have any games on Thursday or Friday. We will be using this week to work on continuing to develop our fundamentals, to get healthy, and to get ahead in our preparation on Cedar Park. Please see more details below in the agenda for the practice times throughout the week.

***Games None (Open/Bye Week) * See Practice times below.**

Enjoy the week.

Go Rangers!

Coach Scott & Staff

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 (10-19), vs Open/Bye Week

Monday (Family)

(OL Locker Room/Cafeteria)

Before School:

No Practice Before School

8:00am 9th Report

Athletic Period:

9th AP Weights/Yoga, RT: Study Hall

VAR/JV – Team Meeting, Weights-Def 1st/ Yoga Offense 1st (then Switch)

JV/VAR Study Hall: Large Study Hall

After School:

No Practice After School

Tuesday (Character)

(DL Locker Room/Cafeteria)

PSAT (10th & 11th Graders) – No Morning Practice, C Day Schedule

8:00am 9th Report

Athletic Period:

9th AP – Practice Full Pads (Turf)

VAR (12th) - Weights & CP Film Study

JV – 10th & 11th Graders PSAT

Study Hall – Large SH

After School:

4:05pm JV/VAR Full Pads Mandatory Practice & ST (Grass)

Wednesday (Toughness)

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

8:00am 9th Report

Athletic Period:

9th AP: Practice Full Pads (Turf), RT: Study Hall
JV/VAR – Pract. FB & Special Teams Shell – Turf
Study Hall – Large SH

After School:

4:05pm JV/VAR Full Pads Mandatory Practice & ST (Turf)

Thursday (Relentless Effort)

(DB/Sams Locker Room/Cafeteria)

Before School:

8:00am 9th Report

Athletic Period:

9th AP- Practice Full Pads (Turf), RT: Study Hall, RT: 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

4:05pm JV/VAR Full Pads Mandatory Practice & ST (Turf)

Friday (Payday)

(WR Locker Room/Cafeteria)

Before School

8:00am 9th Report

Athletic Period

9th AP: Weights/Game Simulation Conditioning

9th Study Hall: Study Hall, Ranger Time – Study Hall

JV: Game Simulation Conditioning/Weights

VAR: Weights/Game Simulation Conditioning

V/JV SH – Study Hall

After School

*NO 9th/JV/VAR Practice

Saturday

Players Off – No Practice, Treatments by appointment only
