

Royall Football Parents and Players:

I hope everyone is having a great summer. If you have a son that plans on playing football this year at Royall for junior high and/or high school please consider reading the rest of this letter.

This letter is to inform you of weight room opportunities, the Royall Football camp, and the first date of practice.

1st

Weight Room: The Fitness center is open more than it has ever been before. This is a great opportunity for the players to get in and increase their overall strength. Below are the hours that the fitness center is open, Please take advantage of this.

Monday: 5:30 to 7am, 8 to 10:30 am, 5 to 7 pm

Tuesday: 5:30 to 7 am, 8 to 10:30 am

Wednesday: 5:30 to 7 am, 8 to 10:30 am, 5 to 7 pm

Thursday: 5:30 to 7 am, 8 to 10:30 am, 5 to 7 pm

Friday: 5:30 to 7 am

Saturday: 10 to noon

Sunday: 10 to noon

I cannot stress the importance of a strength program, and not just for football. There are plenty of opportunities to get into the fitness center.

2nd

The Royall football camp will be held for all incoming 6th graders through 12th graders.

Coaches will be there to help coordinate and work with the players. It is designed to help the players become familiar with the offense and defense that we will be running.

Dates: Sunday, July 13th - 7 to 9 pm

Monday, July 14th - 7 to 9 pm

Sunday, July 20th - 7 to 9 pm

Monday, July 21st - 7 to 9 pm

If you are planning on playing please make every effort to be there.

3rd

The first day of **high school** practice is Tuesday, August 5th. Attached is the full schedule

Tuesday, August 5th a parent meeting will be held at 5:30 to 6 pm in the high school cafeteria.

All of the information was shared to the boys that came to the meeting the last week of school.

If you have any questions please feel free to reach through email at boardj@Royall.k12.wi.us.

I look forward to working with these young men this season.

Go Royall

Josh Board