



The Royal Athletic Department will be providing a weekly agenda of workouts for our student athletes to do at home with little to no equipment being required. The workouts are to help ensure that our student athletes are able to continue some form of training while school is closed. We are not able to open our facilities for any form of practice or training at this time. Updated information will be posted on the school website as it becomes available. If you should have any questions regarding the workouts, please feel free to email me at ganderson@royal-isd.net.

Please stay safe and know your coaches at Royal ISD are here to help in any way we can.

Best Regards,
Coach Anderson