

CCS SPORT OPPORTUNITIES INFORMATION

VARSITY – CROSS COUNTRY

- * Practice begins Monday, August 15th.
- * Practices will be held Monday through Friday until the season is over.
- * Practice times will be from 3:15 until 5:00 PM once school starts.
- * Section meets are the last Saturday of October.



JUNIOR HIGH – VOLLEYBALL & SOCCER



- * Practice will start on Tuesday, September 6th
- * Practice will be held every Monday–Tuesday–Thursday–and Friday.
- * Practice times will be from 3:15 until 5:00 PM.
- * The last date of the volleyball season will be Saturday, October 15th.
- * The last date of the soccer season will be dependent on the game schedule.

HIGH SCHOOL (9-12TH grades) – VOLLEYBALL

- * Practice for those who are playing with CMCS this fall starts August 15th.
- * The season will run through October.
- * Practice Schedule:
 - Monday 9 AM–12 noon and 1:30–3:30 PM
 - Mandatory Meeting for players, parents, and coaches at 7:00 PM**
 - Tuesday 5:30–8:30 PM
 - Wednesday 10 AM–12 noon, 1:30–3:30 PM
 - Thursday 10 AM–12 noon
 - Scrimmage at Willmar High School in the afternoon – Friday 5:30–8:30 PM
 - The Schedule for week two—TBA
- * During the school year we usually practice 3:30–5:30 PM on non-game days.



K-6 – YOUTH CONDITIONING & GAMES DAY

- * This will run once or twice a week.
- * This will also run from 3:15–5:00 PM.

