



Dear CCS Families,

Willmar CCS will be hosting a **youth baseball league** on Mondays throughout June and July. Summer baseball will kick off with a 3-day mini camp for 1st-6th grade boys and girls. The camp will be held on May 30, 31, and June 1. Grades 1-3 will practice from 4-5:15 and grades 4-6 from 5:15-6:30pm. The focus will be on proper hitting and throwing techniques. All instructors have college playing and coaching experience. The cost of the 3-day mini camp will be \$20.

Summer baseball will continue on Monday nights for the rest of June and July. 1st-3rd grade will play from 5-6:20 and 4th-6th grade from 6:20-8pm. No baseball on Monday, July 4. Mini camp and instructional games will all be held on the Kandiyohi baseball ball fields. The cost of the Monday night league will also be \$20. Registration/release forms will be available at the field on the first day of camp or the first baseball league night.

Willmar CCS will also be putting on a **girls basketball camp** June 27th-30th. Camp will be held in the CCS gym for grades 3-5 from 4:30-6 and grades 6-8 from 6-7:30pm. The focus will be on ball handling, shooting, and passing skills. Skill games and fast break games will also be played. Coaches have all played college basketball and have coaching experience. A \$50 fee will be charged for this camp.

For the first time Willmar CCS will be offering a **strength and conditioning summer program** with an emphasis on speed development and agility. This one hour program will allow students in 5th-12th grades to push themselves to new athletic heights through plyometric jump training, medicine ball workouts, agility ladder training, and abdominal workouts. This program will be held on Mondays and Thursdays in June and July from 4-5pm. A \$50 fee will be used to purchase equipment for the school and program. Location TBA.

Dates and times will be coming soon for soccer, volleyball and boys basketball.

I will be helping out with all summer camps and will be an instructor for the baseball and strength/conditioning program. I graduated from Hamline University with a degree in exercise sports science. I am currently the strength and conditioning coordinator for Solid Foundation Baseball with Mike Kingery. I developed a strength and conditioning program that has advantages for all the sports that CCS will offer this year and in the future. I have also been a varsity baseball, softball, football, and basketball coach.

I am looking forward to getting these programs started and to meeting all of the CCS students and parents. I believe that this is a great opportunity for the school to grow and show what an athletic program based on Christian values can do. If you have any questions, please contact me at (320)295-6931.

Sincerely,
Zach Nelson, CCS Athletic Director