

Spring sports – please look at the following link for MSHSL covid guidance

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

Track

Co op with CMCS Prinsburg. We will likely practice at CCS twice a week and at CMCS twice a week with Wednesday as a recovery day. The varsity track meet schedule is posted on CCS homepage or camdenconferencemn.org; JH meet schedule is in process, but should be complete before the end of spring break and will be posted on CCS page.

CMCS has school next week and will be starting practice if any CCS team members are around during spring break and are interested in going down to practice with them. The following is from Lucas VanEps, the CMCS head coach. He added that parents should feel free to email him if they have questions at Lucas.VanEps@Duininck.Com

CMCS/CCS track athlete parents,

We will be having a short spring track meeting in the auditorium at CMCS after the first day of track practice (3/29) at 5:30. I will be going over information regarding the upcoming track season. Parents are encouraged (but not required) to attend, especially those with younger (JH) athletes or new to track and field with questions. The meeting will be relatively short and informal, mostly just to answer any questions you may have about the season and with me being a new coach.

See you Monday!

Lucas Van Eps – Head track coach

*otherwise plan on the 1st practice being right after school on 4/5 at CCS

Covid – track is an individual, outdoor sport, so it does not appear that masks will be required during competition; however, they likely will be required between events and in team camps.

Golf

Communication – for those who didn't attend the golf mtg, please download TeamApp onto your mobile device. Then search for CCS Golf; it should pop up with CCS Golf and the CCS Golf Logo; select it and then tap to request to join the team's app. Also, team emails will be sent periodically.

Schedule (as of 3/26/21-at this point there are still some Covid restrictions as far as "invites" but they are lifting and I anticipate possible adding some more dates):

Varsity 4:30 start

4/13 at rcw

4/15 at lqpv-madison

4/20 at cmcs (switched with db)

4/22 at maccray

4/27 at cmcs

4/29 at CCS

(5/4 lakeview/minneota hosting "invite" – they are checking on numbers but think we will be invited)

5/10 conference meet at Marshall 9am

JH/JV 4:30 start
4/8 at maccray
4/12 at CCS
4/15 at db
4/20 at rcw
4/26 at lqpv Appleton
5/3 at cmcs Raymond

Practices will be available next week for those not leaving on spring break divided between the CCS golf area and Valley Golf. Details posted on TeamApp.

Covid restrictions – golf is an individual, outdoor sport so masks won't be required. 6' social distancing should be followed. No physical contact including handshakes and fist bumps. Pods limited to 25 (which shouldn't be a problem as long as we treat V & JH/JV as separate pods). Typical sanitation of hands and equipment is required.

Trap

Registration closes on 3/29. Those not registered will be able to participate but their scores won't count for the league (only the top 5 count for team scoring anyway). The plan is to start with our first practice on 4/7, but we are running into an issue with ammo. The range doesn't have extra right now, and I've applied for an NRA grant that has been approved, but we won't know the award results until 3/31. The last time we got the NRA grant we received enough ammo to cover the entire season. If not, we will hunt down shells. I will email the team as we get closer to the date and I find out info.

Mike Elmhurst