

Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VIII - Issue 4

January

ADAPTED SPORTS

Basketball....

As most of you know by now, Jessica Sida has taken over the Recreation Specialist position for Adapted Sports/Special Olympics. We appreciate your patience during this time of transition. We would also like to send out a special thank you to all our amazing coordinators and coaches, because of them this year's basketball season got off to an awesome start. Please take time to thank your coaches for all their hard work and dedication. When Columbia Public Schools is closed there will be no practices. No practice on Mon, 1/18 or Mon, 2/15.

Practice Schedule

Mondays

Team Skills ~ 6:15p-6:45p

Coach Laurie Arbuckle - Rockbridge

Coach Adrienne Fink - Wildcats

3-on-3 ~ 6:15p-7p

Coach Tyler Lichtenberg - Blue Hawks

5-on-5 Mod ~ 7p-8p

Coach Christian Bouschert - Warriors

Coach Kayla Cue - ThunderSaints

Tuesdays

3-on-3 ~ 6:15p-7p

Coach John Nemec - Blast

Coach Danielle Rodabaugh -

Shooting Stars

3-on-3 ~ 7p-7:45p

Coach Nicole Marso - CoMo Dragons

Coach Beth Lubbering - Cardinals

5-on-5 Reg ~ 8p-9p

Coach Chuck Crews - Cougars

Tournaments

Area - Columbia

January 9

Regionals - Jefferson City

February 20

ADAPTED SPORTS

Swim Team....

Adapted Swim Team registration is closed. Registrants will receive their information packets soon. Practices are set at Hickman Pool 6p-8p. Practices will begin on Sunday, February 14. Athletes must be dressed and out on the pool deck by 6:10pm. Athletes are required to bring a bottle of water and towel.

Practice Schedule

Sundays - start Feb 14

Everyone 6p-8p

Track & Field....

Registration is open. A \$15 participation fee is due at the time of registration. Practices will be on Thursdays from 5:30p-6:30p and begin March 3. Practices are located at West Middle School at 401 Clinkscapes. Info packets will be sent to registrants at close of registration. Deadline is Feb. 3 or when roster is full.

Registration # 215605-01

Volleyball....

Registration is open. A \$15 participation fee is due at time of registration. Practices are **WEDNESDAYS** 6p-7:15p and begin in March. Location is to be determined. Information packets will be sent to registrants at close of registration. Registration deadline is Feb 3 or when rosters are full.

Registration # 215601-01

Take the dip or support those who are!

Polar Bear Plunge

Bass Pro Shop

February 20, 2016 - 11:30am-4pm

www.Somo.org/plunge

ADAPTED PROGRAMS

BB Night....

Chuck Crews and Cost Cutters is sponsoring Columbia College BB Night. Join us for this afternoon of fun on Saturday, Jan 30 at 1pm. Several of our BB teams will scrimmage during half time of the Women's and Men's game. All who RSVP will be treated to a meal. Must RSVP to attend. To register contact Jessica by phone or email jlsida@gocolumbiamo.com or 573-874-7312. Register by Jan 20. Details will be sent to all participants after registration closes. Event is open to all, not restricted to those participating in basketball.

Dancing....

Come dance the night away. Great way to socialize with your friends. Please stop by the ARC front desk to pay your \$5.

Event Schedule

Winter Wonderland

Fri, January 22 7p-9p

Sweetheart

Fri, February 12 7p-9p



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
JANUARY 3	JANUARY 4	JANUARY 5 <u>New Haven Elementary</u> BB Practice	JANUARY 6	JANUARY 7	JANUARY 8	JANUARY 9 <u>MU Rec Complex</u> Area BB Tournament	
JANUARY 10	JANUARY 11 <u>New Haven Elementary</u> BB Practice	JANUARY 12 <u>New Haven Elementary</u> BB Practice	<div style="border: 2px solid blue; border-radius: 50%; padding: 10px; width: fit-content; margin: auto;"> <p><u>Monday Practices</u> Jan 11, 25 Feb 1, 8, 22, 29; Mar 7, 14, 21</p> <p><u>Tuesday Practices</u> Jan 5, 12, 19, 26; Feb 2, 9 16, 23; Mar 1, 8, 15, 22</p> </div>			JANUARY 15	JANUARY 16
JANUARY 17	JANUARY 18	JANUARY 19 <u>New Haven Elementary</u> BB Practice	JANUARY 20 <u>Deadline</u> Register for Columbia College Event on 1/30	JANUARY 21	JANUARY 22 <u>ARC</u> Adapted Dance 7p-9p ~ \$5	JANUARY 23	
JANUARY 24	JANUARY 25 <u>New Haven Elementary</u> BB Practice	JANUARY 26 <u>New Haven Elementary</u> BB Practice	JANUARY 27	JANUARY 28	JANUARY 29	JANUARY 30 <u>Columbia College</u> Lunch at 1pm	
JANUARY 31	FEBRUARY 1 <u>New Haven Elementary</u> BB Practice	FEBRUARY 2 <u>New Haven Elementary</u> BB Practice	FEBRUARY 3 <u>Deadline</u> Register for Volleyball and Track/Field	FEBRUARY 4	FEBRUARY 5	FEBRUARY 6	
<div style="border: 1px solid blue; background-color: #0070C0; color: white; padding: 10px; width: fit-content; margin: auto;"> <p>REGISTER FOR SPORTS Call the ARC at 874-7700 to register for upcoming sports. Many of sports fill up quickly so do not wait til the last minute to register.</p> </div>							
FEBRUARY 7	FEBRUARY 8 <u>New Haven Elementary</u> BB Practice	FEBRUARY 9 <u>New Haven Elementary</u> BB Practice	FEBRUARY 10	FEBRUARY 11	FEBRUARY 12	FEBRUARY 13	