

# Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VII - Issue 11

August

## ADAPTED SPORTS

### Softball....

Teams made the trek to Higginsville all for a hotdog. Rain prevented getting any games in. Athletes made the most of their travel time. "Twister" as movie choice on the bus wasn't the best idea. Although, as a group, we are well versed at riding out tornados together. Teams continue to work hard in preparation of Regional Tournament in Affton. Practices will be every other week starting August 17 & 18. Please refer to calendar for team practice dates. Email/text reminders will be sent.

#### Practice Schedule

#### Again Street Park

#### Mondays

Coach Pitch	6-7p
Men's Regulation	7-8p

#### Tuesdays

Team Skills	6p-6:30p
T-Ball	6-7p
Co-Ed Regulation	7-8p

#### Tournaments

#### Regionals - Affton

Aug 8

#### State - Jefferson City

Sept 26-27

### Bocce....

Practice are on Thursdays again and will be held outside weather permitting. Athletes/spectators should bring bag chairs. On hot days frequent breaks will be taken.

#### Practice Schedule

#### West Blvd Elem - Thursdays

Everyone	6-7p
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#### Area - Booneville

August 29

#### State - Jefferson City

September 25

## ADAPTED SPORTS

### Golf....

Rain has played havoc with getting practices in. Athletes, Unified Partners, and Volunteers have made the most of what we've had. We are having issues with athletes not bringing or drinking water. It is important that athletes drink plenty of water throughout the day prior to practice. Everyone is required to bring a water bottle to all practices and competitions. Soda, juice and sports drinks are not allowed during practices and competitions.

#### Practice Schedule

#### L.A. Nickell Golf Course

#### Thursdays

Skills	6-7p
Alternate Shot	6-8p

#### Tournaments

#### Area - L.A. Nickell Golf Course

August 13

#### State - Jefferson City

September 25

### Bowling....

Registration is closed. Athletes should have received the Bowling Information Packet. It is important that all athletes are at lane with shoes on and ready to bowl 10 minutes before their session begins. Please allow extra travel time when bowling practices are on MU football Saturdays. Traffic will be extremely heavy those days. Practice begins on September 12.

#### Practice Schedule

#### Town and Country

#### Saturdays

Group A	12p-1:30p
Group B	2pm-3:30p

#### Tournaments

#### Area - Fulton

November 21 & 22

## ADAPTED SPORTS

### Tennis....

Hot summer days held off until Tennis started. Head Coaches Johnna Leak got tennis off to a smooth start in spite of the heat. All practices will be at Cosmo Park. Anticipate for practices to be hot. It is important that athletes drink plenty of water throughout the day prior to practice. Soda, juice and sports drinks are not allowed during practices and competitions.

#### Practice Schedule

#### Wednesdays

Individual Skills	6:30-7p
Short Court	6:30-7:30p
Regulation	6:30-8p

#### Tournaments

#### Doubles Area - Cosmo Park

August 26 6p-8:30p

#### Singles Area - Cosmo Park

September 2 6p-8:30p

#### State - Jefferson City

September 25

## DANCES

Come dance the night away. Great way to socialize with your friends. Please stop by the ARC front desk to pay your \$4.

#### Fridays

Friday, August 21	7p-9p
Friday, September 18	7p-9p

### HEAT IS ONE

Hydrate, Hydrate, Hydrate  
All athletes are required to bring a bottle of water to all sports practices and competitions.

**PR Hotline**  
**573.874.7663**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 26</b>	<b>JULY 27</b> <b><u>Again St. Park</u></b> Softball Practice 6p-8p	<b>JULY 28</b> <b><u>Again St. Park</u></b> Softball Practice 6p-8p	<b>JULY 29</b> <b><u>Cosmo Park</u></b> Tennis Practice 6:30p-8p	<b>JULY 30</b> <b><u>West Blvd.</u></b> Bocce Practice 6p-7p	<b>JULY 31</b>	<b>AUGUST 1</b>
<b>AUGUST 2</b>	<b>AUGUST 3</b> <b><u>Again St. Park</u></b> Softball Practice 6p-8p	<b>AUGUST 4</b> <b><u>Again St. Park</u></b> Softball Practice 6p-8p	<b>AUGUST 5</b> <b><u>Cosmo Park</u></b> Tennis Practice 6:30p-8p	<b>AUGUST 6</b> <b><u>West Blvd.</u></b> Bocce Practice 6p-7p  <b><u>L.A. Nickell</u></b> Skills Only Practice 6p-7p	<b>AUGUST 7</b>	<b>AUGUST 8</b> <b><u>Affton</u></b> Regional Softball
<b>AUGUST 9</b>	<b>AUGUST 10</b> <b><u>Again St. Park</u></b> Softball Practice 6p-8p	<b>AUGUST 11</b> <b><u>Again St. Park</u></b> Softball Practice 6p-8p	<b>AUGUST 12</b> <b><u>Cosmo Park</u></b> Tennis Practice 6:30p-8p	<b>AUGUST 13</b> <b><u>West Blvd.</u></b> Bocce Practice 6p-7p  <b><u>L.A. Nickell</u></b> Area Golf TBD	<b>AUGUST 14</b>	<b>AUGUST 15</b>
<b>AUGUST 16</b>	<b>AUGUST 17</b> <b><u>Again St. Park</u></b> Sluggers C-Pitch Team Practice 6p-7p Men 7p-8p	<b>AUGUST 18</b> <b><u>Again St. Park</u></b> Slammers Co-Ed Team Practice 6p-7p	<b>AUGUST 19</b> <b><u>Cosmo Park</u></b> Tennis Practice 6:30p-8p	<b>AUGUST 20</b> <b><u>West Blvd.</u></b> Bocce Practice 6p-7p  <b><u>L.A. Nickell</u></b> Golf Practice 6p-8p	<b>AUGUST 21</b> <b><u>ARC</u></b> Adapted Dance Cost \$4 7p-9p	<b>AUGUST 22</b>
<b>AUGUST 23</b>	<b>AUGUST 24</b> <b><u>Again St. Park</u></b> Whitesox Men Team Practice 6p-7p	<b>AUGUST 25</b> <b><u>Again St. Park</u></b> RoadRunners T-Ball Team Practice 6p-7p	<b>AUGUST 26</b> <b><u>Cosmo Park</u></b> Tennis Area Doubles 6:00p-8:30p	<b>AUGUST 27</b> <b><u>West Blvd.</u></b> Bocce Practice 6p-7p  <b><u>L.A. Nickell</u></b> Golf Practice 6p-8p	<b>AUGUST 28</b>	<b>AUGUST 29</b> <b><u>Booneville</u></b> Area Bocce
<b>AUGUST 30</b>	<b>AUGUST 31</b> <b><u>Again St. Park</u></b> Sluggers C-Pitch Team Practice 6p-7p	<b>SEPTEMBER 1</b> <b><u>Again St. Park</u></b> Slammers Co-Ed Team Practice 6p-7p	<b>SEPTEMBER 2</b> <b><u>Cosmo Park</u></b> Tennis Area Singles 6:00p-8:30p	<b>SEPTEMBER 3</b> <b><u>West Blvd.</u></b> Bocce Practice 6p-7p  <b><u>L.A. Nickell</u></b> Golf Practice 6p-8p	<b>SEPTEMBER 4</b>	<b>SEPTEMBER 5</b>