

# Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VIII - Issue 4

January

## ADAPTED SPORTS

### Basketball....

Coordinators Hannah Dougherty and Nick Daugherty along with the amazing team of coaches got practice off to an awesome start. Athletes and coaches are getting a lot out of practice. Area tournament is January 10 at Mizzou Rec Complex. Tournament details will be sent out as soon as they are available. Everyone's patience is appreciated.

#### Practice Schedule

##### **Mondays -**

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

Coach Laurie Arbuckle

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

Coach Alex Pfeifer

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

Coach Adam Kidwell

Coach Kayla Cue

##### **Tuesdays -**

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

Coach John Nemecek

Coach Danielle Rodabaugh

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

Coach Megan Darter

Coach Nicole Marso

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

Coach Chuck Crews

#### Tournaments

##### **Area - Columbia**

January 10

##### **Regionals**

March 7 - Jefferson City

## ADAPTED SPORTS

### Swim Team....

Adapted Swim Team registration is closed. Registrants should have received their info packets. Practices will be Sundays 6p-7:30p at Hickman Pool. Practice will begin on Sunday, February 1. 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 - starts Feb 1**

Everyone 6p-7:30p

### Track & Field....

Registration is open. A \$15 participation fee is due at the time of registration. Practices are Thur. 5:30p-6:30p, West Middle School beginning March 5. West Middle School is located at 401 Clinkscales, next to the ARC. Info packets will be sent out after 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. Practice will be Wednesdays from 6p-7:15p at the Armory, 701 East Ash, and start on March 4. Information packets will be sent to registrants at close of registration. Registration deadline is Feb 3 or when roster is full.

**Registration # 215601-01**

## ADAPTED PROGRAMS

### Dancing....

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

#### Event Schedule

##### **Winter Wonderland**

Fri, January 16 7p-9p

##### **Sweetheart**

Fri, February 13 7p-9p



**Take the dip or support those who are!**

Polar Bear Plunge  
New Location ~ Bass Pro Shop

February 21, 2015

11:30am-4pm

[www.Somo.org/plunge](http://www.Somo.org/plunge)

**PR Hotline**  
**874-7663**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 21	DECEMBER 22	DECEMBER 23	DECEMBER 24	DECEMBER 25 Happy Holidays! ARC Closed	DECEMBER 26	DECEMBER 27
DECEMBER 28	DECEMBER 29	DECEMBER 30	DECEMBER 31	JANUARY 1 Happy New Year! ARC Closed	JANUARY 2	JANUARY 3
<div style="border: 2px solid green; border-radius: 50%; padding: 10px; background-color: #0070C0; color: white; text-align: center;"> <p><b>Monday Practices</b> Jan 5, 12, 26 Feb 2, 9, 16; Mar 2, 9, 16</p> <p><b>Tuesday Practices</b> Jan 6, 13, 20, 27; Feb 3, 10 17, 24; Mar 3, 10, 17</p> </div>						
JANUARY 4	JANUARY 5 <u>New Haven Elementary</u> BB Practice	JANUARY 6 <u>New Haven Elementary</u> BB Practice	JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10 <u>MU Rec Complex</u> Area BB Tournament
JANUARY 11	JANUARY 12 <u>New Haven Elementary</u> BB Practice	JANUARY 13 <u>New Haven Elementary</u> BB Practice	JANUARY 14	JANUARY 15	JANUARY 16 <u>ARC</u> Adapted Dance 7p-9p ~ \$4	JANUARY 17
JANUARY 18	JANUARY 19	JANUARY 20 <u>New Haven Elementary</u> BB Practice	JANUARY 21	JANUARY 22	JANUARY 23	JANUARY 24
JANUARY 25	JANUARY 26 <u>New Haven Elementary</u> BB Practice	JANUARY 27 <u>New Haven Elementary</u> BB Practice	JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31