

# Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VII - Issue 10

July

## ADAPTED SPORTS

### Softball....

Rain cancellations have been abundant. All are hoping for dryer days and getting into a routine of regular practices. Coaches have made the most out of the time they've had. Athletes and coaches alike look forward to the Area Tournament in Higginsville.

#### Practice Schedule

##### Again Street Park

##### Mondays

Coach Pitch 6-7p

Men's Regulation 7-8p

##### Tuesdays

Team Skills 6-6:30p

T-Ball 6-7p

Co-Ed Regulation 7-8p

#### Tournaments

##### Area - Higginsville

June 27

##### Districts- St. Louis

August 8

##### State - Jefferson City

September 26-27

### Golf....

Course Coach Wedge Watkins and Skills Coach Tim Powers return should continue the athletes' impressive skill development. The Course Play requirement has helped athletes and partners understand what they must work on to move up to course play.

#### Practice Schedule

##### L.A. Nickell - Thursdays

Skills 6-7p

Alternate Shot 6-8p

#### Tournaments

##### Area - L.A. Nickell

August 13

##### State - Jefferson City

September 25

**PR Hotline**  
**573.874.7663**

## ADAPTED SPORTS

### Tennis....

Registration is closed. All practices to be held at Cosmo Courts. Anticipate for practices to be hot. It is important that athletes drink plenty of water throughout the day prior to practice. Practice begins July 15.

#### Practice Schedule

##### Cosmo Park Tennis Courts

##### Wednesdays

Individual Skills 6:30-7p

Short Court 6:30-7:30p

Regulation 6:30-8p

#### Tournaments

##### Area - TBD

TBD

##### State - Jefferson City

September 25

### Bocce....

Practice will be on Thursday nights once again and will be held outside weather permitting. Athletes and spectators should bring bag chairs. Practice is set to begin Thursday, July 23; 6p-7p at West Blvd. Elementary.

#### Practice Schedule

##### West Blvd Elem - Thursdays

Everyone 6-7p

##### Area - Booneville

August 29

##### State - Jefferson City

September 25

### Bowling....

Registration is closed. Athletes will receive Information Packet the end of July. There have been adjustments to the practice schedule. Practice dates are Sept 12, 19; Oct 17, 24; Nov 7, 14.

#### Tournaments

##### Area - Fulton

November 21-22

## MEDAL UPDATE

### State Games....

Summer State Games concluded with 12 swimmers and 18 track athletes traveling to Springfield to represent our team. Once again our athletes stood out as the ones to emulate on the field/in the pool and at social activities. Even a tornado couldn't dampen athlete's excitement. A Special Thanks to all the coaches, staff and volunteers who made the games a success. It takes a large team to pull it off and everyone's time and dedication is greatly appreciated.

## 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 and receive a stamp.

#### Event Schedule

##### Take Me Out to The Ball Game

Fri, July 17 7p-9p

TBD

Fri, August 21

7p-9p

#### **HEAT IS ONE**

Hydrate, Hydrate, Hydrate

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

#### **Adapted Dance**

**July 17 ~ 7p-9p at ARC**

**"Take Me Out To The Ball Game"**

**Wear Favorite Team Shirt  
Hot Dogs and Popcorn**

**Served**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>JUNE 28</b>	<b>JUNE 29</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JUNE 30</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 1</b>	<b>JULY 2</b> <u>L.A. Nickell</u> Golf Practice 6p-8p	<b>JULY 3</b>	<b>JULY 4</b>
<b>JULY 5</b>	<b>JULY 6</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 7</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 8</b>	<b>JULY 9</b> <u>L.A. Nickell</u> Golf Practice 6p-8p	<b>JULY 10</b>	<b>JULY 11</b>
<b>JULY 12</b>	<b>JULY 13</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 14</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 15</b> <u>Cosmo Park</u> Tennis Practice 6:30p-8p	<b>JULY 16</b> <u>L.A. Nickell</u> Golf Practice 6p-8p	<b>JULY 17</b> <u>ARC</u> Adapted Dance "Take Me Out to Ball Park" Cost \$4 7p-9p	<b>JULY 18</b>
<b>JULY 19</b>	<b>JULY 20</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 21</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 22</b> <u>Cosmo Park</u> Tennis Practice 6:30p-8p	<b>JULY 23</b> <u>L.A. Nickell</u> Golf Practice 6p-8p  <u>West Blvd.</u> Bocce Practice 6p-7p	<b>JULY 24</b>	<b>JULY 25</b>
<b>JULY 26</b>	<b>JULY 27</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 28</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>JULY 29</b> <u>Cosmo Park</u> Tennis Practice 6:30p-8p	<b>JULY 30</b> <u>L.A. Nickell</u> Golf Practice 6p-8p  <u>West Blvd.</u> Bocce Practice	<b>JULY 31</b>	<b>AUGUST 1</b>
<b>AUGUST 2</b>	<b>AUGUST 3</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>AUGUST 4</b> <u>Again St. Park</u> Softball Practice 6p-8p	<b>AUGUST 5</b> <u>Cosmo Park</u> Tennis Practice 6p-8p	<b>AUGUST 6</b> <u>West Blvd.</u> Bocce Practice 6p-7p	<b>AUGUST 7</b>	<b>AUGUST 8</b> <u>St. Louis</u> Regional Softball