

Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VIII - Issue 8

April

ADAPTED SPORTS

Swimming....

Athletes have shown remarkable improvements from last year. They are dedicated and hardworking bunch. Athletes and coaches alike are looking forward to the Area Swim Meet; April 23. Information packet will be sent as soon as information is received from SOMO.

Practice Schedule

Hickman HS Pool - Sundays

Everyone 6-7:15p

Meet Schedule

Area - MU Rec Complex

April 23 1:30p-5p

State - Springfield

May 21 TBD

Volleyball....

Coordinator Brian Herr has practice running without a glitch. Coach Allan Moore has been joined by a talented group of assistants. Athletes are getting good conditional workouts with fitness and skill level improving each week. Practice is April 6, April 13, April 20, April 27 and May 4.

Practice Schedule

West Middle School- Wed

Everyone 6-7:15p

Meet Schedule

Area - Jeff City HS

April 30 9:30a-3p

Upcoming Dances
Friday, April 15
Friday, May 20
"New" 6:30p-8p

ADAPTED SPORTS

Track & Field....

Weather cooperated to get track under way. Please check hotline before practice if we have rain/snow/ice the day of or before practice. Hotline number 573-874-7663; option 2. Practice is April 7, April 14, April 21, April 28, May 5, May 12 and May 19.

Practice Schedule

West Middle

Thursdays

Everyone 5:30-6:30p

Meet Schedule

Area - Rock Bridge HS

April 16 9a-4p

State - Springfield

May 20-22 TBD

Golf....

Registration is open. Participation fee of \$15 applies to Athletes and Unified Partners & is due at registration. Information packet will be sent after the close of registration. Team skills & course play begins Thur, June 9th. Athletes/Partners must possess a certain level of skill & knowledge of the game before moving to course play.

Registration # 315604-01

Practice Schedule

L.A. Nickell Golf Course

Thursdays

Skills 6-7p

Alternate Shot 6-8p

Cougars - Gold
State Basketball

ADAPTED SPORTS

Softball....

Registration is open. When registering, please provide an email address along with an emergency contact for each athlete. Practices start on Monday, May 9 and Tuesday, May 10 at Again Street Park. Athletes will receive Information Packet with practice day and time in a few weeks.

Tennis....

Registration is open. Practice will be Wednesdays from 6:30-8p. When registering, please provide an email address along with an emergency contact for each athlete. Practice will start on July 13 at Cosmo Park. Athletes will be notified of practice schedule after close of registration.

Registration # 315601-01

Bocce....

Registration is open. When registering, please provide an email address along with an emergency contact for each athlete. Practice will be Thursdays 6-7p at West Blvd. Elementary. Practices will be held outside & begin Thur, July 21. Athletes will receive their Information packet June 19. Practices will be outside behind West Boulevard Elementary



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 27	MARCH 28	MARCH 29	MARCH 30	MARCH 31	APRIL 1	APRIL 2

**COLUMBIA PUBLIC SCHOOLS
SPRING BREAK**

APRIL 3	APRIL 4	APRIL 5	APRIL 6	APRIL 7	APRIL 8	APRIL 9
			<u>West Middle School</u> VB Practice 6:00-7:15p	<u>West Middle School</u> Track & Field Practice 5:30p-6:30p		

APRIL 10	APRIL 11	APRIL 12	APRIL 13	APRIL 14	APRIL 15	APRIL 16
			<u>West Middle School</u> VB Practice 6:00-7:15pm	<u>West Middle School</u> Track & Field Practice 5:30p-6:30p	<u>ARC</u> Adapted Dance 6:30p-8p \$5 cost	<u>Area Track Meet</u> Rock Bridge HS

APRIL 17	APRIL 18	APRIL 19	APRIL 20	APRIL 21	APRIL 22	APRIL 23
<u>Hickman</u> Swim Practice 6p-7:15p			<u>West Middle School</u> VB Practice 6:00-7:15pm	<u>West Middle School</u> Track & Field Practice 5:30p-6:30p		<u>Area Swim Meet</u> MU Rec Complex 1:30p-5p

APRIL 24	APRIL 25	APRIL 26	APRIL 27	APRIL 28	APRIL 29	APRIL 30
<u>Hickman</u> Swim Practice 6p-7:15p			<u>West Middle School</u> VB Practice 6:00-7:15pm	<u>West Middle School</u> Track & Field Practice 5:30p-6:30p		<u>Area Volleyball</u> Jeff City High School 9:30a-3p

MAY 1	MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7
<u>Hickman</u> Swim Practice 6p-7:15p			<u>West Middle School</u> VB Practice 6:00-7:15pm	<u>West Middle School</u> Track & Field Practice 5:30p-6:30p		

APRIL 16