

Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VII - Issue 11

August

ADAPTED SPORTS

Softball....

Despite the few practices we've managed to have, whether it be rain or the excessive heat we've been having, our teams have been working hard and making adjustments for our next tournament in the Lee Summit area. The Regional Softball Tournament August 26th and 27th and playing for our chance to go on to State in October. Our Last Regular Season Practices will be on the 29th and 30th of August, please be sure to reference the calendar, coaches, email, or hotline for updates on practices.

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 - Lee Summit

August 26-27

State - Jefferson City

October 14-15

Bocce....

Practices have begun on Thursday evenings from 6-7pm weather permitting. Athletes/spectators should bring bag chairs. Athletes need to bring plenty of water to stay hydrated.

Practice Schedule

West Blvd Elem - Thursdays

Everyone	6-7p
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Area - Fayette

September 10

State - Jefferson City

October 14-15

ADAPTED SPORTS

Golf....

Well, rain and excessive heat have been a theme throughout our summer sports and from the few practices we've had Athletes, Unified Partners, and Volunteers have made the most of them and everyone has made progress as we get ready for our Area Tournament the 11th of August. Please please please remember how important it is that athletes bring their own water for practices and to remember to drink enough throughout the day, this heat is no joke.

Practice Schedule

L.A. Nickell Golf Course

Thursdays

Skills	6-7p
Alternate Shot	6-8p

Tournaments

Area - L.A. Nickell Golf Course

August 11

State - Jefferson City

October 14-15

Bowling....

Registration is closed. Athletes will receive their Bowling Information soon. 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 3rd.

Practice Schedule

Town and Country

Saturdays

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

Tournaments

Area - Fulton

November 5-6

ADAPTED SPORTS

Tennis....

The hottest weeks of the summer decided to hit us right as Tennis was to start. After a couple cancelled practices, we were finally able to start. All practices will be at Cosmo Park and anticipate for practices to be hot. It is important that athletes drink plenty of water throughout the day prior to practice and to bring their own for practices. Please be sure to check the hotline and your email prior to leaving for practice when weather is bad.

Practice Schedule

Wednesdays

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

Tournaments

Short Court - Cosmo Park

August 31 6p-8:30p

Full Court- Cosmo Park

September 7 6p-8:30p

State - Jefferson City

October 14-15

DANCES

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

Fridays

Friday, Aug 19	6:30-8:30p
Friday, Sep 23	6:30-8:30p
Friday, Oct 21	6:30-8:30p
Friday, Nov 18	6:30-8:30p
Friday, Dec 16	6:30-8:30p

New Program

Do you enjoy fishing or have you always wanted to learn? If so come out Saturday, August 20th and have a day of Fun, Food, and Fishing for ALL!

Please contact Jessica Sida at 573-874-7312 if you're interested!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 31	AUGUST 1 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 2 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 3 <u>Cosmo Park</u> Tennis Practice Skills: 6:30-7p Short 6:30-7:30p Reg: 6:30-8:00p	AUGUST 4 <u>L.A. Nickell</u> Golf Practice Skills:6-7p Course: 6-8p <u>West Blvd.</u> Bocce Practice 6p-7p	AUGUST 5	AUGUST 6
AUGUST 7	AUGUST 8 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 9 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 10 <u>Cosmo Park</u> Tennis Practice Skills: 6:30-7p Short 6:30-7:30p Reg: 6:30-8:00p	AUGUST 11 <u>L.A. Nickell</u> Area Golf Tournament 5:45-8p <u>West Blvd.</u> Bocce Practice 6p-7p	AUGUST 12	AUGUST 13 <u>Affton</u> Regional Softball
AUGUST 14	AUGUST 15 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 16 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 17 <u>Cosmo Park</u> Tennis Practice Skills: 6:30-7p Short 6:30-7:30p Reg: 6:30-8:00p	AUGUST 18 <u>L.A. Nickell</u> Golf Practice Skills:6-7p Course: 6-8p <u>West Blvd.</u> Bocce Practice 6p-7p	AUGUST 19 <u>ARC</u> Adapted Dance Cost \$5 6:30-8:30pm	AUGUST 20
AUGUST 21	AUGUST 22 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 23 <u>Again St. Park</u> Softball Practice 6p-8p	AUGUST 24 <u>Cosmo Park</u> Tennis Practice Skills: 6:30-7p Short 6:30-7:30p Reg: 6:30-8:00p	AUGUST 25 <u>L.A. Nickell</u> Golf Practice Skills:6-7p Course: 6-8p <u>West Blvd.</u> Bocce Practice 6p-7p	AUGUST 26 <u>Lee Summit</u> Regional Softball Tournament	AUGUST 27 <u>Lee Summit</u> Regional Softball Tournament
AUGUST 28	AUGUST 29 <u>Again St. Park</u> Last Regular Season Practice	AUGUST 30 <u>Again St. Park</u> Last Regular Season Practice	AUGUST 31 <u>Cosmo Park</u> Tennis Area Short Court 6:00p-8:30p NO Regular Practice	SEPTEMBER 1 <u>L.A. Nickell</u> Golf Practice Skills:6-7p Course: 6-8p <u>West Blvd.</u> Bocce Practice 6p-7p	SEPTEMBER 2	SEPTEMBER 3 <u>AMF Bowling</u> Bowling Practice 12-3:30pm
SEPTEMBER 4	SEPTEMBER 5 <u>Again St. Park</u> NO Softball Practice	SEPTEMBER 6 <u>Again St. Park</u> NO Softball Practice	SEPTEMBER 7 <u>Cosmo Park</u> Tennis Area Short Court 6:00p-8:30p NO Regular Practice	SEPTEMBER 8 <u>L.A. Nickell</u> Last Regular Golf Practice <u>West Blvd.</u> Bocce Practice 6p-7p	SEPTEMBER 9	SEPTEMBER 10 <u>Fayette</u> Area Bocce <u>No Bowling</u>