

# Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VIII - Issue 6

March

## ADAPTED SPORTS

### Basketball....

Congratulations to all of those who participated in the Area competition at the Mizzou Rec Complex in January and to the athletes who participated at the Regional Tournament February 20th. I am very proud of how well we represented and continue to represent each other and the Columbia Parks and Recreation Department. I could not have asked for a better group of athletes, coaches, parents, and guardians for my first season of Basketball.

#### Tournament Schedule

##### **Regionals**

February 20th Jeff City

##### **State**

March 18-20 Fort Leonard Wood

### Swimming....

We welcome back Coach Abby Rinderer as Swim Coordinator this season and our amazing team of volunteers. All participants should have received their swim information. If you have not yet received it, please contact Jessica at [jlsida@gocolumbiamo.com](mailto:jlsida@gocolumbiamo.com).

#### Practice Schedule

##### **Hickman HS Pool - Sundays**

Everyone 6-7:15p

#### Meet Schedule

##### **Area - MU Rec Complex**

April 23rd 2:00pm

March Adapted Dance  
Friday, March 18  
"Spring Fling"

## ADAPTED SPORTS

### Track & Field....

Registration is now closed. Practices begin March 10th from 5:30-6:30pm at West Middle School. Track and Field information has been sent out, if you have not yet received your information, please contact Jessica Sida at [jlsida@gocolumbiamo.com](mailto:jlsida@gocolumbiamo.com).

#### Practice Schedule

##### **West Middle School -Thur**

Everyone 5:30-6:30p

#### Meet Schedule

##### **Area - Rock Bridge HS**

April 16th 9a-4p

#### Practice Schedule

##### **State - Springfield**

May 20th-22nd TBA

### Volleyball....

Registration is now closed. Practices begin March 2nd from 6-7:15pm at West Middle School. Volleyball Information has been sent out. If you have not yet received information about Volleyball, contact Jessica Sida at [jlsida@gocolumbiamo.com](mailto:jlsida@gocolumbiamo.com).

#### Practice Schedule

##### **West Middle School- Wed**

Everyone 6-7:15p

#### Competition Schedule

##### **Area - TBD**

### Softball....

Registration opens March 14th. When registering, please provide an email address along with an emergency contact for each athlete. Practices start on Mon, May 9th and Tues, May 10th at Again Street Park. Teams will be set after the close of registration. Athletes will be notified of practice time.

Registration # 315602-01

## ADAPTED SPORTS

### Golf....

Registration opens March 14th. When registering, please provide an email address and emergency contact for each athlete. Practice 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

##### **LA Nickell**

Individual Skills 6-7p

Alternate Shot 6-8p

### Tennis....

Registration opens March 14th. When registering, please provide an email address along with an emergency contact for each athlete. Practice will be on Wednesdays 6:30-8p and begin on July 13th at Cosmo courts. Athletes will be notified of practice schedule after close of registration.

Registration # 315601-01

### Bocce....

Registration opens March 15th. 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 21st. Registration closes when maximum # of participants is reached.

Registration # 315607-01

#### Upcoming Registrations

Softball, Golf, Tennis  
and Bocce

Participation fee is \$15 payable  
at time of registration.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FEBRUARY 21</b> <u>Hickman</u> Swim Practice 6p-7:15p	<b>FEBRUARY 22</b> <u>New Haven</u> BB Practice	<b>FEBRUARY 23</b> <u>New Haven</u> BB Practice	<b>FEBRUARY 24</b>	<b>FEBRUARY 25</b>	<b>FEBRUARY 26</b>	<b>FEBRUARY 27</b>
<b>FEBRUARY 28</b> <u>Hickman</u> Swim Practice 6p-7:15p	<b>FEBRUARY 29</b> <u>New Haven</u> BB Practice	<b>MARCH 1</b> <u>New Haven</u> BB Practice	<b>MARCH 2</b> <u>West Middle</u> VB Practice 6-7:15pm	<b>MARCH 3</b>	<b>MARCH 4</b>	<b>MARCH 5</b>
<b>MARCH 6</b> <u>Hickman</u> Swim Practice 6p-7:15p	<b>MARCH 7</b> <u>New Haven</u> BB Practice	<b>MARCH 8</b> <u>New Haven</u> BB Practice	<b>MARCH 9</b> <u>West Middle</u> VB Practice 6-7:15pm	<b>MARCH 10</b> <u>West Middle</u> Track & Field Practice 5:30p-6:30p	<b>MARCH 11</b>	<b>MARCH 12</b>
<b>MARCH 13</b> <u>Hickman</u> Swim Practice 6p-7:15p	<b>MARCH 14</b> <u>New Haven</u> BB Practice	<b>MARCH 15</b> <u>New Haven</u> BB Practice	<b>MARCH 16</b> <u>West Middle</u> VB Practice 6-7:15pm	<b>MARCH 17</b> <u>West Middle</u> Track & Field Practice 5:30p-6:30p	<b>MARCH 18</b> <u>Fort Leonard</u> <u>Wood</u> State BB  <u>ARC</u> Adapted Dance 7p-9p \$4 cost	<b>MARCH 19</b> <u>Fort Leonard</u> <u>Wood</u> State BB
<b>MARCH 20</b> <u>Fort Leonard</u> <u>Wood</u> State BB  <u>Hickman</u> Swim Practice 6p-7:15p	<b>MARCH 21</b>	<b>MARCH 22</b>	<b>MARCH 23</b> <u>West Middle</u> VB Practice 6-7:15pm	<b>MARCH 24</b> <u>West Middle</u> Track & Field Practice 5:30p-6:30p	<b>MARCH 25</b>	<b>MARCH 26</b>
<b>MARCH 27</b>	<b>MARCH 28</b>	<b>MARCH 29</b>	<b>MARCH 30</b>	<b>MARCH 31</b>	<b>APRIL 1</b>	<b>APRIL 2</b>

**MARCH 16**