

# ADAPTED SPORTS WINTER/SPRING NEWSLETTER

COLUMBIA PARKS AND RECREATION | 2024



## UPCOMING EVENTS!!!

### Pickleball:

Dates: Skills, April 2<sup>nd</sup> – May 28<sup>th</sup>

Competitive, April 2<sup>nd</sup> – July 9<sup>th</sup>

Days: Tuesdays

Time: 5:30-7pm - Price \$17.50

Location: Columbia Sports Fieldhouse

### Volleyball:

Dates: April 3<sup>rd</sup> – May 22<sup>nd</sup>

Days: Wednesdays

Time 6-7pm - Price \$17.50

Location: @ Columbia Sports Fieldhouse

### Track & Field:

Dates: April 4<sup>th</sup> – May 23<sup>rd</sup>

Days: Thursdays

Time: 6-7pm - Price: \$17.50

Location: West Middle School

### Physical Forms:

Physicals are valid for 3 years. Below are the online forms needed to participate.

#### **Physical Form**

<https://medform.specialolympics.org/us>

#### **Communicable Diseases Form**

<https://form.jotform.com/SpecialOlympicsMO/communicable-diseases-waiver>

### Upcoming Summer Programs:

- Softball
- Golf
- Flag Football
- Bocce

Don't forget to check us out on Facebook under [COMO Adapted Sports and Recreation](#) for fun pictures and videos of whats going on now!

If you have any questions don't hesitate to contact Tyler Armstrong (573-874-7312) or email ([tyler.armstrong@como.gov](mailto:tyler.armstrong@como.gov)).

### SPORTS OPEN FOR REGISTRATION

PICKLEBALL	\$17.50
VOLLEYBALL	\$17.50
TRACK & FIELD	\$17.50

### GETTING REGISTERED

Payment is always due at time of registration. You can register by calling 573-874-7700 or coming into the ARC. All athletes must have an up to date physical before participating.

### PHYSICAL FORM:

<https://medform.specialolympics.org/us>

### COMMUNICABLE DISEASES FORM:

<https://form.jotform.com/SpecialOlympicsMO/communicable-diseases-waiver>

### WEATHER CANCELATIONS:

Always call the Hotline if weather is bad before coming to practice.

HOLINE # 573-874-7663 Option 2



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	4  State Practice Only	5  State Teams Only Basketball 6-9pm @ New Haven Elementary School	6	7	8	9
10  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	11  State Practice Only	12  State Teams Only Basketball 6-9pm @ New Haven Elementary School	13	14  State Bowling & Basketball Departure	15  State Bowling & Basketball @ St. Charles	16  State Bowling & Basketball @ St. Charles
17  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	18	19	20	21	22	23
24  NO Swimming	25	26	27	28	29	30
31  NO Swimming						

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>FIRST</b> Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	3 <b>FIRST</b> Volleyball 6-7pm @ Columbia Sports Fieldhouse	4 <b>FIRST</b> Track & Field 6-7pm @ West Middle School	5	6
7  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	8	9  Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	10  Volleyball 6-7pm @ Columbia Sports Fieldhouse	11  Track & Field 6-7pm @ West Middle School	12	13
14  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	15	16  <b>NO</b> Pickleball	17  <b>NO</b> Volleyball	18  Track & Field 6-7pm @ West Middle School	19	20
21  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	22	23  Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	24  Volleyball 6-7pm @ Columbia Sports Fieldhouse	25  Track & Field 6-7pm @ West Middle School	26	27
28  Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	29	30  Pickleball 5:30-7pm @ Columbia Sports Fieldhouse				

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Volleyball 6-7pm @ Columbia Sports Fieldhouse	2 FIRST Track & Field 6-7pm @ West Middle School	3	4
5 Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	6	7 Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	8 Volleyball 6-7pm @ Columbia Sports Fieldhouse	9 Track & Field 6-7pm @ West Middle School	10	11
12 AREA Swim Meet @ Hickman High School	13	14 Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	15 Volleyball 6-7pm @ Columbia Sports Fieldhouse	16 Track & Field 6-7pm @ West Middle School	17	18
19 LAST Swimming Skills 4:30-5:15 Lap Lane 1 5:15-6pm Lap Lane 2 6-6:45pm	20	21 Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	22 LAST Volleyball 6-7pm @ Columbia Sports Fieldhouse	23 LAST Track & Field 6-7pm @ West Middle School	24	25
26	27	28 LAST Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	29 LAST STATE ONLY Volleyball 6-7pm @ Columbia Sports Fieldhouse	30 LAST State Only Track & Field 6-7pm @ West Middle School	31 STATE Track & Field Swimming & Volleyball @ Columbia	

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 STATE Track & Field Swimming & Volleyball @ Columbia
2 STATE Track & Field Swimming & Volleyball @ Columbia	3	4 Competitive Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	5	6	7	8
9	10	11 Competitive Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	12	13	14	15
16	17	18 Competitive Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	19	20	21	22
23	24	25 Competitive Pickleball 5:30-7pm @ Columbia Sports Fieldhouse	26	27	28	29
30						