Columbia Parks and Recreation
Adaptive Sports Chronicle

Volume VIII - Issue 7

ADAPTED SPORTS

Basketball....
All of our teams participated in Regionals in Jefferson City on March 7. Superstars and Columbia Heat advanced to state; March 27-29 at Fort Lenard Wood. Our other teams had a blast in Columbia Parks and Rec local tournament.

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 11. 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 11 1-5p
State - TBD
May 31 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 1, 8, 15, 22 and 29 and May 6.

Practice Schedule
Armory - Wednesdays
Everyone 6-7:15p

ADAPTED SPORTS

Track & Field....
Weather cooperated to get track under way. It is hoped that cancellation dues were paid over winter and beautiful Thursday's continue. Exceptional group of 50 volunteers has practice running with amazing efficiency. It's difficult to tell who's having more fun; athletes or volunteers. 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 2, 9, 16, 23, 30 and May 7 & 14.

Practice Schedule
West Middle
Thursdays
Everyone 5:30-6:30p

Meet Schedule
Area - Rock Bridge HS
April 18 TBD
State - Springfield
May 30-31 TBD

ADAPTED SPORTS

Softball....
Registration is full. Practices start on Monday, May 11 and Tuesday, May 12 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. Practice will start on July 15 at Cosmo Park. Athletes will be notified of practice schedule after close of registration.

Registration # 315601-01

Bocce....
Registration is full. Practice will be Thursdays 6-7p at West Blvd. Elementary. Practices will be held outside & begin Thur, July 23. Athletes will receive their Information packet June 19. Practices will be outside behind West Boulevard Elementary.

ADAPTED SPORTS

Golf....
Registration is open. Participation fee of $15 applies to Athletes and Unified Partners & is due at registration. Information packet will be sent after close of registration. Team skills & course play begins Thur, June 18. 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

MEDAL UPDATE

REGIONAL RESULTS
Bobcats Gold
The Heat Gold
Nuggets Silver
Panthers Silver
The Birds Silver
Tiger Saints Silver
Dragon Cyclones Bronze
Superstars Bronze
Tigers 4th

LOCAL RESULTS
Bobcats Gold
Columbia Birds Gold
Panthers Gold
Nuggets Silver
Tigers Silver
Tiger Saints Silver
Dragon Cyclones Silver

Upcoming Adapted Dances
Friday, April 24
Friday, May 15
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>March 29</strong>&lt;br&gt;Hickman&lt;br&gt;Swim Practice&lt;br&gt;6p-7:15p</td>
<td><strong>March 30</strong>&lt;br&gt;</td>
<td><strong>March 31</strong>&lt;br&gt;</td>
<td><strong>April 1</strong>&lt;br&gt;Armory&lt;br&gt;VB Practice&lt;br&gt;6:00-7:15p</td>
<td><strong>April 2</strong>&lt;br&gt;West Middle&lt;br&gt;Track &amp; Field Practice&lt;br&gt;5:30p-6:30p</td>
<td><strong>April 3</strong>&lt;br&gt;</td>
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<td><strong>April 5</strong>&lt;br&gt;</td>
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<td><strong>April 7</strong>&lt;br&gt;</td>
<td><strong>April 8</strong>&lt;br&gt;Armory&lt;br&gt;VB Practice&lt;br&gt;6:00-7:15p</td>
<td><strong>April 9</strong>&lt;br&gt;West Middle&lt;br&gt;Track &amp; Field Practice&lt;br&gt;5:30p-6:30p</td>
<td><strong>April 10</strong>&lt;br&gt;</td>
<td><strong>April 11</strong>&lt;br&gt;Area Swim Meet&lt;br&gt;MU Rec Complex&lt;br&gt;1pm-5pm</td>
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<td><strong>April 12</strong>&lt;br&gt;</td>
<td><strong>April 13</strong>&lt;br&gt;</td>
<td><strong>April 14</strong>&lt;br&gt;</td>
<td><strong>April 15</strong>&lt;br&gt;Armory&lt;br&gt;VB Practice&lt;br&gt;6:00-7:15pm</td>
<td><strong>April 16</strong>&lt;br&gt;West Middle&lt;br&gt;Track &amp; Field Practice&lt;br&gt;5:30p-6:30p</td>
<td><strong>April 17</strong>&lt;br&gt;</td>
<td><strong>April 18</strong>&lt;br&gt;Area Track Meet&lt;br&gt;Rock Bridge HS</td>
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<td><strong>April 19</strong>&lt;br&gt;Hickman&lt;br&gt;Swim Practice&lt;br&gt;6p-7:15p</td>
<td><strong>April 20</strong>&lt;br&gt;</td>
<td><strong>April 21</strong>&lt;br&gt;</td>
<td><strong>April 22</strong>&lt;br&gt;Armory&lt;br&gt;VB Practice&lt;br&gt;6:00-7:15pm</td>
<td><strong>April 23</strong>&lt;br&gt;West Middle&lt;br&gt;Track &amp; Field Practice&lt;br&gt;5:30p-6:30p</td>
<td><strong>April 24</strong>&lt;br&gt;ARC&lt;br&gt;Adapted Dance&lt;br&gt;7p-9p&lt;br&gt;$4 cost</td>
<td><strong>April 25</strong>&lt;br&gt;</td>
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<td><strong>April 26</strong>&lt;br&gt;Hickman&lt;br&gt;Swim Practice&lt;br&gt;6p-7:15p</td>
<td><strong>April 27</strong>&lt;br&gt;</td>
<td><strong>April 28</strong>&lt;br&gt;</td>
<td><strong>April 29</strong>&lt;br&gt;Armory&lt;br&gt;VB Practice&lt;br&gt;6:00-7:15pm</td>
<td><strong>April 30</strong>&lt;br&gt;West Middle&lt;br&gt;Track &amp; Field Practice&lt;br&gt;5:30p-6:30p</td>
<td><strong>May 1</strong>&lt;br&gt;</td>
<td><strong>May 2</strong>&lt;br&gt;Area Volleyball&lt;br&gt;Jeff City High School&lt;br&gt;Game Times TBD</td>
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<td><strong>May 3</strong>&lt;br&gt;Hickman&lt;br&gt;Swim Practice&lt;br&gt;6p-7:15p</td>
<td><strong>May 4</strong>&lt;br&gt;</td>
<td><strong>May 5</strong>&lt;br&gt;</td>
<td><strong>May 6</strong>&lt;br&gt;Armory&lt;br&gt;VB Practice&lt;br&gt;6:00-7:15pm</td>
<td><strong>May 7</strong>&lt;br&gt;West Middle&lt;br&gt;Track &amp; Field Practice&lt;br&gt;5:30p-6:30p</td>
<td><strong>May 8</strong>&lt;br&gt;</td>
<td><strong>May 9</strong>&lt;br&gt;</td>
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**April 15**

Columbia Parks & Recreation Adaptive Recreation Calendar