

Columbia Parks and Recreation Adaptive Sports Chronicle

Volume V - Issue 4

January

ADAPTED SPORTS

Basketball....

Coordinators Rachel Stocker and Sam Bixby along with the amazing team of coaches got practice off to an awesome start. Athletes and coaches are getting a lot out of practice. Area tournament is January 7 at Mizzou Rec Complex. Tournament details will be sent out as soon as they are available. Everyone's patience is appreciated. All teams will participate in Districts February 11 in Sedalia. Teams getting silver and gold have the opportunity to advance to Regionals in March. State basketball is tentatively scheduled for May 31 and June 1. Limited teams will advance at state. Additional practices will be added for those advancing.

Practice Schedule

New Haven Elementary

Mondays

6:15p-8p

Tuesdays

6:15p-9p

Tournament Schedule

Central Area

January 7 Columbia

Districts

February 11 Sedalia

Regionals

March 23-24 North KC

State

May 29-June 2 Columbia

Monday Practices

Jan 9, 23, 30
Feb 6, 13, 27; Mar 5, 12, 19

Tuesday Practices

Jan 10, 17, 24, 31; Feb 7, 14
21, 28; Mar 6, 13, 20

ADAPTED SPORTS

Swim Team....

Adapted Swim Team registration is open. A \$15 participation fee is due at time of registration. Practices will be Sundays 6p-7:30p at Hickman Pool. Practice will begin Sunday, January 29. This is not intended for individuals who wish to play in the water, it is for competitive swimming. Registration deadline Jan. 13 or when maximum # of registrants is reached.
Registration # 215604-01

Bowling....

Bowlers get ready. The 2nd session practices begin January 14. It is important to check hotline before practices if there is winter weather. Hotline # 573-874-7663; option 2. Only those who were registered for Session 1 may participate in Session 2. There will be no changes to group assignments. Please note practice dates are not consecutive. SOMO has added a District tournament in March. SOMO is limiting the number who can advance. It is important for everyone to be supportive of those chosen to advance. The advancement list should be available January 14.

Practice Schedule

Town & Country Lanes

Saturdays

Jan 14, 21, 28; Feb 4 and 25

Track & Field....

Track & Field registration is open. A \$15 participation fee is due at the time of registration. Practices will be on Wednesdays 5:30p-6:30p, location TBD. The first practice is Wednesday, March 7. The registration deadline is February 10.

Registration # 215605-01

ADAPTED SPORTS

Volleyball....

Registration for Volleyball is open. A \$15 participation fee is due at time of registration. Practice will be Thursdays 6p-7:15p at Armory. Stop by the ARC Front Desk or call to register. The number is 874-7700.

Registration # 215601-01

ADAPTED PROGRAMS

BB Night....

Chuck Crews and Cost Cutters is sponsoring Columbia College BB Night. Join us for this evening of fun on Thursday, Jan 12 at 5:30pm. Several of our BB teams will scrimmage during half time of the Women's and Men's game. All who RSVP will be treated to a meal. Must RSVP to attend. Please call ARC Front Desk 874-7700 to register by Jan 5. Details will be e-mailed to all participants after the Jan 5 deadline. Event is open to all, not restricted to those participating in basketball.

Registration # 215600-01

Dancing....

Come dance the night away. Great way to socialize with your friends. Please stop by the ARC front desk to pay your \$4 and receive a wristband.

Event Schedule

Winter Wonderland

Fri, January 20 7p-9p

Sweetheart

Fri, February 17 7p-9p

**It is important to remember
the golden rule "treat others
the way you want to be
treated".**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 25	DECEMBER 26	DECEMBER 27	DECEMBER 28	DECEMBER 29	DECEMBER 30	DECEMBER 31

JANUARY 1 Happy New Year! ARC Closed	JANUARY 2	JANUARY 3	JANUARY 4	JANUARY 5	JANUARY 6	JANUARY 7 <u>MU Rec Complex</u> Area BB Tournament
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JANUARY 8	JANUARY 9 <u>New Haven Elementary</u> BB Practice	JANUARY 10 <u>New Haven Elementary</u> BB Practice	JANUARY 11	JANUARY 12 <u>Columbia College</u> Cost Cutters BB Night	JANUARY 13	JANUARY 14 <u>Town and Country Lanes</u> Bowling Practice Group A 12p-2p Group B 2p-4p
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JANUARY 15	JANUARY 16 <u>MLK Holiday</u> No BB Practice	JANUARY 17 <u>New Haven Elementary</u> BB Practice	JANUARY 18	JANUARY 19	JANUARY 20 <u>ARC</u> Adpt Com. Rec Dance 7p-9p \$4 payable at the door "Winter Wonderland"	JANUARY 21 <u>Town and Country Lanes</u> Bowling Practice Group A 12p-2p Group B 2p-4p
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JANUARY 22	JANUARY 23 <u>New Haven Elementary</u> BB Practice	JANUARY 24 <u>New Haven Elementary</u> BB Practice	JANUARY 25	JANUARY 26	JANUARY 27	JANUARY 28 <u>Town and Country Lanes</u> Bowling Practice Group A 12p-2p Group B 2p-4p
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JANUARY 29 <u>Hickman Pool</u> Swim Practice 6p-7:30p	JANUARY 30 <u>New Haven Elementary</u> BB Practice	JANUARY 31 <u>New Haven Elementary</u> BB Practice	FEBRUARY 1	FEBRUARY 2	FEBRUARY 3	FEBRUARY 4 <u>Town and Country Lanes</u> Bowling Practice Group A 12p-2p Group B 2p-4p
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JANUARY 12