

## **Como Park Senior High School Adaptive Athletics Program**

Como Park Senior High School offers an adapted athletics program for students with physical and cognitive disabilities. Students play in one of two divisions – the PI Division for students with physical impairments or the CI Division for students with cognitive impairments.

All students are required to have a sports physical clearance on record prior to playing adaptive sports. Sports physicals can be completed at the Health Start Clinic at Como Park Senior High at no cost.

The following co-ed adaptive sports are offered:

Fall: Adaptive Soccer  
Winter: Adaptive Floor Hockey  
Spring: Adaptive Bowling – Practices and matches at Sun Ray Lanes  
Spring: Adaptive Softball

Student athletes in grades 9-12 from the districts' high schools form a competitive cooperative team known as the Humbolt Hawks. Co-ed teams are comprised of players from the following schools:

- St. Paul Central High School
- St. Paul Como Park H.S.
- St. Paul Harding High School
- St. Paul Highland Park
- St. Paul Humboldt High School (HOST)
- St. Paul Johnson High School
- St. Paul Washington Technology Magnet

All practices and home games are held at Saint Paul Humbolt High School with the exception of the adaptive bowling where we have our own Como Park Cougars Bowling Team. All bowling practices are held at Sunray Lanes.

Transportation to and from extracurricular sports is the responsibility of students, however we have had the opportunity to bus students to Humbolt for adaptive sports practices and games. Either head coaches or assistant coaches are staffed by Como Park therefore providing the supervision and support needed for players on the bus. It is the parents' responsibility to pick students up at Como Park when returning from Humbolt or Sunray Lanes.

As a participating member of the Minnesota State High School League REGION 4AA — 16 all student athletes are held to the rules and regulations of the MSHSL for adaptive athletics.