



SPORTS for Exceptional Athletes (S4EA) is a sports program serving athletes with developmental disabilities ages 5 through adult in San Diego. 9575 Aero Drive, Suite B, San Diego, CA 92123 \* Website: [www.s4ea.org](http://www.s4ea.org) \* E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) \* Phone 858-565-S4EA (7432).

# SPORTS NEWS - MAY 2012

Published Monthly for Athletes, Families, Friends, Volunteers, Coaches & Other Supporters of SPORTS for Exceptional Athletes. Editor: Walter Jackson.

## S4EA Athlete Council Activities - Elections/Flapjack Fundraiser May 12

The S4EA 'Flapjack Fundraiser' Pancake Breakfast is being held at the Hazard Center Applebee's (7510 Hazard Center Dr., SD 92108) on Saturday, May 12th from 8-10am for \$10 per person. The flapjack breakfast includes pancakes, scrambled eggs, sausage, milk, juice and coffee. A raffle will be held. The S4EA Athlete Council elections will be held at the 'Flapjack Fundraiser' for the following S4EA Athlete Council Officers: President, Vice President, Treasurer, Secretary, and Sergeant-At-Arms. Bring the family and friends to the delicious breakfast and support S4EA. For more information or to order your 'Flapjack Fundraiser' tickets, call S4EA at 858-565-7432.

## 5th Annual "A Taste 4 SPORTS" Gala Fundraiser June 21st at SD Hall of Champions



SPORTS for Exceptional Athletes is hosting our 5th Annual "A Taste 4 SPORTS" gala fundraiser on Thursday, June 21st from 6:00-9:30pm at the San Diego Hall of Champions (2131 Pan American Plaza, SD 92101) in beautiful Balboa Park. Reservations are \$50.

"A Taste 4 SPORTS" will feature food from some of San Diego's best local restaurants, appearances by notable local and sports figures, music, a fabulous silent and live auction, and fun. Last year's event featured food and wine from over 25 restaurants, personal chefs, caterers, and wineries. The 2011 "A Taste 4 SPORTS" raised over \$60,000.

"A Taste 4 SPORTS" is planning an exquisite array of silent auction items/raffles. We are in need of trips, autographed sports memorabilia, gift certificates, and an array of other items to enhance the silent auction. Your donation of items are needed.

Sponsorship Opportunities are available at the following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000, Bronze-\$500.

If you would like to help make "A Taste 4 SPORTS" another financial success, please call the S4EA office at 858-565-7432 or visit the website [www.taste4sports.com](http://www.taste4sports.com).

## S4EA Tournament/Event Dates

- |                   |   |
|-------------------|---|
| <b>May 12</b>     | <b>S4EA 'Flapjack Fundraiser' Pancake Breakfast - Hazard Center Applebee's (8-10am)</b>       |
| <b>June 2</b>     | <b>S4EA Spring Floor Hockey Tournament - SDSU Aztec Rec. Center (9am-5pm)</b>                 |
| <b>June 21</b>    | <b>S4EA "A Taste 4 SPORTS" Gala Fundraiser - SD Hall of Champions, Balboa Park (6-9:30pm)</b> |
| <b>June 30</b>    | <b>S4EA Swim Meet - St. Madeleine Sophie's Center, El Cajon (8am-1pm)</b>                     |
| <b>July 13-15</b> | <b>S4EA SPORTS Camp #2 - TSA Wildwood Ranch, Ramona (Fri 2pm-Sun 4pm)</b>                     |
| <b>August 11</b>  | <b>S4EA Swim Meet - St. Madeleine Sophie's Center, El Cajon (8am-1pm)</b>                     |

## S4EA Summer Sports Season - Bocce, Soccer, Softball, Tennis

The S4EA Summer Sports Season will be starting later in June with practices and league play in soccer, bocce & softball tentatively scheduled as follows: Soccer on Mondays from 6-8pm at TSA Kroc Center (6845 University Ave., San Diego 92115) starting June 18th; Bocce on Tuesdays from 5:30-7pm at Morley Field Bocce Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104) starting the end of June; Softball on Wednesdays temporarily from 5:30-8:00pm at Colina Del Sol Park (5319 Orange Ave., San Diego 92115) starting June 27 (back at Morley Field Softball Fields in August after field renovation); South Bay Softball (5:30-6:30pm) and Soccer (6:30-7:30pm) on Mondays at Valle Lindo Elementary (1515 Oleander Ave., Chula Vista 91911) starting June 11; and softball &/or bocce practices also in North County. Tennis is scheduled on Mondays from 6:30-8pm at Barnes Tennis Center (4490 W. Point Loma Blvd, San Diego 92106) starting June 4; See June Newsletter for more information.

# S4EA Spring Season

## **BASEBALL**

The baseball league (12 week season) starts March 3rd & ends June 9th with 3 inning games where everyone bats & scores each inning. The Registration Fee is \$20 plus a Baseball Fee of \$50 to cover the additional costs of baseball caps, team shirts, trophies, and team pictures. Games are played on Saturdays at Balboa (3900 Mt. Acadia, San Diego 92111) at 10am, Chollas Lake (6005 College Grove Dr., San Diego 92115) at 9am & Coronado (Tidelands Park-2020 Mullinix Dr, Coronado 92118) at 9am. The schedule is listed in Sports Practices/League Play section. The Coronado team needs more players. Call S4EA at 858-565-7432 to register.

## **BOWLING**

A bowling league takes place every Saturday from 9-11am at the Brunswick Premier Lanes (845 Lazo Court, CV 91910) ending May 19. Poway bowling practices are held on Saturdays from 1:30-3:30pm at Poway Fun Bowl (12941 Poway Rd., Poway 92064). Some bowlers are qualifying for the ARC-CAL State Bowling Tournament in Fountain Valley on Saturday, May 12.

## **CYCLING**

Athletes are encouraged to join the cycling program as cycling is a fun way to spend a Saturday afternoon enjoying the sights of San Diego. If you would like to join the cycling program, call S4EA at 858-565-7432.

The cyclists ride on Saturdays from 1:15-3:30pm as follows: May 5th at DeAnza Cove, May 12 at Hospitality Point to Mission Valley, May 19 at Liberty Station (parking lot corner of Harbor Dr. & Laning Rd.), May 26th no ride (Memorial Day Weekend).

Rides are posted on the S4EA website [www.s4ea.org](http://www.s4ea.org) or call head coach Russ Buckley at 619-469-1812 for more information.

## **FLOOR HOCKEY**

Spring floor hockey practices and league play takes place every Monday from 5:30-8pm at Mid-City Gym (4302 Landis St., SD 92105) ending May 21st. Floor hockey teams have been formed and compete in league play in 2 ability level divisions.

The Juniors ages 5-18 hold floor hockey practices every Thursday at the Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92117) from 4-5:30pm ending May 31st.

South Bay floor hockey practices are held on Mondays from 6-7:30pm at the Boys & Girls Clubs of Chula Vista (1301 Oleander, Chula Vista 91911) ending May 21st.

East County has floor hockey practices on Thursdays from 6-7:30pm at the Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending May 31st.

North SD floor hockey practices on Thursdays from 6-8pm at Boys & Girls Clubs of Vista (410 W. California, Vista 92083) have ended.

The spring S4EA Floor Hockey Tournament is scheduled for Saturday, June 2nd from 9am-5pm at SDSU Aztec Recreation Center.

## **GOLF**

S4EA Golfers practice once a week from 2:30-4pm at the following locations: Stadium Golf Center (2990 Murphy Canyon Road, San Diego 92123) on the 1<sup>st</sup> and 2<sup>nd</sup> Sun of each month and Sheraton 4 Points (8110 Aero Drive, San Diego 92123) on the 3<sup>rd</sup> and 4<sup>th</sup> Sun of each month. For more info & to confirm practice times and days, contact head coach John Klein (PGA Golf Professional) at 619-980-2018.

## **JUDO**

Judo practices are scheduled on Tuesdays from 4:30-5:30pm at Ahrens Mechanical (6152 Mission Gorge Road, Suite B, San Diego 92120) ending May 22 and resuming Sep 18. Please call S4EA at 858-565-7432 if you are interested in participating in the judo program.

## **SWIMMING**

Sharks swim practices are held Fridays from 3-5pm at the Copley YMCA (3901 Landis St., San Diego 92105).

JCC swim practices are Sundays from 10:30am-12:30pm at Jewish Com. Center (4126 Executive Dr., La Jolla 92037).

Palomar swim practices on Saturdays from 9-11am at Palomar College (1140 West Mission Rd, San Marcos 92069) have ended.

The summer S4EA Swimming Meets are scheduled on Saturday June 30th (new date) and August 11th from 8am-1pm at St. Madeleine Sophie's Center (2119 E. Madison Ave, El Cajon 92019). Thank you to SMSC for hosting the Swim Meets & providing their staff.

Windansea is hosting a "Day at the Beach" on Sat. July 28th to learn surfing. Contact Harold Reid at 858-967-8944 for more information.

## S4EA Spring Season Sports Practices/League Play

### Baseball

Sat May 5	Cubs vs Coronado at Coronado-9am	Royals vs Chollas Lake at Chollas Lake-9am
Sat May 12	Royals vs Cubs at Balboa-10am	Coronado vs Chollas Lake at Chollas Lake-9am
Sat May 19	Chollas Lake vs Royals at Balboa-10am	Cubs vs Coronado at Coronado-9am
Sat May 26	No Games (Memorial Day Weekend)	

### Bowling

Saturdays from 9-11am at Brunswick Premier Lanes (845 Lazo Ct., CV 91910) ending May 19-\$5.50 for 2 games  
Saturdays from 1:30-3:30pm at Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5 for 2 games

### Cycling

Saturdays from 1:15-3:30pm: May 5-DeAnza Cove, May 12-Hospitality Point to Mission Valley, May 19-Liberty Station (park at corner Harbor Dr./Laning Rd.), May 26-no ride. Call Russ Buckley at 619-469-1812 for more info.

### Floor Hockey

Mondays from 5:30-8:00pm at Mid-City Gym (4302 Landis, San Diego 92105) ending May 21-League Play  
Thursdays from 4-5:30pm at Kearny Mesa Rec. Ctr. (3170 Armstrong, SD 92111) ending May 31 for Juniors 5-18  
Mondays from 6-7:30pm at Boys & Girls Clubs of Chula Vista (1301 Oleander, Chula Vista 91911) ending May 21  
Thursdays from 6-7:30pm at Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending May 31  
Thursdays from 6-8pm at Boys & Girls Clubs of Vista (410 W. California Ave., Vista 92083) ending April 5

### Golf

1<sup>st</sup>/2<sup>nd</sup> Sunday of each month from 2:30-4pm at Stadium Golf Center (2990 Murphy Canyon Rd., SD 92123)-Free  
3<sup>rd</sup>/4<sup>th</sup> Sunday of each month from 2:30-4pm at Sheraton 4 Points (8110 Aero Dr., San Diego 92123)-\$6/week  
Call Head Coach John Klein (PGA Golf Professional) at 619-980-2018 to confirm practice times and days

### Judo

Tuesdays from 4:30-5:30pm at Ahrens Mechanical (6152 Mission Gorge Rd #B, San Diego 92120) ending May 22

### Swimming

Sharks-Fridays from 3-5pm at Copley YMCA (3901 Landis St, SD 92105)-\$5/session-\$15/month  
JCC-Sun from 10:30am-12:30pm at Jewish Com. Ctr (4126 Executive Dr., LJ 92037)-\$12/month  
Palomar-Saturday practices from 9-11am at Palomar Col (1140 West Mission Rd., San Marcos 92069) have ended

*Athletes and volunteer coaches come join us in these spring sports.*

## Exercise Class

S4EA has an Exercise Class every Thursday from 6:30-7:30pm at Ahrens Mechanical (6152 Mission Gorge Road #B, SD 92120) ending April 26 & resuming in July. The Exercise Class includes Aerobics, Dance & Tae Bo. Please call S4EA at 858-565-7432 for more info.

## 2012 SPORTS Camps



Over 80 athletes had a great time at SPORTS Camp Session #1 April 13-15 at Green Oak Ranch in Vista.

**Athletes can still sign-up for SPORTS Camp Session #2 to be held July 13-15 at The Salvation Army Wildwood Ranch in Ramona which will be offering a specialty camp for athletes in wheelchairs as well as a general program of camp & sports activities.** Athletes spend 2 nights in cabins and eat 6 camp meals under the guidance of camp counselors/chaperones. Persons with developmental disabilities, families, friends, volunteers, coaches, and supporters are all welcome to join SPORTS for Exceptional Athletes at the SPORTS Camp.

The SPORTS Camp Registration Fee is \$150 per session to help pay for lodging, meals, insurance, patch, supplies, etc. Mail Fee and SPORTS Camp Registration Form as soon as possible to SPORTS for Exceptional Athletes (9575 Aero Drive #B, San Diego, CA 92123). A deposit of \$50 will reserve your spot in the SPORTS Camp. S4EA is in need of Camp Counselors to chaperone the athletes at SPORTS Camp. For more information, to get a SPORTS Camp Registration Form, or to chaperone, please call S4EA at (858)565-7432 or go to the S4EA website at [www.s4ea.org](http://www.s4ea.org).

## Community Giving Programs - Companies

Many companies have community giving programs and we need your help in identifying some of these companies so we can reach out to them for support for our programs.

Many companies also have matching gift and/or volunteer recognition programs that allow employees to direct company donations to the charity of their choice. Please check with your human resource department regarding details.

Please contact Clara at 858-565-7432 or [sds4ea@gmail.com](mailto:sds4ea@gmail.com) if your company has a community giving, matching gift or volunteer recognition program.

## S4EA Updating Database - Removing Inactive Athletes & Volunteers

Anyone who has not participated in S4EA during the last year should call the S4EA office at 858-565-7432 if you want to stay on the mailing list. Also, to cut mailing expenses, please give S4EA your email address to receive newsletters by email. Thanks!

### How To Register In S4EA

If you are interested in becoming an athlete in SPORTS for Exceptional Athletes, please call the S4EA Office at 858-565-7432 and we will mail you a Registration Packet. You can also download registration information directly from the SPORTS for Exceptional Athletes website at [www.s4ea.org](http://www.s4ea.org). The Registration Fee is \$20 per sport (scholarships available). S4EA offers 24 sports: baseball, basketball, bocce, bowling, cross country/downhill skiing, cycling, figure/speed skating, flag football, floor hockey, golf, judo, sailing, snowboarding, snowshoeing, soccer, softball, swimming, table tennis, tennis, track, volleyball & walking/exercise.

In team sports, teams may be made up of athletes with developmental disabilities, families, friends, and others in the community who want to play on inclusive teams.

SPORTS for Exceptional Athletes (S4EA) is a sports program serving over 1,400 athletes with developmental disabilities ages 5 through adult in San Diego County. Besides San Diego County, S4EA has affiliate programs in Montebello, Temecula, Torrance, and Ventura.

***SPORTS Pledge***  
*I practice hard. I do my best. . .  
I play with Pride. . . You'll be impressed!  
We are SPORTS for Exceptional Athletes.*

### S4EA Needs Your Help

SPORTS for Exceptional Athletes is a volunteer-based community-wide program that needs your help:

- To serve as coach, event organizer, fundraiser, sports official, or other worker.
- To provide sports facilities, equipment, meals, and other in-kind services.
- To provide operating funds for the SPORTS for Exceptional Athletes program here in San Diego County. SPORTS for Exceptional Athletes is a non-profit 501(c)(3) organization (ID # 20-8886536). Contributions are tax deductible as allowed by law.
- To donate a vehicle to S4EA, call toll free 877-537-5277; free pick-up; tax receipt provided; and no smog certificate required.



Volunteers are needed as coaches for the Spring Season in baseball, bowling, cycling, floor hockey, golf, judo, and swimming. You do not need any prior experience in the sport or working with persons with developmental disabilities, just a desire to help. Head coaches run the practices, while assistant coaches help the athletes under the direction of the head coach in teaching the athletes various sports skills. Volunteers also act as scorekeepers and timers in team sports league play. Coaches spend 2-3 hours weekly for a 3 month period. Call S4EA Office at 858-565-7432 to get involved.

The purpose of SPORTS for Exceptional Athletes is to create enhanced opportunities for people with and without disabilities to interact and form lasting bonds of friendship through shared sports and recreational activities in their community.

**SPORTS** – Special Program Opportunities in Recreation, Teamwork, and Sports

**Mother's Day**

Happy Mother's Day – May 13th!



**SPORTS**  
for Exceptional Athletes



SPORTS for Exceptional Athletes  
9575 Aero Drive Suite B  
San Diego, CA 92123  
E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com)  
Website: [www.s4ea.org](http://www.s4ea.org)  
Phone: 858-565-S4EA (7432)  
Fax: 858-565-7431

NONPROFIT ORG.  
US POSTAGE  
PAID  
SAN DIEGO, CA  
PERMIT NO.1781

ADDRESS SERVICE REQUESTED

