



SPORTS for Exceptional Athletes (S4EA) is a sports program serving athletes with developmental disabilities ages 5 through adult in San Diego. 8291 Aero Place, Suite #150, San Diego, CA 92123 * Website: www.s4ea.org * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - SEPTEMBER 2010

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S4EA Athlete Council Activities - 'Flapjack Fundraiser' September 25

The S4EA 'Flapjack Fundraiser' Pancake Breakfast will be held at the Hazard Center Applebee's (7510 Hazard Center Dr., SD 92108) on Saturday, September 25th from 8-10am for \$10 per person. The flapjack breakfast includes pancakes, scrambled eggs, bacon, sausage, milk, juice and coffee. A raffle will be held. 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.

The S4EA/Jani Tyler Halloween Party, for registered S4EA athletes, is scheduled for Saturday, October 16 from 5-8pm at the Church of Latter Day Saints in Mira Mesa (11023 Pegasus, San Diego 92126). Halloween Costumes are encouraged, but please no scary masks. A Costume Parade will be held with Prizes. There will be a DJ to provide music. Light Dinner will be served. Must be pre-registered to attend. Must RSVP to S4EA at 858-565-7432 by October 12.

S4EA Fundraiser - La Jolla Comedy Club September 23

The S4EA 'La Jolla Comedy Club' Fundraiser will be held on Thursday, September 23rd at the La Jolla Comedy Club (916 Pearl St., La Jolla 92037). Doors open at 7pm. The show starts at 8pm with various comedians including Max Caraisco. Must be 21 and older. Bring your family and friends to the 'La Jolla Comedy Club' Fundraiser for a minimum \$10 donation plus 2 drink minimum and support S4EA. Call S4EA at 858-565-7432 for more information.

SPORTS Camp October 29-31 at Green Oak Ranch in Vista

SPORTS Camp Session #3 will be held October 29-31 at Green Oak Ranch in Vista. Session #3 offers a general program of camp & sports activities, as well as Halloween fun. 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 & supporters are all welcome to join S4EA at SPORTS Camp.

The SPORTS Camp Registration Fee for campers is \$150 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 (8291 Aero Place #150, San Diego, CA 92123). A deposit of \$50 will reserve your spot in the SPORTS Camp. For more information or to get a SPORTS Camp Registration Form, please call the S4EA office at (858)565-7432 or go to the S4EA website at www.s4ea.org.

S4EA is in need of Camp Counselors to chaperone the athletes at SPORTS Camp. Call S4EA at (858)565-7432 to sign-up.



S4EA Tournament/Event Dates

- August 28** S4EA Soccer/Tennis Tournament – 32nd St. Naval Station (9am-5pm)
- September 11** S4EA Swim Meet - The Salvation Army Kroc Center (9am-1pm)
- September 12** S4EA Softball/Cycling/Golf Tournament - Morley Field in Balboa Park (9am-5pm)
- September 25** S4EA 'Flapjack Fundraiser' Pancake Breakfast - Hazard Center Applebee's (8-10am)
- October 10** S4EA Bocce/Flag Football Tournament – La Jolla Country Day School (9am-4pm)
- October 17** LET ME SAIL Flag Football Tournament – College of the Canyons, Santa Clarita (9am-4pm)
- October 29-31** S4EA SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 2pm-Sun 4pm)
- November 21** S4EA Floor Hockey Tournament – San Diego Convention Center (9am-5pm)
- December 5** S4EA Bowling Tournament–32nd Street Naval Station (9am-5pm)
- February 26** S4EA Guacamole Bowl – Balboa Park Club (9am-2pm)
- March 5** S4EA Track Meet – Sweetwater High School (9am-1pm)
- March 26** S4EA Basketball Tournament – Francis Parker School (9am-5pm)

S4EA Summer & Fall Sports Season

BOCCE

The summer bocce league is held at the Morley Field Bocce Courts (2221 Morley Field Dr., near Texas & Upas St., SD 92104) on Tuesdays from 5:30-7pm ending October 5.

North County bocce practices at Brengle Terrace Park (1200 Vale Terrace Dr., Vista 92084) on Thursdays from 5:30-7pm ending Oct 7. The S4EA Bocce Tournament is scheduled for Sun, October 10th from 9am-4pm at La Jolla Country Day School (9490 Genesee, LJ).

BOWLING

Bowling practices are held every Monday from 3:30-5:30pm at the Kearny Mesa Bowl (7585 Clairemont Mesa Blvd., San Diego 92117). A bowling league will run every Saturday starting September 11th from 9-11am at the Brunswick Premier Lanes (845 Lazo Court, Chula Vista 91910).

The S4EA Bowling Tournament is scheduled for Sunday, December 5th at the 32nd St. Naval Station (Norman Scott Rd. & Vesta St., SD 92136). HD Supply Facilities Maintenance is sponsoring the tournament for \$7,500 which includes the bowling and lunches.

CYCLING

The cyclists ride on Saturdays from 1:15-3:30pm as follows: September 4th (no ride), Sun September 12th SD Velodrome in Balboa Park for Cycling Tourn. from 9am-1pm, September 18 at DeAnza Cove to Mission Beach, September 25th at Lake Murray around Lake.

The S4EA Cycling Tournament is scheduled for Sunday, September 12th from 9am-1pm at the San Diego Velodrome in Balboa Park. The hamburger lunch is being provided by McDonalds (Sutherland Management Company) and the South Bay Kiwanis.

Rides are posted on the S4EA website www.s4ea.org or call head coach Russ Buckley at 619-469-1812 for more information.

FLAG FOOTBALL

The Fall S4EA Flag Football program is held at the Morley Field Athletic Fields (2221 Morley Field Dr. near Texas & Upas St., San Diego 92104) on Wednesdays from 5:45-7:15pm starting September 15th.

The S4EA Flag Football Tourn is scheduled for Sun, October 10th from 9am-4pm at La Jolla Country Day School (9490 Genesee, LJ). S4EA athletes will be attending the LET ME SAIL Flag Football Tournament in Santa Clarita on Sunday, October 17th.

FLOOR HOCKEY

Fall Floor Hockey league play takes place every Thursday from 5:45-8:45pm at the Tierrasanta Recreation Center (11220 Clairemont Mesa Blvd., SD 92124) starting September 16th. Floor hockey teams are being formed to compete in league play in 2 ability level divisions.

The Juniors ages 5-18 hold floor hockey practices every Thursday from 4-5:30pm at the Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92117) starting September 23rd.

South Bay practices on Mondays from 6-7:30pm at the Boys & Girls Clubs of Chula Vista (1301 Oleander, CV 91911) starting Sep 20th.

East County floor hockey practices are scheduled on Thursdays from 6-7:30pm at Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting September 30th.

North San Diego floor hockey practices are tentatively scheduled at a new location - SoCal Athletics Center (1482 La Mirada Dr., San Marcos 92078) starting about Sep 16th. The practice day/time/location have not been confirmed. Call S4EA at 858-565-7432 for more info.

The S4EA Floor Hockey Tourney is scheduled for Sun, November 21st at the SD Convention Center (111 West Harbor Dr., SD 92101).

GOLF

S4EA Golfers practice once a week starting Aug 29 from 2:30-4pm at the following locations: Sheraton 4 Points (8110 Aero Drive, San Diego 92123) on the 1st, 3rd, and 4th Sun of each month, Stadium Golf Center (2990 Murphy Canyon Road, San Diego 92123) on the 2nd Sun of each month, and Sail Ho Golf Course (2960 Truxton Road, SD 92106) for advanced golfers on the 3rd & 4th Sun of each month.

The S4EA Golf Meet is scheduled for Sunday, September 12th at the Balboa Park Golf Course (2600 Golf Course Dr, SD 92102). The hamburger lunch is being provided by McDonalds (Sutherland Management Company) and the South Bay Kiwanis.

For more info & to confirm practices times and days, contact head coach John Klein (PGA Golf Professional) at 619-980-2018.

SOFTBALL

The summer softball league is held at Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas St., San Diego 92104) on Wednesdays from 5:45-8:30pm ending September 8th.

North San Diego softball practices are held Sundays from 3:30-5:30pm at Breeze Hill Park (645 S. Melrose, Vista 92081) end Aug 29.
The S4EA Softball Tournament is scheduled for Sunday, September 12th from 9am-5pm at Morley Field in Balboa Park. The hamburger lunch is being provided by McDonalds (Sutherland Management Company) and the South Bay Kiwanis.

SWIMMING

Stingrays swim practices are held Tuesdays from 5-7pm at The Salvation Army Kroc Center (6845 University Ave, San Diego 92115).
Sharks swim practices are held Fridays from 3-5pm at the Copley YMCA (3901 Landis St., San Diego 92105) except September 3.
JCC swim practices are held Saturdays from 12-2pm at the Jewish Com. Center (4126 Executive Dr., La Jolla 92037) not Sep 11 & 18.
Dolphins swim practices are Wed from 7-8:15pm and Sat from 10:30-11:30am at La Mesa Pool (5100 Memorial Dr., LM) except Sep 11.
Palomar swim practices are held Saturdays from 9-11am at Palomar College (140 West Mission Rd., San Marcos 92069) not Sep 4, 11.
The S4EA Swimming Meet is scheduled for Saturday, September 11th from 9am-1pm at The Salvation Army Kroc Center Swimming Pool (6845 University Ave., San Diego 92115). A sack lunch is being provided by the Mission Lions Club.

VOLLEYBALL

Fall Volleyball league is tentatively taking place every Tuesday from 6:00-8:00pm at Hoover High School (4474 El Cajon Blvd, SD 92115) starting September 21st or possibly Tuesdays from 7:30-9:00pm at the Mid-City Gym (4302 Landis St., SD 92105). Volleyball teams will be formed to compete in league play. Call S4EA at 858-565-7432 for more information on volleyball.

The S4EA Volleyball Tournament is tentatively scheduled for Saturday, December 11th from 9am-5pm at the Balboa Park Activity Center (2125 Park Blvd., San Diego 92101) or at a place to be determined.

S4EA Summer & Fall Sports Practices/League Play

- Bocce** Tue from 5:30-7pm at Morley Field Bocce Cts. (2221 Morley Field Dr. near Texas & Upas St., SD 92104) end Oct 5
Or Thursdays from 5:30-7pm at Brengle Terrace Park (1200 Vale Terrace Dr., Vista 92084) ending October 7
- Bowling** Mon from 3:30-5:30pm at Kearny Mesa Bowl (7585 Clairemont Mesa Blvd., SD 92117)-\$3 for 2 games
Or Saturdays from 9-11am at Brunswick Premier Lanes (845 Lazo Ct., CV 91910)-\$5 for 2 games starting Sep 11
- Cycling** Saturdays from 1:15-3:30pm: September 4-no ride, September 12-Cycling Tourn. (SD Velodrome 9am-1pm),
September 18-DeAnza Cove to Mission Beach, September 25-Lake Murray around Lake
Call Russ Buckley at 619-469-1812 for more information.
- Flag Football** Wed from 5:45-7:15pm at Morley Field Athletic Fds (2221 Morley Field Dr near Texas & Upas St., SD) start Sep 15
- Floor Hockey** Thursdays from 5:45-8:45pm at Tierrasanta Rec Center (11220 Clairemont Mesa Blvd., SD 92124) starting Sep 16
Or Thursdays from 4-5:30pm at Kearny Mesa Rec. Ctr. (3170 Armstrong, SD 92117) for Juniors 5-18 starting Sep 23
Or Mondays from 6-7:30pm at Boys & Girls Clubs of Chula Vista (1301 Oleander, Chula Vista 91911) starting Sep 20
Or Thursdays from 6-7:30pm at Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting Sep 30
Or Tentative at SoCal Athletics Center (1482 La Mirada Dr., San Marcos 92078)-call 858-565-7432 for details
- Golf** 1st/3rd/4th Sunday of each month from 2:30-4pm at Sheraton 4 Points (8110 Aero Dr., San Diego 92123)-\$6/week
2nd Sunday of each month from 2:30-4pm at Stadium Golf Center (2990 Murphy Canyon Rd., SD 92123)-Free
3rd/4th Sun each month from 2:30-4pm for advanced golfers at Sail Ho Golf Course(2960 Truxton Rd, SD)-\$10/wk
Call Head Coach John Klein (PGA Golf Professional) at 619-980-2018 to confirm practice times and days
- Softball** Wed from 5:45-8:30pm at Morley Field Softball Fds (2221 Morley Field Dr. by Texas & Upas, SD) ending Sep 8
Or Sundays from 3:30-5:30pm at Breeze Hill Park (645 S. Melrose, Vista 92081) ending Aug 29
- Swimming** Stingrays-Tuesdays from 5-7pm at TSA Kroc Center (6845 University Ave., S.D. 92115)-\$5 adult-\$3 child/session
Or Sharks-Fridays from 3-5pm at Copley YMCA (3901 Landis St, SD 92105)-\$5 per session or \$15/month not Sep 3
Or JCC-Sat from 12-2pm at Jewish Community Ctr (4126 Executive Dr., La Jolla 92037)-\$12/month not Sep 11 & 18
Or Dolphins-Wed from 7-8:15pm & Sat from 10:30-11:30am at La Mesa Pool (5100 Memorial, LM)-\$8/ses not Sep 11
Or Palomar-Saturdays from 9-11am at Palomar College (140 West Mission Rd., San Marcos 92069) not Sep 4 or 11
- Volleyball** (Tentative) Tuesdays from 6:00-8:00pm at Hoover High School (4474 El Cajon Blvd, SD 92115) starting Sep 21
[Possibly otherwise at Mid-City Gym (4302 Landis St., San Diego 92105) on Tuesdays from 7:30-9:00pm]

*Athletes and volunteer coaches come join us in these summer and fall sports.
Please call S4EA at 858-565-7432 to confirm fall sports practice info in flag football, floor hockey, and volleyball.*

S4EA Volunteer on 'Pick Your Poison - Sister Trivia Game' Sep 15 at Bamboo Lounge

S4EA Volunteer Sarah Freedman Biggart will be representing S4EA at 'Pick your Poison - Sister Trivia Game' on September 15th from 7:00-9:00pm at the Bamboo Lounge (1475 University Ave., San Diego 92103). A monthly trivia game (third Wed of every month) hosted by Sister Shelby Hellbound of the San Diego Sisters of Perpetual Indulgence and her sassy sidekick DJ Michael Carrera. Three contestants - each from a non-profit org in San Diego - compete to win a GRANT by answering mystery trivia questions. Sister Shelby is NOT going to make it easy, but it'll be a HOOT to watch! Cover charge is \$10, which funds the grant given to the non-profit. The more folks who come to the game means the more money the non-profit can take home! FYI, 90% of the grant goes to the non-profit and the remaining 10% goes to the sister's general fund. Call S4EA at 858-565-7432 for more information.

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. The Registration Fee is \$20 per sport (scholarships available). S4EA offers 23 sports: baseball, basketball, bocce, bowling, cross country/downhill skiing, cycling, figure/speed skating, flag football, floor hockey, golf, sailing, snowboarding, snowshoeing, soccer, softball, swimming, table tennis, tennis, track, volleyball, and walking.

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 1,300 athletes with developmental disabilities ages 5 through adult in San Diego County. Besides San Diego County, S4EA has satellite programs in Montebello, Temecula 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 Summer & Fall Sports Season in bocce, bowling, cycling, flag football, floor hockey, figure/speed skating, golf, softball, swimming, and volleyball. 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 the team sports. 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

Celebrate SPORTS by Joining a Fall SPORTS Program!



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