



SPORTS
for Exceptional Athletes

SPORTS for Exceptional Athletes (S4EA) is a sports program serving athletes with developmental disabilities ages 5 through adult in San Diego. 8380 Vickers Street Suite E, San Diego, CA 92111 | Website: www.s4ea.org | E-mail: sds4ea@gmail.com | Phone 858-565-S4EA (7432).

SPORTS NEWS - MARCH 2025

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

S4EA Athlete Council Activities- S4EA Pancake Breakfast Mar 29 & S4EA Bingo May 3



The [S4EA Pancake Breakfast Fundraiser](#) is being held at the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Saturday, March 29 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, juice & coffee. A raffle will be held. The S4EA Athlete Council elections will be held at the Pancake Breakfast for the following S4EA Athlete Council Officers: President, Vice President, Treasurer, Secretary & Sergeant-At-Arms. Bring family & friends to the delicious breakfast and support S4EA. For more info or tickets, call S4EA at 858-565-7432. Join S4EA at Bingo Bash on Sat May 3 at the S4EA Office from 3:30-5pm for \$10 per set of 5 Bingo Cards. Win prizes/snacks provided.

S4EA SPORTS Camp April 11-13 at Camp Marston in Julian

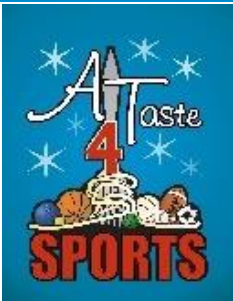
S4EA has scheduled SPORTS Camp for April 11-13 at [Camp Marston](#) (4761 Pine Hills Rd, Julian 92036).. Camp Marston offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga-Ga, talent show, dance). Campers spend 2 nights in group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, a camper using a wheelchair may be limited to certain activities (cabins & dining hall are accessible). Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp.



The S4EA SPORTS Camp Registration Fee is \$350 per person to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & S4EA Camp Registration Form as soon as possible to S4EA (8380 Vickers St. #E, SD, CA 92111). Turn in Camp Registration Form & Fee by March 11 and pay Early Bird Price of only \$325 (\$100 advance deposit will lock in the lower rate). If camper needs 1-on-1 chaperone, a Supplemental Staffing Fee of \$150 will be charged. Transportation is available for \$75 or campers may be brought directly to Camp Marston in Julian which is a little over a 1 hour drive from San Diego. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Registration Fee, Supplemental Staffing Fee &/or Transportation Fee.*

Partial scholarships & Family Rate Specials are available. For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.

"A Taste 4 SPORTS" Gala Fundraiser May 29 at Balboa Park Club



S4EA is hosting for our members the 18th Annual "A Taste 4 SPORTS" Gala Fundraiser on Thursday, May 29th from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 20 restaurants, personal chefs, caterers & wineries. Mingle with notable local & celebrity figures, including Mad Mike from MTVs "Pimp My Ride", enjoy music from the band 'Beatle Trax' & bid on an exquisite array of auction items. Reservations are \$60 per person.

Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. Please donate gift certificates, trips, autographed sports memorabilia to enhance the auction. For more info, call 858-565-7432 or visit www.s4ea.org.

S4EA Event Dates

- March 8** S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
- March 16** S4EA Basketball Tourney – Park de la Cruz & Mid-City Gym (9am-5pm)
- March 29** S4EA Pancake Breakfast/Ath. Council Elections – S4EA Office (8-10am)
- April 11-13** S4EA SPORTS Camp – Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
- April 26** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 3** S4EA Bingo Bash – S4EA Office (3:30-5pm)
- May 29** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)
- June 14** S4EA/TRS Summer Sports Festival – Park de la Cruz (9am-3pm)



S4EA Winter/Spring Season

Sport-Practices Day Time Location Winter/Spring Season Sports, Call S4EA at 858-565-7432 for more Info

Basketball



Mon	6:00-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) Jan 6-Mar 10 [Winter League] (Code: 119151)
Mon	6:00-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) Mar 17-May 5 [Spring League] (Code: 121340)
Thu	4:00-5:30pm	Kearny Mesa Recreation Ctr. (3170 Armstrong, SD 92111) Jan 9-Mar 13 [Jr](Code: 119152)
Thu	4:00-5:30pm	Kearny Mesa Rec Ctr (3170 Armstrong, SD 92111) start Apr 10 [Spring Open Jr] (Code: 121341)
Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) January 23-March 13
Thu	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) January 16-March 13
Fri	6:00-8:00pm	Parkway Community Ctr. (373 Park Way, CV 91910) Jan 10-Mar 14 (Tm #1 6-7, Tm #2 7-8)
Tourn-Mar 16	Sun 9:00am-5:00pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)

Bowling



Mar 2 & 16	Sat 11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) Sep 7-May 10-\$9 for 2 games [League Play]
	Sun 11am-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)-\$10 per hour+(call Cathy 949-922-3441)

Cycling



Sat	1:15-3:30pm	Mar 22- Miramar Lake around lake X 2-Cyclists ride once a month in winter. [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]
-----	-------------	--

Pickleball



Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) Mar 17-May 5 except Mar 31 (Code: 121340)
-----	-------------	--

Track



Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) January 4-April 26
Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) January 12-April 13
Prelim Meet-Mar 8 Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
Final Meet-Apr 26 Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)

Volleyball



Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) from Jan 27-Mar 10 (Code: 119151)
-----	-------------	--

Workouts-Hikes/Exercise

Limitless Adventures is a volunteer-led, 501(c)(3) nonprofit organization that provides outdoor recreational experiences for people with disabilities. Their current programming consists of hikes and other activities & operates within the Greater San Diego Area. For more info, go to: <https://www.limitless-adventures.org/> - Upcoming events: Kayaking-Mar 15

Also see Calendar for Practices, Tournaments, and Events.

Baseball Practices & Games
S4EA baseball practices & games have been cancelled this spring at Balboa/Mt. Acadia. Head Coach Steven Manley passed away recently. We are all saddened by his passing.

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



San Diego Parks & Recreation (SDP&R) – Therapeutic Recreation Services (TRS) provides therapeutic recreation programs for children and adults with any type of disability. SDP&R-TRS is co-sponsoring S4EA activities at SD City Facilities so that S4EA athletes and volunteers also need to register with SDP&R-TRS. S4EA athletes need to either register on-line with SDRecConnect.com or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the winter are Park de la Cruz-Basketball/Volleyball Mon (Code: [119151](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [119152](#)). The facilities that S4EA uses in the spring are Park de la Cruz-Basketball/Pickleball Mon (Code: [121340](#)) & Kearny Mesa Rec Ctr-Basketball/Open Gym Jr. Thu (Code: [121341](#)).

S4EA Practices & Tournaments – Guidelines

- Download [Athlete Registration Form](#) from S4EA website, fill out/email to S4EA
- Do not come if you are sick
- Check temperature (if above normal, don't come to practice)
- If have COVID, isolate at least 5 days & wear mask 10 days
- Wear a facemask indoors in large groups to help protect everyone & especially our athletes with disabilities
- Get the new COVID vaccine & be safe to play our sports











S4EA Board of Directors Elections

S4EA will be having elections for our new Board of Directors in a couple of months. If you are interested in helping run our non-profit sports organization by becoming a board member, then call S4EA at 858-565-7432 by March 6.



~ March 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Winter/Spring Season</u></p> <ul style="list-style-type: none"> - Basketball (BB) - Bowling (BO) - Cycling (CY) - Pickleball (PB) - Track (TF) - Volleyball (VB) 	<p><u>San Diego Co. Location</u></p> <ul style="list-style-type: none"> C - San Diego City EC - East County NC - North County SB - South Bay Jr – Juniors Ages 5-18 	<p><u>Facilities</u></p> <ul style="list-style-type: none"> Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center 	<p><u>Facilities</u></p> <ul style="list-style-type: none"> Bowlero Chula Vista Helix High School Mira Mesa Lanes Sweetwater High School 	<p><u>Vols Needed for Office Projects</u></p> <p>Volunteers are needed to help with various office projects including mail-outs, newsletters, "A Taste 4 SPORTS", etc. Call S4EA at 858-565-7432 to help</p>	<p><u>Donate Stocks to S4EA</u></p> <p>Tax season has arrived & if you would like to donate appreciated securities, stocks, or real estate to S4EA, call attorney Jerry Harris at 619-282-4415.</p>	<p>1</p> <p>BO-SB 11am-1pm <u>Bowlero CV</u></p> <p>TF-SB 10-12 <u>Sweetwater HS</u></p>
<p>2</p> <p>BO-C/NC 11am-12:20 <u>Mira Mesa</u></p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>	<p>3</p> <p>BB-C 6-8:30pm <u>Park de la Cruz</u></p> <p>VB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<p>4</p>	<p>5</p>	<p>6</p> <p>BB-Jr 4-5:30pm <u>Kearny</u></p> <p>BB-EC 6-7:30pm <u>Bostonia</u></p> <p>BB-NC 6-7pm <u>B&G Vista</u></p>	<p>7</p> <p>BB-SB 6-8pm <u>Pkwy Com Ctr</u></p>	<p>8 S4EA Prelim Track Meet – <u>Sweetwater HS 9am-1pm</u></p>  <p>BO-SB 11am-1pm <u>Bowlero CV</u></p>
<p>9 Daylight Savings Begins</p>  <p>DAYLIGHT SAVINGS TIME</p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>	<p>10</p> <p>BB-C 6-8:30pm <u>Park de la Cruz</u></p> <p>VB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<p>11</p>	<p>12</p>	<p>13</p> <p>BB-Jr 4-5:30pm <u>Kearny</u></p> <p>BB-EC 6-7:30pm <u>Bostonia</u></p> <p>BB-NC 6-7pm <u>B&G Vista</u></p>	<p>14</p> <p>BB-SB 6-8pm <u>Pkwy Com Ctr</u></p>	<p>15</p> <p>BO-SB 11am-1pm <u>Bowlero CV</u></p> <p>TF-SB 10-12 <u>Sweetwater HS</u></p> <p><u>Limitless Adventure Kayaking</u></p>
<p>16 S4EA Basketball Tourn. - <u>Park de la Cruz /Mid-City 9a-5</u></p>  <p>BO-C/NC 11am-12:20 <u>Mira Mesa</u></p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>	<p>17 St. Patrick's Day</p>  <p>BB-C 6-8:30pm <u>Park de la Cruz</u></p> <p>PB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<p>18</p>	<p>19</p>	<p>20 Spring Begins</p> 	<p>21</p>	<p>22</p> <p>BO-SB 11am-1pm <u>Bowlero CV</u></p> <p>CY 1:15-3:30pm <u>Miramar Lake</u></p> <p>TF-SB 10-12 <u>Sweetwater HS</u></p>
<p>23</p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>	<p>24</p> <p>BB-C 6-8:30pm <u>Park de la Cruz</u></p> <p>PB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 S4EA Pancake Breakfast – <u>S4EA Office 8-10am</u></p>  <p>BO-SB 11am-1pm <u>Bowlero CV</u></p> <p>TF-SB 10-12 <u>Sweetwater HS</u></p>
<p>30</p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>	<p>31 Cesar Chavez Holiday</p> 		<p><u>Donate to S4EA</u></p> 	<p><u>Community Giving Program</u></p> <p>Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program</p>	<p><u>Facebook Birthday FR</u></p> <p>For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.</p>	<p><u>Designate S4EA with United Way</u></p> <p>United Way & Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name & address: S4EA, 8380 Vickers St. #E, SD 92111. Thanks for your support</p>

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



Remember to Wear Green on St. Patrick's Day!



Message from Exec. Dir. Walter Jackson

Join S4EA at Pancake Breakfast on Sat Mar 29 & Bingo Bash on Sat May 3 at S4EA Office. S4EA is running our winter & spring sports in basketball, bowling, cycling, pickleball, track & volleyball. SPORTS Camp takes place April 11-13 at Camp Marston in Julian. Browse thru the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



SPORTS

for Exceptional Athletes



SPORTS for Exceptional Athletes
8380 Vickers St. Suite E
San Diego, CA 92111
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-496-7309

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

ADDRESS SERVICE REQUESTED

SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp April 11-13 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up.



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 ([Athlete Registration Form](#)) directly from the SPORTS for Exceptional Athletes website at www.s4ea.org. The Registration Fee is \$20 per sport (scholarships available). S4EA offers over 20 sports: basketball, bocce, bowling, cross country/downhill skiing, cycling, flag football, floor hockey, golf, ice skating, pickleball, snowboarding, snowshoeing, soccer, softball, swimming, table tennis, tennis, track, volleyball & walking/running/exercise workouts.

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 1,400 athletes with developmental disabilities ages 5 through adult in San Diego County.

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 855-500-7433; free pick-up; tax receipt provided; and no smog certificate required.

 Find us on
Facebook
www.facebook.com/sports4ea



Volunteers are needed as coaches for the winter/spring season in basketball, bowling, cycling, pickleball, track & 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 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.

SPORTS Endowment Fund

S4EA has created the [SPORTS Endowment Fund](#) to help ensure long-term continuity and sustainability for S4EA. For more information on planned giving and other endowment options, call attorney Jerry Harris at 619-282-4415.