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 I Website: www.s4ea.org I E-mail: sds4ea@gmail.com I Phone 858-565-S4EA (7432).

SPORTS NEWS - DECEMBER 2026

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

2026 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following in-kind supporters for giving our athletes many SPORTS opportunities in 2026:

Major In-Kind Supporters
AleSmith Brewing Company
Alvarez, Nicole
Aquarius/Edgewater Casinos
AYSO North Park
Band 'Kenny & the Jets'
Belmont Park
Bonita Kiwanis
Bread & Cie
Brilmyer, Ken
Brumbach, Nick
CA. Center for the Arts
CA Conservation Corps
CaliFino Tequila
Candor by Giuseppe
Captain, Joan
Chula Vista Elks Lodge
Copley YMCA Aquatics
Cottage at Rancho La Siesta
Creative Ideas/David Family
Cunningham, Mary
Daley, Trish
De La Isla, Danita
Del Mar Thoroughbred Club
DeLille, Andrea
Don Laughlin's Riverside Resort
Downes, Clara
Dr. Anton Misleh DDS
Dudley's Bakery & Café
Duke's La Jolla
Elev8 Arts Special Needs Dance
Emory, Nancy
English, Cindy/Chad
Five Guys
Flagship Cruises & Events
Fleet Science Center
Flores, Luis
Frat. Order of Eagles-Aerie 244
Gerber Kawasaki
Gillaspy, Theresa & Debbie
Golden Nugget Laughlin
GUHSD-Helix Charter HS
Guillermo-Pepe's Street Tacos
Hager, Barbie
Haley's Fabulous Desserts
Hall, Ray
Henry Avocados
Homewood Suites by Hilton SD
Japanese Friendship Garden
Keane Studios
Kindred Armory
Kohen, Robert
La Jolla Country Day School
Lamb's Players Theatre
Lions, Tigers & Bears
Lou & Mikey's
Lucky Strike Chula Vista
Martin, Mad Mike
MC Sweet Treats-C. Cummings
Mimi's Kitchen/M. WinterNolte
Mingei International Museum
Miracle Springs Resort & Spa
Mission Foods
Nelson, Kathy
Norman, Quentin
No. Island CU Amphitheatre
Northside Tavern
Old Town Trolley Tours
Peters, John
Pick Up Stix
Pizzabilities
PRP Wine International
Rathbun Family
Richard's Bees
Rodgers, Mark
Ruby's Diner
San Diego Automotive Museum
San Diego Clippers
San Diego History Center
San Diego Model Railroad Mus.
San Diego Opera
San Diego Sockers
San Diego Symphony
San Diego Wave FC
Santana, Azucena
Schmeiser, Luci
Screaming Pete's BBQ
SeaWorld San Diego
SD Park & Rec-TRS
Snowdall, Myra/Jackson, Walter
Styer, Jennifer
Super Nova Cafe
Sutherland Mgmt/McDonalds
Sweetwater UHSD
The Cheesecake Factory
The Marine Room
The Old Globe
The Old Spaghetti Factory
The San Diego Museum of Art
Trader Joe's Liberty Station
USAopoly
WinterNolte, Michelle

Volunteer Groups
Boys Team Charity
National Charity League
Stronger Together Club
Teen Volunteers in Action



Special thanks to our coaches who run practices, our key volunteers who help at tournaments and special events, and the office crew, especially Teresa Gillaspy & her friends, who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

Apologies to anyone we missed and thank you all for your generosity.

Giving Tuesday on December 1 – Support S4EA

Giving Tuesday is a movement to create an international day of giving at the beginning of the Christmas and holiday season. It is touted as a "global generosity movement unleashing the power of people and organizations to transform their communities and the world".

Donate to S4EA

Celebrate the holiday season with the most meaningful gift, a donation to SPORTS for Exceptional Athletes. Be a part of the global generosity movement, Giving Tuesday. We hope you'll consider supporting SPORTS for Exceptional Athletes today! **Your donation today will fund our athletes in winter sports, including basketball, bowling, track & winter sports conditioning practices & meets.**

GIVING TUESDAY

SPORTS for Exceptional Athletes is a non-profit 501(c)(3) organization (ID # 20-8886536). S4EA offers over 20 sports for athletes with developmental disabilities ages 5 through adult in San Diego.

S4EA Holiday Party Sunday December 6th from 4-6:30pm at Eagles Aerie



Come join in the festivities at the S4EA Holiday Party sponsored by Eagles Aerie and SDGivE 'Season of Giving' on Sunday, December 6th from 4-6:30pm at the Eagles Aerie (3848 Centre Street at University Ave., San Diego 92103).



Activities include music, dancing, caroling, dinner, visit by Santa & a gift exchange (please bring a gift-maximum value $10). No cost. RSVP to S4EA at 858-565-7432 by Dec 1st.

S4EA athletes are expected to be marching in the Holiday Bowl Parade on Monday, December 28th from 9am-11:30am starting at County Administrative Building on Harbor Dr. in San Diego. For more info, call S4EA at 858-565-7432.

S4EA Event Dates

December 5	S4EA Bowling Tournament – Lucky Strike-Chula Vista (10am-2pm)
December 6	S4EA Holiday Party – Eagles Aerie (4-6:30pm)
December 13	S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
December 28	Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
January 23	S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
June 3	S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



S4EA Fall Season

Sport-Practices	Day	Time	Location **Call S4EA at 858-565-7432 to confirm or for more Info**
Bowling	Sat	11am-1pm	Lucky Strike (845 Lazo Ct, CV 91910) Sep 12-Apr 24 not Dec 26-$10 for 2 gms [League] As of beginning of October, league is full so new bowlers will be listed as substitutes
Dec 6 & 20	Sun	10:45-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)-$5 per hour+, cathysturdivant@yahoo.com to confirm
Tourn-Dec 5	Sat	10am-2pm	Lucky Strike-Chula Vista (845 Lazo Ct, Chula Vista 91910)
Floor Hockey	Mon	6:30-8:00pm	Park de la Cruz (3901 Landis St., SD 92105) Sep 14-Dec 7 [League Play] (Code: 135738)
	Thu	4:00-5:30pm	Kearny Mesa Rec (3170 Armstrong, SD 92111) Sep 17-Dec 10 Canceled [Jr] (Code:135740)
Tourn-Dec 13	Sun	9am-5pm	Park de la Cruz (3901 Landis St., San Diego 92105)
Pickleball	Mon	5:30-6:45pm	Park de la Cruz (3901 Landis St., San Diego 92105) on Nov 23 & 30, Dec 7 (Code: 135738)
Swimming	Fri	7:00-8:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105) Apr 10-Dec 18 [swimmers only]

Also see Calendar for Practices, Tournaments, Events, and Off-Season Cycling Rides.

S4EA Winter Season – Basketball, Track & Winter Sports Conditioning

S4EA tentative schedule for our winter season sports for athletes in January is as follows: San Diego City basketball & winter sports conditioning on Mon from 5:30-8:30pm at Park de la Cruz starting Jan 4 with Junior basketball on Thu from 4-5:30pm at Kearny Rec Center starting Jan 14; East Co. basketball practices at Bostonia Rec Center on Thu from 6-7:30pm starting Jan 21 & track practices at Helix HS on Sundays from 9-11am; North Co. basketball practices on Thu from 6-7pm at the Boys & Girls Club-Vista starting Jan 14; South Bay basketball practices on Fri from 5:30-7pm at Parkway Com Ctr Gym starting Jan 15 & track held on Sat from 10am-12noon at Sweetwater HS. To confirm & for more info, contact S4EA at 858-565-7432.

Volunteers needed to coach basketball, bowling & track-call 858-565-7432 to help.

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of SAN DIEGO Parks and Recreation Department

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 first practice with SDP&R-TRS. The facilities that S4EA uses in the fall are Park de la Cruz-Floor Hockey/Volleyball Mon (Code: 135738) & Kearny Mesa Rec Ctr Gym-Floor Hockey Thu (Code: 135740).

Guacamole Bowl – Saturday January 23 at the Balboa Park Club

Taste delicious guacamole from 15-20 teams at the 24th annual Law Enforcement Challenge "Guacamole Bowl" fundraiser on Saturday, January 23, 2027 from 10:00am until 2:00pm at the Balboa Park Club (2150 Pan American Road West, San Diego 92101). Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the Guacamole Registration Form & Entry Fee of $25. Sponsorship opportunities are available from $50 for Entertainment Sponsor up to $5,000 for Championship Round Sponsor. Proceeds benefit S4EA.

Bring family and friends as the $10 admission pays membership fee and gets you a bag of Mission Tortilla chips & all the guacamole you can eat. You also have the opportunity to vote for your favorite recipe and select the finalists in each division. For more information, visit www.s4ea.org/guacamole-bowl or call S4EA at 858-565-7432. For tickets, go to www.s4ea.org/event-details/guacamole-bowl-2

S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2026

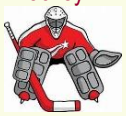
S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in making 2026 an exceptional year for the SPORTS for Exceptional Athletes sports program. We started our program 19 ½ years ago to create enhanced opportunities for people with and without disabilities to interact and form lasting bonds of friendship through shared sports and recreational activities in their community. We offer over 20 sports in 4 sports seasons to 1,400 athletes with developmental disabilities. Over 100 coaches help our athletes at practices, league play, and tournaments. Over 200 meet volunteers assist with timing, scoring, buddies, lunch, set-up, take-down, first-aid . . . and everything else that needs to be done at tournaments. Over 1,000 donors have given financial support to help make this a great program. S4EA had 2 SPORTS Camps in 2026 – Buckhorn Camp in Idyllwild in May and Halloween SPORTS Camp in Julian in October. Thank you for your support. Wishing you a Happy Holiday Season & I look forward to seeing you in 2027.

858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org

~ December 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Swimming (SW) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Copley YMCA Kearny Mesa Rec Ctr Lucky Strike Chula Vista Mira Mesa Lanes Park de la Cruz	Donate to S4EA	Donate Stocks to S4EA 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.	Community Giving Program Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program	Designate S4EA with United Way 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
No Practices or Meets During the Holidays. Enjoy the Holidays with your Family.	**Noel Noel Musical Concert** **S4EA is receiving a limited # of tickets to Noel Noel Musical Concert on Dec 18 & 20 at the Rady Shell. Call S4EA at 858-565-7432 to reserve tickets.**	**1** Support S4EA GIVING TUESDAY	**2**	**3** ~~FH-Jr. 4-5:30pm Kearny~~ Go to Mon PDLC instead	**4** SW-C 7-8pm Copley YMCA	**5** S4EA Bowling Tourn - Lucky Strike CV 10am-2pm 
6 S4EA Holiday Party - Eagles Aerie 4-6:30pm  BO-C/NC 10:45a-12:20 Mira Mesa	**7** FH-C 6:30-8pm Park de la Cruz PB-C 5:30-7pm Park de la Cruz	**8**	**9**	**10** ~~FH-Jr. 4-5:30pm Kearny~~ Go to Mon PDLC instead	**11** SW-C 7-8pm Copley YMCA	**12** BO-SB 11am-1pm Lucky Strike
13 S4EA Floor Hockey Tournament- Park de la Cruz 9am-5pm 	**14**	**15**	**16**	**17**	**18** SW-C 7-8pm Copley YMCA	**19** BO-SB 11am-1pm Lucky Strike
20 BO-C/NC 10:45a-12:20 Mira Mesa	**21** Winter Begins  	**22**	**23**	**24**	**25** Christmas  	**26** Kwanzaa Begins 
27	**28** Holiday Bowl Parade -Harbor Dr 9-11:30am  CY 8-11::30am Liberty Station to Co Admin Bldg.-Hol. Bowl Parade	**29**	**30**	**31** New Year's Eve  	Facebook Birthday FR For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	Vols Needed for Office Projects 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

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



Wishing you Happy Holidays!



Message from Exec. Dir. Walter Jackson

Join S4EA at Holiday Party on Sun Dec 6 at Eagles Aerie. S4EA opens our winter sports (basketball, bowling, track & winter sports conditioning) in Jan. Browse thru the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



. S4EA Bowling Tourn. Dec 5
Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn.is scheduled for Sat Dec 5 from 10am-2pm at Lucky Strike Chula Vista. S4EA athletes that have a bowling average can enter Bowling Tourn. by calling S4EA at 858-565-7432.

Support S4EA and find your holiday gifts by buying S4EA merchandise (hats, t-shirts, hoodies, bags, etc.) at the Bowling Tournament.





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

ADDRESS SERVICE REQUESTED

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

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 send 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

Donate to S4EA





Volunteers are needed as coaches for the fall season in bowling & floor hockey, and in January for the winter season in basketball, track & winter sports conditioning.. 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.