



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 - NOVEMBER 2024

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

S4EA Bingo Bash Saturday November 2nd from 3-4:30pm at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, November 2 at our S4EA Office (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-4:30pm. We will play bingo outside to enjoy the nice fall weather (Nov 2 is the last day of Daylight Savings Time – enjoy). For \$10.00 per set of 5 Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes. Snacks will be provided. Call S4EA at 858-565-7432 to reserve your spot.



S4EA Holiday Party Sunday December 15th 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 15th from 4-6:30pm at the [Eagles Aerie](#) (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, Mexican dinner, visit by Santa & a gift exchange (please bring a gift-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by December 10th.



2024 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following supporters for giving our athletes many SPORTS opportunities in 2024:

Platinum (\$10,000+)

Brumbach, James 'Nick'
Cox, Brian
Hervey Family Fund @ SDF

Gold Medal (\$5,000+)

Anonymous
SD Firefighters Local 145
United Domestic Workers Amer
William E. Cole Family Found.

Silver Medal (\$1,000+)

Ahrens, Greg
Alm, Karen & Bob
Benavidez, Gilbert
Buckley, Russell
Gillaspy, Teresa
Grant T. Mills Giving Fund
Harris, Richard
HM Electronics
Howard, Eric
Jackson, Walter A.
JMH Fund of Jewish Com Fnd
Lowry, Deborah

Mejia-Powell, Beda
Miscellaneous
Peters, Christopher
Rathbun, Diana
Rotary Club of La Mesa
Teen Volunteers in Action SD2
Tipple, Bill
Yates/Julius III, Angela & John

Bronze Medal (\$500+)

Almestica, Valerie
Alvarez, Nicole
Arc of San Diego
Bayer, Virginia
Berkley Blue Heron Fd-Joan/Bert
Birch, Jana
Bricnet, Martial
Daly, Tim
Devine, Nancy
Downes, Clara M.
Duthie, Phillip
Glicksman, Jay
Glinatsis, Cheri
Goldbaum, Michael

Hiatt, Richard
Jackson, David
Kalb, Jim
MacNeilan, Duane
Miller, Brian
Mitchell, B. Greg
Olsen Fund, Kathleen & Eric
Peters, John
Randall, William
Rathbun, Matthew
SD Retired Fire & Police Fnd
Sempra Employee Giving
Snavelly, Kay
Sonnenberg & Co. CPA
Super Wash & Dry Laundromat
Swartout, Michael
Unico Engineering
Weydt, Robert
Wolfson, Heather
Young, Eric

Blue Ribbon (\$100+)

Bardsley, Marianne
Bauer, Yoshiko

Baxter, Caye
Beckett, Downie
Bellenfant, Kathleen
Benevity Community Impact Fund
Bertussi, Giovanni
BPO Elks #2011
Brault, Martha
Burritt, Linda
Cameron, Ed
Choularton, Ron
Commonwealth Cares Fund
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Cordova, Joe
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Cree, Elizabeth
Cunningham, Ronald
DeMello, Marian
Dodge, Peter
Duarte, Rose
Economy, Peter
English, Cynthia
Farmer, Aaron J.
Fuentes, Joe
Gardner, Haylie
Gardner, Michael
Gomez, Paul

Gregorio, Randi
Grover, Tina
Hager, Barbara
Hern, Eric
Hetheru, Clara
Holmes, Alfreda
Horning, Ed
Hovland, Eric
Hubecky, Cathy
Juengst, Michael
Khambata, Suzanne
Kline, James
Lange, Caryl
Lovato, Carmen
Lyons, Steven
MacKinnon, Alan
Mais, Shepard
Mason, Editha
McKee, John
Meddings, Darcey
Morlett, Keith
Nelson, Kathy
Nguyen, Luann
Norten, Miriam
O'Connor, Sue
Perrero, Steve

Peterson, Dr./Mrs. Raymond M.
Postert, Andrew
Post-Ladd, Carolyn
Rausch, Susan
Regas, Barbara
Rishi, Shobhana
Robinson, Stacey Thysell
Ryerson, Kerry
Schmidt, Sue
Sonnenberg, Lee
Spinney, Lilian
Stephens, Jim
Sturdivant, Cathy
Styer, Jennifer
Tyler, Marianne
Uyeda, Scott & Martha
Van De Wiele, Philip
Wahlmann, Joy
Walker, Harry
Winnard, Syd

Thank you to the 2024 Sponsors and the other 59 additional donors who contributed this year.

S4EA Event Dates

- November 2** S4EA Bingo Bash – S4EA Office (3-4:30pm)
- November 10** SNAP Flag Football Tournament – Valencia HS, Santa Clarita (8:30am-3pm)
- November 16** TRS Turkey Trot – Park de la Cruz (8:30-11am)
- November 23** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 8** S4EA Bowling Tournament – Bowlero Chula Vista (8am-12:30pm)
- December 14** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 15** S4EA Holiday Party – Eagles Aerie (4-6:30pm) (moved from Dec 7)
- December 27** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
- February 8** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)



S4EA Fall Season

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

Bowling Sat 11am-1pm [Bowlero Chula Vista](#) (845 Lazo Ct, CV 91910) except Nov 9 & 30-\$9 for 2 games [League]
 Nov 3 & 17 Sun 11am-12:20pm [Mira Mesa Lanes](#) (8210 Mira Mesa Blvd, SD 92126)-\$10 per hour+(call Cathy 949-922-3441)
 Tourn-Dec 8 Sun 8am-12:30pm [Bowlero Chula Vista](#) (845 Lazo Ct, Chula Vista 91910)



Cycling Sat 1:15-3:30pm Nov 2-[Presidio Park](#) to Balboa Park,
 Nov 9-[Liberty Station](#) "Ride The Point", meet at about 6:30am & picnic following
 [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]



Flag Football Wed 5:45-7:15pm [Morley Field Athletic Fields](#) (2221 Morley Field Dr., SD 92104) Sep 4-Oct 16 (Code: [118023](#))
 Santa Clarita-Nov 10 Sun 8:30am-3:00pm SNAP Flag Football Tournament at Valenica High School in Santa Clarita



Floor Hockey Mon 6:30-8:30pm [Park de la Cruz](#) (3901 Landis St., SD 92105) thru Dec 9 not 11/11 [League] (Code: [118020](#))
 No Practice 11/28 Thu 4:00-5:30pm [Kearny Mesa Rec](#) (3170 Armstrong, SD 92111 from Sep 19-Dec 5 [Jr] (Code: [118025](#))
 Tourn-Dec 14 Sat 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 25, Dec 2 & 9 (Code: [118020](#))



Volleyball Mon 5:30-7:00pm [Park de la Cruz](#) (3901 Landis St., SD 92105) thru Nov 18 not 11/11 [League] (Code: [118020](#))
 Tue 6:00-7:00pm [Boys & Girls Club-Vista](#) (410 W. California Ave, Vista 92083) from Sep 24-Nov 19
 Thu 6:15-7:30pm [Bostonia Recreation Center](#) (1049 Bostonia, El Cajon 92021) from Sep 19-Nov 21
 Fri 6:00-8:00pm [Parkway Community Center](#) (373 Park Way, Chula Vista 91910) from Sep 20-Nov 22
 Tourn-Nov 23 Sat 9am-4pm [Balboa Park Activity Center](#) (2145 Park Blvd., San Diego 92101)



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: Hike-Nov 9

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



San Diego Parks & Recreation – Therapeutic Recreation Service

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 the first practice with SDP&R-TRS. The facilities that S4EA uses in the fall are Park de la Cruz-Floor Hockey/Volleyball Mon (Code: [118020](#)), Morley Field Softball Fields-Flag Football Wed (Code: [118023](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [118025](#)).

Join TRS at the Turkey Trot on Saturday, November 16 from 8:30-11am at Park de la Cruz (3901 Landis St., SD 92105). For \$10 – roll, walk, trot, or run. There will be a marked course, along with activity booths, refreshments, entertainment, kids' sprint and more! Register at [SDRecConnect.com](#) using the code [117885](#) by November 1st to guarantee a t-shirt, medal and snack bag. For more info, call TRS at 619-525-8247.












Halloween SPORTS Camp – A Spooky Great Time

74 S4EA athletes & 40 S4EA chaperones/volunteers/staff attended the Halloween SPORTS Camp October 11-13 at Green Oak Ranch in Vista. Everyone had a spooky great time visiting the Haunted House, trick-or-treating, dancing at the Halloween dance, singing at the Talent Show, playing lots of sports, interacting with the animals at the Nature Center, hiking & eating the delicious food cooked by S4EA.

Thank you to the San Diego City Fire Fighters Local 145 for donating \$5,000 to S4EA at camp. Our camp nurse, Casey, hooked (& ladder) us up with her husband, Jason, who is a fire fighter who arranged for the donation.

~ November 2024 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|--|---|
| Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Volleyball (VB) | San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay | Facilities Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Center Park de la Cruz | Facilities Bowlero Chula Vista Mira Mesa Lanes Parkway Com. Center | | 1 VB-SB 6-8pm Parkway Com Ctr | 2 S4EA Bingo – S4EA Office 3-4:30pm  BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Presidio Park to Balboa Park |
| 3 Daylight Savings Ends  BO-C/NC 11am-12:20 Mira Mesa | 4 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz | 5 Election Day  VB-NC 6-7pm B&G Vista | 6 | 7 FH-Jr. 4-5:30pm Kearny VB-EC 6:15-7:30 Bostonia | 8 VB-SB 6-8pm Parkway Com Ctr | 9 CY 6:30am Liberty Station "Ride the Point", picnic following Limitless Adventure Hike |
| 10 SNAP Flag Football Tourn-Valencia HS, Santa Clarita 8:30am-3pm  | 11 Veterans Day  | 12 VB-NC 6-7pm B&G Vista | 13 | 14 FH-Jr. 4-5:30pm Kearny VB-EC 6:15-7:30 Bostonia | 15 VB-SB 6-8pm Parkway Com Ctr | 16 TRS Turkey Trot-Park de la Cruz 8:30-11am  BO-SB 11am-1pm Bowlero CV |
| 17 BO-C/NC 11am-12:20 Mira Mesa | 18 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz | 19 VB-NC 6-7pm B&G Vista | 20 | 21 FH-Jr. 4-5:30pm Kearny VB-EC 6:15-7:30 Bostonia | 22 VB-SB 6-8pm Parkway Com Ctr | 23 S4EA Volleyball Tourn- Balboa Park Activity Center 9am-4pm  BO-SB 11am-1pm Bowlero CV |
| 24 | 25 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-6:45 Park de la Cruz | 26 | 27 | 28 Thanksgiving  | 29 | 30 |
| | 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. | 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. | 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. | 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 |

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



Enjoy your Thanksgiving Feast on November 28th!



Message from Exec. Dir. Walter Jackson

Join S4EA at Bingo Bash on November 2 at S4EA office. S4EA is running our fall sports in bowling, flag football, floor hockey & volleyball. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



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S4EA Bowling Tourn. Dec 8

Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn.is scheduled for Sunday, December 8 from 8am-12:30pm at Bowlero 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.



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: baseball, basketball, bocce, bowling, cross country/downhill skiing, cycling, flag football, floor hockey, golf, ice skating, 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.



Volunteers are needed as coaches for the fall season in bowling, flag football, floor hockey, 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 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.