



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. 9575 Aero Drive, Suite B, San Diego, CA 92123 * Website: www.s4ea.org * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - MARCH 2019

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16th Annual Law Enforcement Challenge "Guacamole Bowl" March 9th to Benefit S4EA

16TH ANNUAL



The 16th Annual Law Enforcement Challenge "[Guacamole Bowl](http://www.guacamolebowl.com)" is being held Saturday, March 9th from 10am-2pm at the [Balboa Park Club](http://www.balboaparkclub.com) (2144 Pan American Road West, San Diego 92101). The Guacamole Bowl is expected to attract more than 1,500 guests who taste guacamole from more than 25 teams & help determine who makes the best guacamole. The public is invited to attend for \$8. Last year's Guacamole Bowl made over \$15,000 for S4EA.

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, the Entry Fee is \$25. Each division has sponsorship opportunities, from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. The proceeds benefit S4EA. Call S4EA at 858-565-7432 for more information or go to the Guacamole Bowl Website at www.guacamolebowl.com.

S4EA Athlete Council Activities – PB&J Classic Apr 6 & Pancake Breakfast Apr 13th

The [S4EA Peanut Butter & Jelly Sandwich Classic](http://www.s4ea.org) is scheduled on Saturday, April 6th from 10am-2pm at the [Balboa Park Club](http://www.balboaparkclub.com).

The [S4EA Pancake Breakfast Fundraiser](http://www.s4ea.org) is being held at [S4EA/North Shores](http://www.s4ea.org) (9575 Aero Dr., San Diego 92123) on Saturday, April 13 from 8-10am for \$10 per person. The 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 Pancake Breakfast 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 Pancake Breakfast tickets, call S4EA at 858-565-7432.

S4EA Surf Camp April 12-14 at YMCA Camp Surf

[S4EA Surf Camp Session #1](http://www.s4ea.org) on April 12-14 at [YMCA Camp Surf in Imperial Beach](http://www.ymcacampsurf.com) offers surfing & other beach activities. Athletes spend 2 nights in cabins under the guidance of chaperones/camp counselors. Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at the Camp. Session #1 is not wheelchair accessible.

The S4EA Surf Camp Registration Fee is \$190 per session to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](http://www.s4ea.org) ASAP to S4EA (9575 Aero Dr. #B, SD, CA 92123). A non-refundable deposit of \$70 reserves your spot in S4EA Surf Camp. Early Bird Special \$175 by Mar 22. For more info, call S4EA at (858)565-7432 or go to the S4EA website at www.s4ea.org.

S4EA Tournament/Event Dates

March 2	Kiwanis/S4EA Track Meet – Los Cocheros Creek Middle School (New Location) (8am-1pm)
March 9	S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
March 17	S4EA Basketball Tournament – Francis Parker School (9am-5pm)
April 6	S4EA Peanut Butter & Jelly Sandwich Classic – Balboa Park Club (10am-2pm)
April 12-14	S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun 1pm)
April 13	S4EA Pancake Breakfast/Athlete Council Elections – S4EA/North Shores (8-10am)
April 27	S4EA Track Meet – Sweetwater High School (9am-1pm)
May 19	S4EA Spring Floor Hockey Tournament – Francis Parker School (9am-5pm)
May 30	S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm)
August 2-4	S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)
August 25	S4EA Soccer & Golf Tournament – Morley Field in Balboa Park (9am-5pm)
September 8	S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
Oct 25-27	S4EA SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

S4EA Winter/Spring Season

Athletes and volunteer coaches come join us in the following winter and spring season sports (also see calendar):

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	
Baseball	Sat	10:00am-12noon	Balboa (3900 Mt. Acadia, San Diego 92111) [see calendar or coach for game schedule]	
	Sat	9:00am-11:00am	Chollas Lake (6005 College Grove Dr, SD 92115) [see calendar or coach for game schedule]	
	Sat	9:00am-11:00am	Mira Mesa Youth Baseball Field (Camino Ruiz Park, 11489 Camino Ruiz, San Diego 92126)	
Basketball	Mon	6:00-8:45pm	Mid-City Gym (4302 Landis St., SD 92105) ending March 11 [League Play]	
	Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) ending March 12	
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) ending Mar 14 [Juniors]	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending March 14	
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911) ending March 15	
	Tourn-Mar 17 [Spring League]	Sun Tue	9:00am-5:00pm 6:00-8:00pm	Francis Parker School (6501 Linda Vista Rd, SD 92111)[Bonita/Harbor Kiwanis provide lunch] Hoover High School (4474 El Cajon Blvd., SD 92115) start Mar 19 (not Mar 26) [League Play]
Bowling	Mon	3:30-5:30pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, SD 92111) ending March 18-\$3 for 2 games	
	Sat	11:00am-1:00pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7 for 2 games [League Play]	
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes	
Floor Hockey	Mon	6:00-8:00pm	Mid-City Gym (4302 Landis St, San Diego 92105) starting March 18 [League Play]	
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) starting Apr 4 [Juniors]	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting April 4	
	Tourn-May 19	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, San Diego 92111)
Golf	Sat	11am-12:30pm	Town Park Villas Golf Course (6301 Gullstrand St., San Diego 92122)-cost \$8	
	Tourn-Aug 25	Sun	9am-2pm	Balboa Park Golf Course (2600 Golf Course Dr., San Diego 92102)
Ice Skating (Figure & Speed)	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session	
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)	
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122)	
Swimming	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/SES.-\$15/month [swimmers only]	
	Fri	5:00-7:00pm	Vista Terrace Pool (301 Athey, SD 92173) start Apr 5-\$20/mo.[Swim 1 st Hr/Non-Swim 2nd Hr]	
Table Tennis	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)	
Track	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) [not March 2] [Athletes start at 10am in dance room W of old gym for exercises & then move out to track]	
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91942)	
	Kiwanis Meet-Mar 2	Sat	8:00am-1:00pm	Los Coches Middle School (9669 Dunbar Ln, EC 92021) [Region 1 Kiwanis provide lunch]
	S4EA Meet-Apr 27	Sat	9:00am-1:00pm	Sweetwater HS (2900 Highland Ave, National City 91950) [Div. 11 SB Kiwanis provide lunch]

Ride Along with our Cycling Program

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 while also a great way to get exercise to keep in shape. Families and caregivers are welcome to ride along with the group. Rides are generally about 12 miles. Must wear helmets and provide own bikes and transportation to the meeting site. 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 at various locations starting the end of April or beginning of May.

Rides are posted on the S4EA website www.s4ea.org, calendar, or call head coach Russ Buckley at 619-992-0164 for more information.

Hoover Gym - Volleyball Until March 12th/Spring Basketball Starting March 19th

Volleyball is scheduled on Tuesdays from 6-8pm at Hoover H.S. (4474 El Cajon Blvd., SD 92115) on March 5 & 12.

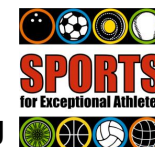
Spring basketball is held Tuesdays from 6-8pm at Hoover HS (4474 El Cajon Blvd., SD 92115) from March 19-May 7 (not Mar 26).



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ March 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Vols Needed in S4EA Office Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.</p>	<p>Shop Online with AmazonSmile By registering S4EA at smile.amazon.com, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices & selection as on Amazon.com.</p>	<p>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.</p>	<p>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.</p>		<p>1 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>2 Kiwanis Track Meet - Los Coches Middle School 8am-1pm BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Pads vs Cub/Roy 9-11 Chollas GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center</p>
<p>3 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>4 BB-C 6-8:45pm Mid-City BO-C 3:30-5:30pm KM Bowl</p>	<p>5 BB-NC 6-7pm B&G Vista Open Gym-VB 6-8pm Hoover</p>	<p>6 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa</p>	<p>7 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC</p>	<p>8 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>9 S4EA Guacamole Bowl - Balboa Park Club 10am-2pm BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cub/Roy vs Pads 10-12 Balboa GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>10 Daylight Savings Begins TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>11 BB-C 6-8:45pm Mid-City BO-C 3:30-5:30pm KM Bowl</p>	<p>12 BB-NC 6-7pm B&G Vista Open Gym-VB 6-8pm Hoover</p>	<p>13 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa</p>	<p>14 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC</p>	<p>15 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>16 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cubs vs Royal 10-12 Balboa CB-MMYB vs Pads 9-11 MMYB GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>17 St. Patrick's Day S4EA Basketball Tourm - Francis Parker School 9-5 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>18 BO-C 3:30-5:30pm KM Bowl FH-C 6-8pm Mid-City</p>	<p>19 BB-C 6-8pm Hoover</p>	<p>20 Spring Begins IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa</p>	<p>21 IS-SR 3:30-5pm UTC</p>	<p>22 SW-C 3:30-5pm Copley Y</p>	<p>23 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cub/Roy vs MMYB 10-12 Balboa GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>24 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>25 FH-C 6-8pm Mid-City</p>	<p>26</p>	<p>27 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa</p>	<p>28 IS-SR 3:30-5pm UTC</p>	<p>29 SW-C 3:30-5pm Copley Y</p>	<p>30 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>31 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>Winter Season Sports - Basketball (BB) - Bowling (BO) - Figure Skating (IS) - Speed Skating (IS) - Track (TF)</p>	<p>Spring Season Sports - Challenger Baseball (CB) - Floor Hockey - Golf (GO) - Swimming (SW) - Table Tennis (TT)</p>	<p>San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p>	<p>Facilities Bostonia Recreation Center Boys & Girls Clubs Vista Hoover High School Kearny Mesa Rec. Center Mid-City Gym Otay Recreation Center</p>	<p>Facilities - Copley YMCA After School Learning Tree Bowlero Chula Vista Kearny Mesa Bowl Poway Fun Bowl Town Park Villas Golf Course University Towne Center</p>	<p>Challenger Baseball (CB) Balboa-Mt. Acadia Sat 10am Cubs (Cub) & Royals (Roy) Chollas Lake (Chollas) Sat 9am Padres (Pads)-practice Mar 23 Mira Mesa Youth Baseball (MMYB) Sat 9am-Op.Cer.Mar 9</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!



"A Taste 4 SPORTS" May 30th

S4EA is hosting the 12th Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser on Thursday, May 30th from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 25 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, enjoy music & bid on an exquisite array of auction items. S4EA will be honoring our 2019 'SPORTS Man of the Year'. [Reservations](#) are \$60 per person.

Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. We are in need of trips, autographed sports memorabilia, gift certificates to enhance the silent auction. For more info, call 858-565-7432 or visit www.taste4sports.com.



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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 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/running/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.

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 Winter/Spring Season in baseball, basketball, bowling, floor hockey, golf, ice skating, swimming, table tennis, and track. 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.