



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 - JULY 2023

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

"A Taste 4 SPORTS" Gala Fundraiser June 1 Raises \$45,000 for S4EA

S4EA celebrated our 16th Annual "A Taste 4 SPORTS" on June 1st from 6-9pm at the Balboa Park Club. S4EA honored 3 time XTERRA Triathlon World Champion Lesley Paterson as our 2023 'SPORTS Woman of the Year'. Over 200 guests tasted food from 13 restaurants, listened to the music by the 'Beatle Trax' band & bid on fabulous silent auction items. Thank you to the 27 sponsors and 54 auction donors who helped make "A Taste 4 SPORTS" a financial success with \$45,000 raised for S4EA. Thank you to everyone who participated.

S4EA Thanks "A Taste 4 SPORTS" Event Sponsors

SPORTS for Exceptional Athletes thanks the Event Sponsors at "A Taste 4 SPORTS" June 1st:

Gold Level

Nick Brumbach
Idy Land Surveying

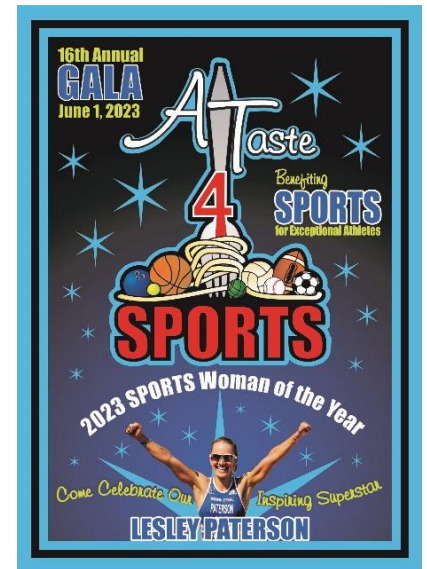
Silver Level

Ahrens Family
HME
Jerry/Mary Ellen Harris Family
Richard Harris Family
Jackson/Snowdall Family
Greg Mitchell/Bill Randoll
Rathbun Family
Yates/Julius Family

Bronze Level

Abuhari Boutique
Alvarez Family
Benavidez Family
Colors Gourmet Pizza
Mary & Rick Cunningham Family
Clara Downes
Teresa Gillaspay
Ginatsis Family
Goldbaum Family
Jennifer Styer/Duane MacNeilan
Brian Miller
Kathy Nelson
Peters Family
Screaming Pete's BBQ
Super Wash/Dry Laundromat-CV
Triad Components Group
UDW Homecare Providers Union

"A Taste 4 SPORTS" Food & Drink Sponsors



Halloween SPORTS Camp October 13-15 at Green Oak Ranch in Vista

S4EA SPORTS Camp on October 13-15 at Green Oak Ranch in Vista offers a general program of camp & sports activities. Join in the fun trick-or-treating, visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show, and participating in various other camp 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 camp.

The S4EA SPORTS Camp Registration Fee is \$300 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 S4EA Camp Registration Form and Fee by September 13 and pay Early Bird Price of only \$280. A non-refundable deposit of \$95 will reserve your spot in S4EA SPORTS Camp. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*








For safety reasons, SPORTS Camp will be run as follows: Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals will be held outdoors. **Transportation will not be available.** Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. To help stop the spread of COVID-19, S4EA would like everyone participating in S4EA activities to have been vaccinated. Limited spots available.

A Family Rate Special is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at www.s4ea.org.

S4EA Event Dates

- July 15** Windansea Surf Club 'Day at the Beach' – La Jolla Shores (9am-3:30pm)
- August 5** S4EA Swim Meet – St. Madeleine Sophie's Center, El Cajon (8am-1pm)
- August 27** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 10** S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
- October 13-15** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)

S4EA Summer Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	For Summer Season Sports, Call S4EA at 858-565-7432 For More Info
Bocce 	Tue	5:30-7:00pm	Morley Bocce Ct (2221 Morley Field Dr, SD 92104) start Jul 11 [League Play] (Code: 107977)	
	Thu	5:30-7:00pm	Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084) starting July 13 (tentative)	
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) starting Sep 9-\$9 for 2 games [League Play]	
	Sat	11:30am-2pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020) starting Sep 9-\$6 for 3 games [League Play]	
Register-Cathy Sturdivant 949-922-3441			Mira Mesa Lanes (8210 Mira Mesa Blvd., SD 92126) on Sun July 9 at 11am-cost \$10	
Cycling 	Sat	1:15-3:30pm	Jul 1-No Ride, Jul 8- Miramar Lake 2X around, Jul 15- Liberty Station to Pt. Loma Navy Base Jul 22- De Anza Cove Park north along railroad tracks/Hwy 5, Jul 29 CV Marina to Imp. Beach [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
Soccer 	Mon	5:45-8:00pm	Park de la Cruz (3901 Landis St., SD 92105) not July 3 [League Play] (Code: 107976)	
	Tue	4:00-5:00pm	Palomar Elementary (300 E Palomar St, CV 91911) canceled-doing softball instead 5-6:30pm	
	Tourn-Aug 27	Sun	9am-5pm	Morley Field Soccer Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
Softball 	Wed	5:45-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) July 5/12/19/26, Aug 2/9 [League Play]	
	Practices moving back to		Morley Softball Fd (2221 Morley Field Dr, SD 92104) starting Aug 16 (Code: 107978)	
	Tue	5:00-6:30pm	Palomar Elementary (300 E Palomar St., Chula Vista 91911) except July 4	
	Sun	3:30-5:00pm	Breeze Hill Park (645 S. Melrose, Vista 92081) starting July 16 through August 27 (tentative)	
Tourn-Sep 10	Sun	9am-5pm	Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
Swimming 	Sat	10:00-11:30am	La Mesa Pool (5100 Memorial Dr, LM 91942) Pool Currently Closed Due to Mechanical Failure	
	Day at the Beach-	Sat Jul 15	9am-3:30pm	Windansea teach surfing La Jolla Shores-Limited spots available-Call Clara 858-565-7432
	Meet-Aug 5	Sat	8:00am-1:00pm	St. Madeleine Sophie's Center (2119 E. Madison Ave., El Cajon 92019)
Tennis 	Mon	6:00-7:00pm	Barnes Tennis Center (4490 W. Point Loma Blvd., San Diego 92107) except Jul 24 & Aug 7	
	Tourn-Sep 10	Sun	12noon-4pm	Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
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: Tennis-Jul 23, Exercise-Aug 26	

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 in large groups/indoor to help protect everyone & especially our athletes with disabilities
- Get your vaccine/boosters & be safe to play our sports

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. Over the years TRS has been supporting SPORTS for Exceptional Athletes in obtaining contracts for the use of San Diego City Recreation Facilities (gyms & fields) through a SUP agreement which has ended. SDP&R-TRS is now co-sponsoring 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 summer are Park de la Cruz-Soccer Mon (Code: [107976](#)), Morley Field Bocce Courts-Bocce Tue (Code: [107977](#)) & Morley Field Softball Fields/PDLC-Softball Wed (Code: [107978](#)).

Windansea Surf Club 'Day at the Beach' July 15 at La Jolla Shores



Windansea Surf Club is sponsoring their 22nd Annual 'Day at the Beach' for Special Surfers on Saturday, July 15 from 9am-3:30pm at La Jolla Shores. Windansea Surf Club volunteers will teach our athletes how to surf. Athletes should already know how to swim. Limited spots available. Call Clara at 858-565-7432 to reserve your spot.



~ July 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports - Bocce (BC)</u> - Bowling (BO) - Cycling (CY) - Soccer (SO) - Softball (SB) - Swimming (SW) - Tennis (TE)</p>	<p><u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay</p>	<p><u>Facilities</u> Barnes Tennis Center La Mesa Pool Mira Mesa Lanes</p>	<p><u>Facilities</u> Breeze Hill Park Bregle Terrace Park Morley Field-Balboa Park Palomar Elementary Park de la Cruz</p>			<p>1 SW-EC 10-11:30am <u>LM Pool ?</u></p>
2	<p>3 TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p>4 Independence Day</p>	<p>5 SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	6	7	<p>8 CY 1:15-3:30pm <u>Miramar Lake</u> around lake X 2 SW-EC 10-11:30am <u>LM Pool ?</u></p>
<p>9 BO-C/NC 11am-12 <u>Mira Mesa</u></p>	<p>10 SO-C 5:45-8pm <u>Park de la Cruz</u> TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p>11 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30pm <u>Palomar</u></p>	<p>12 SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p>13 BC-NC 5:30-7 <u>Bregle Ter</u></p>	14	<p>15 Windansea 'Day at the Beach' LJ Shores 9am-3:30pm CY 1:15-3:30pm <u>Liberty Station</u> to Point Loma Navy Base SW-EC 10-11:30am <u>LM Pool ?</u></p>
<p>16 SB-NC 3:30-5pm <u>Breeze Hill</u></p>	<p>17 SO-C 5:45-8pm <u>Park de la Cruz</u> TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p>18 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30pm <u>Palomar</u></p>	<p>19 SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p>20 BC-NC 5:30-7 <u>Bregle Ter</u></p>	21	<p>22 CY 1:15-3:30pm <u>De Anza Cove</u> <u>Park</u> north along railroad track/Hwy 5 SW-EC 10:00-11:30am <u>LM Pool</u></p>
<p>23 SB-NC 3:30-5pm <u>Breeze Hill</u> <u>Limitless Adventure</u> Tennis</p>	<p>24 SO-C 5:45-8pm <u>Park de la Cruz</u></p>	<p>25 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30pm <u>Palomar</u></p>	<p>26 SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p>27 BC-NC 5:30-7 <u>Bregle Ter</u></p>	28	<p>29 CY 1:15-3:30pm <u>Chula Vista</u> <u>Marina</u> to Imperial Beach SW-EC 10-11:30am <u>LM Pool ?</u></p>
<p>30 SB-NC 3:30-5pm <u>Breeze Hill</u></p>	<p>31 SO-C 5:45-8pm <u>Park de la Cruz</u> TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p><u>Donate Stocks to S4EA</u> 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><u>Designate S4EA with United Way</u> 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>	<p><u>Community Giving Program</u> 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> 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>Vols Needed for Office Projects</u> 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>

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 Independence Day on the 4th of July!



Message from Exec. Dir. Walter Jackson

S4EA is running our summer season sports in bocce, bowling, cycling, soccer, softball, swimming & tennis. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 13-15 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed.



SPORTS for Exceptional Athletes

Call S4EA at 858-565-7432 to sign-up or get a [S4EA Volunteer Application for SPORTS Camp Chaperone](#).



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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 ([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 over 450 athletes with developmental disabilities ages 5 through adult in San Diego County during the pandemic.

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 summer season in bocce, bowling, cycling, soccer, softball, swimming, and tennis. 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.