



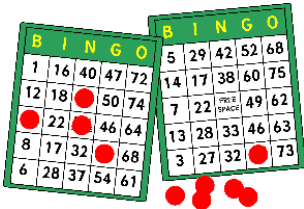
SPORTS
for Exceptional Athletes

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 - JANUARY 2024

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

S4EA Bingo Bash Saturday January 20 at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, January 20 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 1-2:30pm. We will play bingo outside. For \$5.00 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.



Guacamole Bowl Saturday February 10 at the Balboa Park Club



Come join S4EA at the 21st Anniversary [Guacamole Bowl](#) on Saturday, February 10th from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). Taste the Guacamole from champions from the past 20 years and discover new recipes from up and coming teams. Guacamole starter kits will be available for purchase to spice up your Super Bowl party.

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) and 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 \$8 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, call S4EA at 858-565-7432. For tickets, go to www.s4ea.org/event-details/guacamole-bowl-at-balboa-park-club

S4EA Oscars' Themed Dinner Dance Saturday February 24 at Chula Vista Elks Lodge



The SPORTS for Exceptional Athletes (S4EA) [Oscars' Themed Dinner Dance](#) is taking place on Saturday, February 24th from 5-9pm at the [Chula Vista Elks Lodge](#) (901 Elks Lane, Chula Vista 91910). S4EA athletes are invited to a great evening of fun and entertainment provided by the Chula Vista Elks Lodge. Wear your Oscars' themed clothes. To register, please call S4EA at 858-565-7432 by February 19th.



S4EA Board of Directors Elections

BOARD OF DIRECTORS

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.



S4EA Event Dates

- January 20 **S4EA Bingo Bash – S4EA Office (1-2:30pm)**
- February 3 **S4EA Winter Sports (Snowshoeing) Festival at Crown Point (10am-1pm)**
- February 10 **S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)**
- February 24 **S4EA Oscars' Themed Dinner Dance – Chula Vista Elks Lodge (5-9pm)**
- March 2 **S4EA Track Meet – Sweetwater High School (9am-1pm) {tentative date}**
- March 16 **S4EA Basketball Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)**
- May 3-5 **S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon) {tentative date}**
- June 26 **"A Taste 4 SPORTS" – Balboa Park Club (6-9pm)**



S4EA Winter Season

Sport-Practices	Day	Time	Location	Winter Season Sports, Call S4EA at 858-565-7432 For More Info
	Basketball	Mon	6:00-8:00pm	Park de la Cruz (3901 Landis St., SD 92105) start Jan 8 (not Jan 15) [League Play] (Code: 111442)
		Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) starting January 16
		Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, SD 92111) start Jan 11 [Jr] (Code: 111443)
		Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting January 25
		Fri	5:30-7:30pm	Parkway Community Center (373 Park Way, Chula Vista 91910) starting January 12
	Tourn-Mar 16	Sat	9:00am-5:00pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)

Bowling	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$9 for 2 games [League Play]
Call Cathy Sturdivant 949-922-3441			Mira Mesa Lanes (8210 Mira Mesa Blvd., SD 92126) once or twice a month at 11am-cost \$8

Track	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) starting January 6
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) starting January 7
Meet-Mar 2	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950) {tentative date}

Winter Sports	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) start Jan 8 (not Jan 15) [Dry Land Cond.] (Code: 111442)
Winter Festival Feb 3	Sat	10am-1pm	Crown Point Shores Beach [Snowshoeing Races & Picnic Lunch]

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-Jan 20

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 the new COVID vaccine & 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 winter are Park de la Cruz-Basketball/Winter Sports Mon (Code: [111442](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [111443](#)).

S4EA SPORTS Camp May 3-5 at Camp Marston in Julian

S4EA has tentatively scheduled SPORTS Camp for May 3-5 at [Camp Marston](#) in Julian. Camp Marston offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga-Ga, talent show, campfire). Athletes spend 2 nights in new group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, an athlete 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. Transportation will not be available. Campers must be brought directly to Camp Marston in Julian which is approximately a 1 hour drive from San Diego.



The S4EA SPORTS Camp Registration Fee will probably remain at \$300 per person to help pay for lodging, meals, insurance, supplies, etc. S4EA is working on receiving Vendor Approval from Regional Center for SPORTS Camp (PQ8659).

For more information, call S4EA at (858)565-7432.

S4EA New Staff Members

S4EA has hired 2 new part-time staff members – Joe Castro and Luann Nguyen – as Administrative Assistants. They have volunteered for S4EA for many years. They are assisting S4EA Executive Director Walter Jackson and S4EA Associate Director Clara Downes in the S4EA office. Welcome aboard!

~ January 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Winter Season Sports</u> - Basketball (BB) - Bowling (BO) - Track (TF) - Winter Sports Cond.(WS)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay	<u>Facilities</u> Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center	<u>Facilities</u> Bowlero Chula Vista Helix High School Mira Mesa Lanes Sweetwater High School	<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.	<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.	<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.
	1 New Year's Day 	2	3	4	5	6 BO-SB 11am-1pm Bowlero CV TF-SB 10am-12 Sweetwater HS
7 TF-C/EC 9-11am Helix HS	8 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	9	10	11 BB-Jr 4-5:30pm Kearny	12 BB-SB 5:30-7:30 Pkwly Com Ctr	13 BO-SB 11am-1pm Bowlero CV TF-SB 10am-12 Sweetwater HS
14 TF-C/EC 9-11am Helix HS	15 Martin Luther King Jr Day 	16 BB-NC 6-7pm B&G Vista	17	18 BB-Jr 4-5:30pm Kearny	19 BB-SB 5:30-7:30 Pkwly Com Ctr	20 S4EA Bingo – S4EA Office-8380 Vickers St #E 1-2:30pm BO-SB 11am-1pm Bowlero CV TF-SB 10am-12 Sweetwater HS Limitless Adventure Kayaking
21 TF-C/EC 9-11am Helix HS	22 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	23 BB-NC 6-7pm B&G Vista	24	25 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	26 BB-SB 5:30-7:30 Pkwly Com Ctr	27 BO-SB 11am-1pm Bowlero CV TF-SB 10am-12 Sweetwater HS
28 TF-C/EC 9-11am Helix HS	29 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	30 BB-NC 6-7pm B&G Vista	31	<u>Donate to S4EA</u> 	<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.	<u>Vol's 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.

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 a very Happy New Year!



Message from Exec. Dir. Walter Jackson

Join S4EA at [Bingo](#) on Sat Jan 20 at S4EA office. Taste award winning guacamole at 21st anniversary [Guacamole Bowl](#) on Sat Feb 10 at the Balboa Park Club. S4EA is opening our winter sports (basketball, bowling, track, and winter sports conditioning) in January. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



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SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp May 3-5 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: 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 winter season in basketball, bowling, 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.