



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](http://www.s4ea.org) \* E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) \* Phone 858-565-S4EA (7432).

# SPORTS NEWS - NOVEMBER 2023

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

## S4EA Bunco Sunday, November 5<sup>th</sup> from 1-3pm at S4EA Office



SPORTS for Exceptional Athletes presents [Bunco](#) on Sunday, November 5 outside by the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) from 1-3pm. Tickets are \$20 - which includes hors d'oeuvres, soft drinks and two rounds of tournament play. Bunco is a dice game of chance. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos) & supporting S4EA, call 858-565-7432.

## S4EA/Champions for Health Vaccine Clinic Nov 5 from 12-4pm at S4EA Office

SPORTS for Exceptional Athletes is partnering with Champions for Health as well as the County of San Diego Health and Human Services Agency to offer the new COVID vaccine to persons age 19 and above as well as the flu vaccine to persons 6 months and above on Sunday, November 5 from 12noon-4pm at the S4EA office (8380 Vickers St. #E, SD 92111). Call ahead to S4EA at (858)565-7432 to sign-up for the Vaccine Clinic.



## 2023 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following supporters for giving our athletes many SPORTS opportunities in 2023:

### Patron (\$100,000+)

Webb, Bud & Vonda

### Platinum (\$10,000+)

Brumbach, James 'Nick'  
Hervey Family Fund @ SDF  
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### Gold Medal (\$5,000+)

Idy Land Surveying, Inc.

### Silver Medal (\$1,000+)

Ahrens, Greg  
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Emlen, Mary  
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Gillaspy, Teresa  
Harris, Richard  
HM Electronics  
Jackson, Walter A.  
JMH Fund/Jewish Com Fnd  
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Miscellaneous

Nelson, Kathy

Oliver, Elizabeth

Peters, John

Rathbun, Diana

SD Retired Fire & Police Fnd

Swartout, Michael

Yates/Julius III, Angela & John

### Bronze Medal (\$500+)

Abuhari Boutique

Alvarez, Nicole

Benavidez, Gilbert

Birch, Jana

BPO Elks #2011

Bricnet, Martial

Buckley, Russell

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Glicksman, Jay

Glinatsis, Cheri

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Wolfsheimer, Marc

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### Blue Ribbon (\$100+)

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Bardwell, Steve

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Crampton, Nona

Cunningham, Ronald

Dean, Rhonda

Divekar, Tapan

Dutcher, Michael

English, Cynthia

Farmer, Aaron J.

Flynn, Jennifer

Fuentes, Joe

Gardner, Haylie

Gardner, Michael

Granby, James

Gregorio, Randi

Hager, Barbara

Haro, Jane

Herrera-Wood, Anateresa

Hubecky, Cathy

Jackson, David

Jackson, Robert

Kadowaki, Lisa

Kline, James

Krachon, Dan

Larkin, Carol

Levinson, Randy

Lovato, Carmen

Mais, Shepard

Martin, 'Mad' Mike

Mason, Editha

McKee, John

Nelson, Helen

O'Brien, Thomas

Peterson, Raymond

Pledgeling Foundation

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Rishi, Shakuntala

Rishi, Shobhana

Russell, Diane

Ryerson, Kerry

Sempra Energy Foundation

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Tucker, Jacqueline

Tyler, Marianne

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Uyeda, Martha

VanDeWiele, Phillip

Vinson, Christine

Walston, Terry

Ward, Joyce

Winnard, Syd

Wojdowski, Stephen

Wood, Steve

Yang, Bin

Yates, Christina

Thank you to the 2023 Sponsors and the other 79 donors who contributed this year.

## S4EA Event Dates

**November 5 S4EA/Champions for Health Vaccine Clinic – S4EA Office (12-4pm)**

**November 5 S4EA Bunco – S4EA Office (1-3pm)**

**November 18 S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)**

**December 2 S4EA Floor Hockey Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)**

**December 3 S4EA Holiday Party – Eagles Aerie (4-6:30pm)**

**December 10 S4EA Bowling Tournament – Bowlero Chula Vista (9am-1pm)**

## S4EA Fall Season

Sport-Practices	Day	Time	Location	Fall Season Sports, Call S4EA at 858-565-7432 For More Info
<b>Bowling</b> 	Sat	11am-1pm	<u><a href="#">Bowlero Chula Vista</a></u> (845 Lazo Ct, CV 91910) not Nov 11 & 25-\$9 for 2 games [League Play]	
	Register-Cathy Sturdivant Tourn-Dec 10	Sun	9am-1pm	<u><a href="#">Mira Mesa Lanes</a></u> (8210 Mira Mesa Blvd., SD 92126) once or twice a month at 11am-cost \$8 <u><a href="#">Bowlero Chula Vista</a></u> (845 Lazo Ct, Chula Vista 91910)
<b>Cycling</b> 	Sat	1:15-3:30pm	Nov 4-No Ride, Nov 11- <u><a href="#">Liberty Station</a></u> "Ride the Point", Meet at 7am, Picnic at 10:30am [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
<b>Floor Hockey</b> 	Mon	6:30-8:30pm	<u><a href="#">Park de la Cruz</a></u> (3901 Landis St., SD 92105) end Nov 27 [League Play] (Code: <u><a href="#">109773</a></u> )	
	Thu	4:00-5:30pm	<u><a href="#">Kearny Mesa Rec</a></u> (3170 Armstrong, SD 92111) not Nov 23 end Nov 30 [Jr] (Code: <u><a href="#">109775</a></u> )	
	Thu	6:00-7:30pm	<u><a href="#">Bostonia Rec Ctr</a></u> (1049 Bostonia, El Cajon 92021) not Nov 23 ending November 30	
	Tourn-Dec 2	Sat	9am-5pm	<u><a href="#">Park de la Cruz</a></u> (3901 Landis St., SD 92105) & <u><a href="#">Mid-City Gym</a></u> (4302 Landis St., SD 92105)
<b>Pickleball</b>	Mon	5:30-6:45pm	<u><a href="#">Park de la Cruz</a></u> (3901 Landis St., SD 92105) on November 20 & 27 (Code: <u><a href="#">109773</a></u> )	
<b>Volleyball</b> 	Mon	5:30-7:00pm	<u><a href="#">Park de la Cruz</a></u> (3901 Landis St., SD 92105) ending Nov 13 [League Play] (Code: <u><a href="#">109773</a></u> )	
	Tue	6:00-7:00pm	<u><a href="#">Boys &amp; Girls Club-Vista</a></u> (410 W. California Ave, Vista 92083) ending November 14	
	Tourn-Nov 18	Sat	9am-4pm	<u><a href="#">Balboa Park Activity Center</a></u> (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: None Scheduled

## 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](http://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-Volleyball/Floor Hockey Mon (Code: [109773](#)), Morley Field-Flag Football Wed (Code: [109774](#)), and Kearny Mesa Rec Ctr-Floor Hockey Jr. Thu (Code: [109775](#)).

## S4EA Holiday Party Sunday, December 3rd 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 3rd 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 November 30th.



## S4EA Code of Conduct

S4EA is fully committed to safeguarding and promoting the well-being of athletes, coaches, volunteers and others that participate in any S4EA activities. At practices, tournaments, social activities & special events, the coach to athlete ratio varies considerably. Parents and/or guardians of athletes that need a higher level of supervision will be expected to help supervise their athlete.

In order to be a part of S4EA, athletes and volunteers sign a Registration Form stating that they agree to adhere to the following code of conduct: Follow all sports rules of S4EA. Follow the S4EA Fair Play Guidelines. Follow all laws of local, state, and federal government. Illegal drugs will not be tolerated. Since S4EA is a sports organization, smoking and drinking should be avoided anywhere near the sports venues. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, sexual orientation, or religion. Inappropriate or illegal acts by participants will warrant S4EA to take action appropriate to the offense. Report any violations of Code of Conduct to Executive Director or Associate Director at S4EA office. For more info, contact S4EA at 858-565-7432.





858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org



~ November 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Fall Season Sports</b> - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Volleyball (VB)	<b>San Diego Co. Location</b> C - San Diego City EC - East County NC - North County SB - South Bay	<b>Facilities</b> Bostonia Recreation Ctr. Bowlero Chula Vista Boys & Girls Clubs Vista Kearny Mesa Rec. Ctr. Mira Mesa Lanes Park de la Cruz		<b>Facebook Birthday FR</b> For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	<b>Donate Stocks to S4EA</b> 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.	<b>Vols Needed for Office Projects</b> 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.
<b>Community Giving Program</b> Please contact Clara at <a href="mailto:sds4ea@gmail.com">sds4ea@gmail.com</a> or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.	<b>Designate S4EA with United Way</b> 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.		<b>1</b>	<b>2</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>3</b>	<b>4</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm No Ride
<b>5 Daylight Savings Ends</b> S4EA Bunco-S4EA Office-8380 Vickers St #E 1-3pm Vaccine Clinic-S4EA Office 12-4pm	<b>6</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>7 Election Day</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>8</b>	<b>9</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>10</b>	<b>11 Veterans Day</b> CY 7am-11:30am <a href="#">Liberty Station</a> "Ride the Point", Picnic at 10:30am
<b>12</b>	<b>13</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>14</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>15</b>	<b>16</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>17</b>	<b>18 S4EA Volleyball Tourn-Balboa</b> Park Activity Center 9am-4pm BO-SB 11am-1pm <a href="#">Bowlero CV</a>
<b>19</b>	<b>20</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> PB-C 5:30-6:45 <a href="#">Park de la Cruz</a>	<b>21</b>	<b>22</b>	<b>23 Thanksgiving</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> PB-C 5:30-6:45 <a href="#">Park de la Cruz</a>	<b>28</b>	<b>29</b>	<b>30</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>		

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 23rd!



#### Message from Exec. Dir. Walter Jackson

S4EA is running our fall season sports in bowling, cycling, floor hockey, pickleball & volleyball. Join S4EA at Bunco & go to Vaccine Clinic on Sun Nov 5 at S4EA office. Browse through the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.

#### S4EA Bowling Tourn. Dec 10 Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn. is scheduled for Sunday, December 10<sup>th</sup> from 9am-1pm 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 Tourney.



# SPORTS

for Exceptional Athletes



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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](http://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.

 Find us on  
**Facebook**  
WWW.FACEBOOK.COM/SPORTS4EA

Volunteers are needed as coaches for the fall season in bowling, cycling, 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.