



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 - OCTOBER 2020

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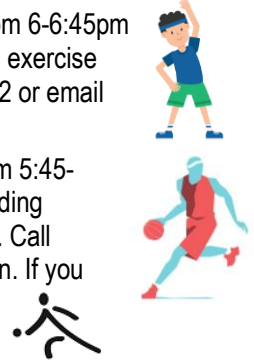
S4EA Zoom Exercise Workouts Monday (Exercise)/Wednesday (Yoga) & S4EA Zoom Sports Workouts Tuesday (Soccer)/Thursday (Basketball)



S4EA has scheduled Zoom Exercise Workouts on Mondays (Exercise) and Wednesdays (Yoga) from 6-6:45pm from the comfort and safety of your home. S4EA coach & PE Teacher Mary Lou Baranowski leads the exercise workouts and S4EA fitness coach Heather Maina leads the yoga workouts. Call S4EA at 858-565-7432 or email sds4ea@gmail.com to sign-up and get the Zoom password information.

S4EA has scheduled Zoom Sports Workouts on Tuesdays (Soccer) and Thursdays (Basketball) from 5:45-7pm from the comfort and safety of your home (start 15 minutes earlier so we can end before dark) ending October 29. S4EA coaches Walter Jackson, Nicole Alvarez & Myra Snowdall lead the sports workouts. Call S4EA at 858-565-7432 or email sds4ea@gmail.com to sign-up and get the Zoom password information. If you need a soccer ball or basketball for the workout, then call ahead and come by the S4EA office.

S4EA is planning Zoom bocce workouts from the comfort & safety of home starting in November.



S4EA Zoom Athlete Council Activities – Scavenger Hunt Oct 3 /Halloween Dance Oct 17



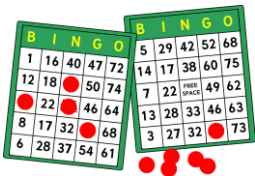
S4EA has scheduled a Zoom Scavenger Hunt on Sat Oct 3 from 6-7:30pm. Players find each item and show it to the camera. Each team receives one point for finding the correct item first.

Dress-up in your favorite Halloween Costume for the Zoom Halloween Costume Dance on Sat Oct 17 from 6-7:30pm from the comfort/safety of home. Be ready to party & dance the night away.

Call S4EA at 858-565-7432 or email sds4ea@gmail.com to RSVP and to get the Zoom password info.



S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Bingo Bash Sat Oct 10 & Drive-Thru Halloween Trunk-or-Treat Sat Oct 31

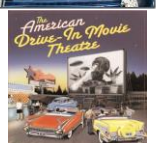


The S4EA Social Distancing Parking Lot Bingo Bash at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, October 10 from 2:30-4pm. For \$5.00 per set of 5 Bingo Cards, you can play Bingo while social distancing to see other S4EA families & friends. Bingo winners will receive prizes. Park in the parking lot (every other space) & play Bingo in your lawn chair in the parking space next to your car.

The S4EA Drive-Thru Halloween Trunk-or-Treat at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, October 31 from 3-4pm for free. Drive-Thru to see all the spooky decorated Trunk-or-Treat vehicles and open window to receive wrapped candy in zip-lock bags to treat on. Call S4EA at 858-565-7432 if you can be a host to decorate your Trunk-or-Treat vehicle.

S4EA is also planning Social Distancing Parking Lot Fun-A-Rama & Family Drive-In Movie Night in November/December.

For more info, to sign-up, & to determine the latest status on the Coronavirus Pandemic, call S4EA at 858-565-7432. Please use bathroom at home before attending these activities. Wear a mask & social distance at all activities.



S4EA Event Dates

- October 3** S4EA Zoom Scavenger Hunt – From the Comfort & Safety of Home (6-7:30pm)
- October 10** S4EA Bingo Bash – S4EA/North Shores Parking Lot (2:30-4pm)
- October 17** S4EA Zoom Halloween Costume Dance - From the Comfort/Safety of Home (6-7:30pm)
- ~~Oct 23-25~~ S4EA Family SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm) **Cancelled**
- October 31** S4EA Drive-Thru Halloween Trunk-or-Treat – S4EA/North Shores Parking Lot (3-4pm)

S4EA Fall Season

Cycling and Tennis have a soft opening if meet SDC Dept of Health Guidelines.
Zoom Exercise & Sports Workouts are held from the comfort & safety of your home.
All other sports practices & tournaments are CANCELLED until further notice.
Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Cycling	Sat	1:15-3:30pm	Various Locations [see calendar, S4EA website, coach for more info] Oct 3 – No Ride Oct 10 – Around the Bay – meet at San Diego County Administrative Center-Harbor Dr from 12:30-4:30pm (take 1pm ferry to Coronado) Oct 17 – Mission Trails Visitors Center to Santee Lakes Oct 24 – Liberty Station to Shelter Island and Navy Base Point Loma Oct 31 – De Anza Cove Park around Mission Bay
Tennis	Mon	6:00-7:00pm	Barnes Tennis Center (4490 W. Point Loma Blvd, SD 92107) ending Oct 26
Workouts	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort & safety of your Home
S4EA plans on having Zoom Bocce Workouts in November.	Wed	6:00-6:45pm	Zoom Yoga Workouts from the comfort & safety of your Home
	Tue	5:45-7:00pm	Zoom Soccer Workouts from comfort/safety of Home end Oct 27
	Thu	5:45-7:00pm	Zoom Basketball Workouts from comfort/safety of Home end Oct 29 (Soccer & Basketball start 15 minutes earlier so we can end before dark.)

Call S4EA at 858-565-7432 to get Zoom password info & if you need a soccer ball or basketball for workout.

S4EA Practices – New Guidelines During COVID-19

For S4EA practices, please do the following:

- Download [Athlete Registration Form](#) & [COVID-19 Waiver of Liability Form](#) from S4EA website, fill out & email to S4EA
- Do not come if you are sick
- Check temperature (if above normal, do not come to practice)
- Wash hands often with soap & water for at least 20 seconds
- **Wear a facemask**
- **Maintain Social Distancing of at least 6 feet**
- Bring your own filled water bottle (recommended)
- Bring your own sports equipment (highly recommended)
- Bring your own chair (recommended)
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Do not touch other people
- Only touch your own equipment
- **Avoid giving handshakes, high fives, and hugs**



Exercising at Home

During the Coronavirus Pandemic, S4EA athletes, families, volunteers & coaches should continue to do exercising at home if you are feeling well. If you want to take a walk, just maintain social distancing (at least 6 feet) from others and wear a facemask when out in public. You should continue to communicate with others, including by phone, text, email, social media, etc. S4EA has many Zoom Workouts & Social Activities. If you want to chart your progress doing Exercising each day, S4EA has a [S4EA Exercise Chart](#) or [Biggest Loser-Fitness Challenge](#). Visit the S4EA website at www.s4ea.org to find links to doing Sports and Exercises at Home during the Coronavirus Pandemic.

Halloween SPORTS Camp Cancelled

Because of the Coronavirus Pandemic, SPORTS for Exceptional Athletes has cancelled the Halloween SPORTS Camp #3 which had been scheduled for the weekend of October 23-25 at Green Oak Ranch. S4EA felt that our S4EA athletes and chaperones were not ready yet to attend an overnight camp at this time. S4EA hopes that the situation will have changed enough that we will be able to offer our SPORTS Camps once again in 2021.

In the meantime, S4EA is offering a Zoom Halloween Costume Dance on Saturday, October 17 and a Drive-Thru Halloween Trunk-or-Treat on Saturday, October 31. S4EA also has a variety of Zoom Workouts and Social Activities as well as some Socially Distancing Parking Lot Activities. Please call S4EA at 858-565-7432 for more information.



Cycling & Tennis have a soft opening if meet SDC Dept of Health Guidelines. Zoom Workouts at 6pm on weekdays.

All other sports practices & tournaments are CANCELLED until further notice.

858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org

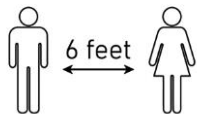


~ October 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports - Basketball (BB) [Zoom] - Cycling (CY) - Soccer (SO) [Zoom] - Tennis (TE)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<u>Facilities</u> Barnes Tennis Center	<u>S4EA Facemasks</u> S4EA has a limited supply of S4EA Facemasks for \$6 (1 color) & \$8 (multi-color) at S4EA office.	1 Zoom Basketball Workout 5:45-7pm Home	2	3 S4EA Zoom Scavenger Hunt 6-7:30pm From the Comfort & Safety of Home CY-No Ride
4	5 TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6-6:45pm Home	6 Zoom Soccer Workout 5:45-7pm Home	7 Zoom Yoga Workout 6-6:45pm Home	8 Zoom Basketball Workout 5:45-7pm Home	9	10 S4EA Social Distancing Bingo Bash 2:30-4pm North Shores Parking Lot CY 12:30-4:30pm Around the Bay SDC Admin Center-Harbor Dr (take 1pm ferry to Coronado)
11	12 Columbus Day TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6-6:45pm Home	13 Zoom Soccer Workout 5:45-7pm Home	14 Zoom Yoga Workout 6-6:45pm Home	15 Zoom Basketball Workout 5:45-7pm Home	16	17 S4EA Zoom Halloween Costume Dance 6-7:30pm From the Comfort & Safety of Home CY 1:15-3:30pm Mission Trails Visitors Center to Santee Lakes
18	19 TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6-6:45pm Home	20 Zoom Soccer Workout 5:45-7pm Home	21 Zoom Yoga Workout 6-6:45pm Home	22 Zoom Basketball Workout 5:45-7pm Home	23	24 CY 1:15-3:30pm Liberty Station to Shelter Island and Navy Base Point Loma
25	26 TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6-6:45pm Home	27 Zoom Soccer Workout 5:45-7pm Home	28 Zoom Yoga Workout 6-6:45pm Home	29 Zoom Basketball Workout 5:45-7pm Home	30	31 Halloween S4EA Drive-Thru Trunk-or-Treat 3-4pm North Shores Parking Lot CY 1:15-3:30pm De Anza Cove Park around Mission Bay
Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises & walking while maintaining social distancing (6' away from others).	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, etc. Call S4EA at 858-565-7432 to help.	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, 9575 Aero Dr #B, SD 92123. Thanks for your support.	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.	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.	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.

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



Printing courtesy of a grant from Las Patronas

Maintain Social Distancing & Wear Your Mask!



Message from Executive Director

Walter Jackson

SPORTS for Exceptional Athletes has been developing a new S4EA website. Check it out at www.s4ea.org and let us know if you like it.

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. We have a soft opening of select S4EA practices of cycling and tennis using new [S4EA Guidelines](#) including social distancing, facemasks, etc. S4EA has a limited supply of S4EA Facemasks for \$6 (1 color) & \$8 (multi-color) at S4EA office.

S4EA has exciting activities of Zoom Sports & Exercise Workouts at 6pm during the week. On select Saturdays, S4EA has Zoom events including Scavenger Hunt-Oct 3 & Halloween Dance-Oct 17 and socially distancing parking lot activities including S4EA Bingo Bash on Oct 10 & Drive-Thru Halloween Trunk-or-Treat on Oct 31. Please join us at these activities.



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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](#) & [COVID-19 Waiver of Liability Form](#) – Needed to participate during COVID-19) 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 cycling 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.