



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 - SEPTEMBER 2024

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

S4EA Fall Sports Need Volunteer Coaches

S4EA urgently needs volunteer coaches this fall for the following:

- South Bay Bowling on Sat 11am-1pm at Bowlero Chula Vista starting Sep 7
- South Bay Volleyball on Fri 6-8pm at Parkway Community Center starting Sep 20
- East County Floor Hockey on Thu 6-7:30pm at Bostonia Recreation Center starting Sep 19
- North County Volleyball on Tue 6-7:30pm at Boys & Girls Club-Vista starting Sep 24
- Bowling, Flag Football, Floor Hockey & Volleyball at various other practice site locations

If interested in volunteer coaching or to get a [Volunteer Application](#), call S4EA at 858-565-7432.



S4EA Pancake Breakfast Saturday September 28 at S4EA Office

S4EA has scheduled an [Outdoor Family Pancake Breakfast](#) on Saturday, September 28 from 8-10am at [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111). The breakfast includes pancakes, scrambled eggs, sausage, milk, juice & coffee for \$10 per person. A raffle will be held. An Athlete Council meeting will be held at the end of the pancake breakfast to discuss upcoming Athlete Council Activities. Come join S4EA at our Pancake Breakfast. For more info, call S4EA at (858)565-7432.



Halloween SPORTS Camp October 11-13 at Green Oak Ranch in Vista



[S4EA SPORTS Camp](#) on October 11-13 at [Green Oak Ranch](#) (1237 Green Oak Rd, Vista 92081) 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 & 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. Transportation will not be available. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego.

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 11 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.*












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

- September 8** S4EA Softball & Tennis Tourn–Morley Field in Balboa Park (9am-5pm)
- September 14** S4EA Bocce & Flag Football Tournament – La Jolla Country Day School (9am-3:30pm)
- September 28** S4EA Pancake Breakfast – S4EA Office (8-10am)
- October 11-13** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)
- November 23** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 7** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 8** S4EA Bowling Tournament – Bowlero Chula Vista (8am-12:30pm)
- December 14** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)



S4EA Summer & Fall Season

Sport-Practices	Day	Time	Location	Summer/Fall Sports, Call S4EA at 858-565-7432 to confirm/for more Info	
Bocce	Tue	5:30-7:00pm	Morley Bocce Ct (2221 Morley Field Dr, SD 92104) Jul 9-Sep 10 [League] (Code: 115152)		
	Thu	5:30-7:00pm	Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084) from Jul 11-Sep 12		
	Tourn-Sep 14	Sat	9am-3:30pm		La Jolla Country Day School (9490 Genesee Ave, La Jolla 92037)
Bowling	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) from Sep 7-Apr 26-\$9 for 2 games [League]		
	Sep 8 & 22	Sun	11am-12:20pm		Mira Mesa Lanes (8210 Mira Mesa Blvd., SD 92126)-\$8 for 1 game(call Cathy 949-922-3441)
	Tourn-Dec 8	Sun	8am-12:30pm		Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)
Cycling 	Sat	1:15-3:30pm	Sep 7- Tidelands Park-Coronado down Silver Strand, Sep 14- CV Marina to Imperial Beach Sep 21- Liberty Station to Seaport Village, Sep 28-No Ride [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]		
	Flag Football	Wed	5:45-7:15pm	Morley Field Athletic Fields (2221 Morley Field Dr., SD 92104) Sep 4-Oct 16 (Code: 118023)	
Tourn-Sep 14	Sat	9am-3:30pm	La Jolla Country Day School (9490 Genesee Ave, La Jolla 92037)		
Santa Clarita-Nov 10	Sun	8:30am-3:00pm	SNAP Flag Football Tournament at Valenica High School in Santa Clarita		
Floor Hockey 	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) Sep 16-Dec 2 [League Play] (Code: 118020)		
	Thu	4:00-5:30pm	Kearny Mesa Rec (3170 Armstrong, SD 92111 from Sep 19-Dec 5 [Jr] (Code: 118025)		
	Thu	6:00-7:30pm	Bostonia Rec Ctr (1049 Bostonia, El Cajon 92021) from Sep 19-Dec 5		
	Tourn-Dec 14	Sat	9am-5pm		Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)
Softball	Wed	5:45-8:30pm	Morley Softball Fd (2221 Morley Field Dr., SD 92104) end Sep 4 [League Play](Code: 115153)		
	Tue	5:00-6:30pm	Orange Park (341 Orange Ave., Chula Vista 91911) from Jun 18-Aug 27		
	Sun	6:00-7:30pm	Breeze Hill Park (645 S. Melrose, Vista 92081) from Jul 14-Aug 25		
	Tourn-Sep 8	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) from Jun 22-Sep 28-\$5/session(swimmers only)		
Tennis	Mon	6:00-7:00pm	Peninsula Tennis Club (2525 Bacon St., San Diego 92107) Aug 12, 19 & 26		
	Tourn-Sep 8	Sun	9am-3pm		Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
Volleyball	Mon	5:30-7:00pm	Park de la Cruz (3901 Landis St., SD 92105) Sep 16-Nov 18 [League Play] (Code: 118020)		
	Tue	6:00-7:30pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) from Sep 24-Nov 19		
	Fri	6:00-8:00pm	Parkway Com. Ctr. (373 Park Way, CV 91910) from Sep 20-Nov 22		
	Tourn-Nov 23	Sat	9am-4pm		Balboa Park Activity Center (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: Beach Volleyball-Sep 28

S4EA Practices & Tournaments – Guidelines



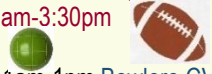



- Download [Athlete Registration Form](#) from S4EA website, fill out/email to S4EA
- If have COVID, isolate at least 5 days & wear mask 10 days
- Do not come if you are sick
- Wear a facemask indoors in large groups to help protect everyone & especially our athletes with disabilities
- Check temperature (if above normal, don't come to practice)
- 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. SDP&R-TRS is co-sponsoring S4EA 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 fall are Park de la Cruz-Floor Hockey/Volleyball Mon (Code: [118020](#)), Morley Field Softball Fields-Flag Football Wed (Code: [118023](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [118025](#)).

~ September 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Summer Season Sports - Bocce (BC) - Cycling (CY) - Softball (SB) - Swimming (SW) - Tennis (TE)	Fall Season Sports - Bowling (BO) - Flag Football (FB) - Floor Hockey (FH) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Center Morley Field-Balboa Park Park de la Cruz	Facilities Bowlero Chula Vista Brengle Terrace Park La Mesa Pool Mira Mesa Lanes Parkway Com. Center		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, 8380 Vickers St. #E, SD 92111. Thanks for your support
1	2 Labor Day 	3 BC-C 5:30-7pm Morley Fd	4 SB-C 5:45-8:30pm Morley FB-C 5:45-8:30pm Morley	5 BC-NC 5:30-7 Brengle Ter	6	7 BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Tidelands Park down Silver Strand SW-EC 10-11:30am LM Pool
8 S4EA Softball/Tennis Tourn-Morley Fd-Balboa Park 9am-5pm  BO-C/NC 11am-12:20 Mira Mesa	9	10 BC-C 5:30-7pm Morley Fd	11 FB-C 5:45-7:15pm Morley	12 BC-NC 5:30-7 Brengle Ter	13	14 S4EA Bocce/Flag Football Tourn-La Jolla Country Day School 9am-3:30pm  BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm CV Marina to IB SW-EC 10-11:30am LM Pool
15	16 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	17	18 FB-C 5:45-7:15pm Morley	19 FH-Jr. 4-5:30pm Kearny FH-EC 6-7:30pm Bostonia	20 VB-SB 6-8pm Parkway Com Ctr	21 BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Liberty Station to Seaport Village SW-EC 10-11:30am LM Pool
22 Autumn Begins  BO-C/NC 11am-12:20 Mira Mesa	23 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	24 VB-NC 6-7:30pm B&G Vista	25 FB-C 5:45-7:15pm Morley	26 FH-Jr. 4-5:30pm Kearny FH-EC 6-7:30pm Bostonia	27 VB-SB 6-8pm Parkway Com Ctr	28 S4EA Pancake Breakfast - S4EA Office 8-10am  BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm No Ride SW-EC 10-11:30am LM Pool Limitless Adventure Beach VB
29	30 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	Donate to S4EA 	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.	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.	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.	Vols Needed for Office Projects 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

FALL SPORTS Celebrate SPORTS by Joining a Fall SPORTS Program!



Message from Exec. Dir. Walter Jackson

Join S4EA at Pancake Breakfast on Sep 28. S4EA is starting our fall sports in bowling, flag football, floor hockey, and volleyball. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



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Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 11-13 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed.

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



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

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