



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

# SPORTS NEWS - FEBRUARY 2026

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

## S4EA 'Rock the Night Away' Dinner Dance Saturday Feb 21 at Chula Vista Elks Lodge



The SPORTS for Exceptional Athletes (S4EA) 'Rock the Night Away' Dinner Dance is taking place on Saturday, February 21<sup>st</sup> 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. To register, please call S4EA at 858-565-7432 by February 12<sup>th</sup>.

**Rock the Night Away**

## Guacamole Bowl – Saturday March 21 at the Balboa Park Club



Taste delicious guacamole from 20 teams at the 23rd annual Law Enforcement Challenge "Guacamole Bowl" fundraiser on Saturday, March 21, 2026 from 10:00am until 2:00pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). Taste the Guacamole from champions from the past 22 years and discover new recipes from up and coming teams. Guacamole starter kits will be available for purchase.

Teams compete in Law Enforcement, Champions, and Open Divisions.

To enter a team, fill out & return the [Guacamole Registration Form](#) &

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, visit [www.s4ea.org/guacamole-bowl](http://www.s4ea.org/guacamole-bowl) or call S4EA at 858-565-7432. For tickets, go to <https://www.s4ea.org/event-details/guacamole-bowl-1>



2025 Guacamole Bowl Champs  
Cheese Enchiladas

## S4EA Pancake Breakfast/Athlete Council Elections Saturday April 18 at S4EA Office



The [S4EA Pancake Breakfast Fundraiser](#) is being held at the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Saturday, April 18 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, juice & coffee. A raffle will be held. The S4EA Athlete Council elections will be held at the Pancake Breakfast for the following S4EA Athlete Council Officers: President, Vice President, Treasurer, Secretary & Sergeant-At-Arms. Bring family & friends to the delicious breakfast and support S4EA. For more info or tickets, call S4EA at 858-565-7432.



## S4EA Event Dates

**February 7**

**February 21**

**March 7**

**March 21**

**April 11**

**April 18**

**April 25**

**May 15-17**

**June 27**

**S4EA Winter Sports (Snowshoeing) Festival-Crown Point (10am-1pm)**

**S4EA 'Rock the Night Away' Dinner Dance – CV Elks Lodge (5-9pm)**

**S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)**

**S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)**

**S4EA Basketball Tournament – Park de la Cruz & Mid-City (9am-5pm)**

**S4EA Pancake Breakfast/Ath Council Elections–S4EA Office (8-10am)**

**S4EA Final Track Meet – Sweetwater High School (9am-1pm)**

**S4EA SPORTS Camp-Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)**

**S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)**



## S4EA Winter Season

<b>Sport-Practices</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	Winter Season Sports, Call S4EA at 858-565-7432 for more Info
 <b>Basketball</b>	Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Jan 5-Apr 6 (not Feb 16) [League] (Code: <a href="#">127432</a> )	
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Recreation Ctr.</a> (3170 Armstrong, SD 92111) Jan 15-Apr 9 [Jr](Code: <a href="#">127433</a> )	
	Thu	6:00-7:30pm	<a href="#">Bostonia Recreation Center</a> (1049 Bostonia, El Cajon 92021) January 22-April 9	
	Thu	6:00-7:00pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W. California Ave, Vista 92083) January 15-April 9 not Jan 29	
	Fri	5:30-7:00pm	<a href="#">Parkway Community Center Gymnasium</a> (373 Park Way, CV 91910) Jan 16-Apr 10	
	Sat	9:00am-5:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) & <a href="#">Mid-City Gym</a> (4302 Landis St., SD 92105)	
Tourn-Apr 11				
 <b>Bowling</b>	Sat	11am-1pm	<a href="#">Lucky Strike CV</a> (845 Lazo Ct, CV 91910) Jan 10-Apr 25 not Feb 14-\$9 for 2 games [League]	
	Sun	10:45-12:20pm	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, <a href="mailto:cathysturdivant@yahoo.com">cathysturdivant@yahoo.com</a> to confirm	
Feb 1 & 15				
 <b>Track</b>	Sat	10:00am-12noon	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950) January 3-April 25	
	Sun	9:00-11:00am	<a href="#">Helix High School</a> (7323 University Ave., La Mesa 91941) January 11-April 19	
	Prelim Meet-Mar 7 Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)	
	Final Meet-Apr 25 Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)	
 <b>Volleyball</b>	Mon	5:30-6:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Feb 9-Mar 23 not Feb 16 (Code: <a href="#">127432</a> )	
 <b>Winter Sports</b>	Mon	5:30-6:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Jan 5-Feb 2 [Dry Land Cond.] (Code: <a href="#">127432</a> )	
	Winter Festival Feb 7 Sat	10am-1pm	<a href="#">Crown Point Shores Beach</a> [Snowshoeing Races & Picnic Lunch]	

Also see Calendar for Practices, Tournaments, Events. and Off-Season Cycling Rides.

## S4EA Winter Sports Snowshoeing Festival Sat Feb 7 at Crown Point Shores



The [S4EA Winter Sports Snowshoeing Festival](#) is scheduled for Saturday, February 7<sup>th</sup> at [Crown Point Shores](#) from 10am-1pm. Athletes compete and win medals in various snowshoeing & other fun races. We will barbeque hamburgers & hot dogs, play sports & games. Let's have fun with our S4EA athletes, families & friends. Party time!!! Athletes practice snowshoeing every Monday from 5:30-6:30pm at Park de la Cruz starting January 5<sup>th</sup>. Call S4EA at 858-565-7432 to reserve your spot.



## San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



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 winter are Park de la Cruz-Basketball/Volleyball/Winter Sports Conditioning Mon (Code: [127432](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [127433](#)).

## S4EA Winter Sports Need Volunteer Coaches

S4EA needs volunteer coaches this winter for the following:

- [South Bay Bowling](#) on Sat 11am-1pm at Lucky Strike Chula Vista from Jan 10-Apr 25
- [South Bay Basketball](#) on Fri 5:30-7pm at Parkway Com. Center Gym from Jan 16-Apr 10
- [East County Basketball](#) on Thu 6-7:30pm at Bostonia Recreation Center from Jan 22-Apr 9
- [North County Basketball](#) on Thu 6-7pm at Boys & Girls Club-Vista from Jan 15-Apr 9
- [San Diego City/East County Track](#) on Sun from 9-11am at Helix High School from Jan 11-Apr 19
- Basketball, Bowling, Track & Volleyball at various other practice site locations

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



# Volunteer to Coach

Give a little. Get a lot!

Families & friends are welcome.  
No experience needed.

## S4EA Board of Directors Elections



S4EA will be having elections for our new Board of Directors in a few 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 5.



## ~ February 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Winter Season Sports</b> - Basketball (BB) - Bowling (BO) - Cycling (CY) - Track (TF) - Volleyball (VB) - Winter Sports Cond.(WS)	<b>San Diego Co. Location</b> C - San Diego City EC - East County NC - North County SB - South Bay	<b>Facilities</b> Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Com. Center Gym	<b>Facilities</b> Helix High School Lucky Strike Chula Vista Mira Mesa Lanes Sweetwater High School			<b>31</b> BO-SB 11am-1pm <a href="#">Lucky Strike</a> CY 1:15-3:30pm <a href="#">Lake Murray</a> (Kiowa entrance parking lot near entrance) around lake x2 TF-SB 10-12 <a href="#">Sweetwater HS</a>
<b>1</b> BO-C/NC 10:45a-12:20 <a href="#">Mira Mesa</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>2</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> WS 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>3</b>	<b>4</b>	<b>5</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>6</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>7</b> S4EA Winter Sports Festival (Snowshoeing) – Crown Point Shores 10am-1pm  BO-SB 11am-1pm <a href="#">Lucky Strike</a> TF-SB 10-12 <a href="#">Sweetwater HS</a>
<b>8</b> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>9</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> VB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>10</b>	<b>11</b>	<b>12</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>13</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>14</b> Valentine's Day  TF-SB 10-12 <a href="#">Sweetwater HS</a>
<b>15</b> BO-C/NC 10:45a-12:20 <a href="#">Mira Mesa</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>16</b> Presidents' Day 	<b>17</b>	<b>18</b>	<b>19</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>20</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>21</b> S4EA 'Rock the Night Away' Dinner Dance - Chula Vista Elks 5-9pm  BO-SB 11am-1pm <a href="#">Lucky Strike</a> TF-SB 10-12 <a href="#">Sweetwater HS</a> CY 1:15-3:30pm <a href="#">Liberty Station</a> ferry to Coronado
<b>22</b> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>23</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> VB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>24</b>	<b>25</b>	<b>26</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>27</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>28</b> BO-SB 11am-1pm <a href="#">Lucky Strike</a> TF-SB 10-12 <a href="#">Sweetwater HS</a>
	Donate to S4EA 	<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>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>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>Vol's 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>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

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



**Happy Valentine's Day to You & Your Sweetheart!**



**Message from Exec. Dir. Walter Jackson**

Join S4EA at 'Rock the Night Away' Dinner Dance on Sat Feb 21 at Chula Vista Elks Lodge. Taste delicious guacamole at [Guacamole Bowl](#) on Sat Mar 21 at Balboa Park Club. S4EA is running our winter sports (basketball, bowling, track & volleyball). Browse thru Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.



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**S4EA SPORTS Camp at Buckhorn Camp**

S4EA has scheduled [SPORTS Camp](#) for May 15-17 at [Buckhorn Camp in Idyllwild](#).

S4EA is working on receiving Vendor Approval from Regional Center for SPORTS Camp.

For more info, call S4EA at 858-565-7432.



**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 send 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: basketball, bocce, bowling, cross country/ downhill skiing, cycling, flag football, floor hockey, golf, ice skating, pickleball, 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.
- To [donate a vehicle to S4EA](#), call toll free 855-500-7433; free pick-up; tax receipt provided; and no smog certificate required.

SPORTS for Exceptional Athletes is a non-profit 501(c)(3) organization (ID # 20-8886536). Contributions are tax deductible as allowed by law.

[Volunteers](#) are needed as coaches for the winter season in basketball, bowling, track, volleyball & 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.



[www.facebook.com/sports4ea](http://www.facebook.com/sports4ea)

Donate to S4EA



**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.