



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

# SPORTS NEWS - AUGUST 2020

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

### Coronavirus (COVID-19)

The health & safety of the S4EA community is our top priority. In light of the daily changes in the news on the Coronavirus (COVID-19) Pandemic, we are hearing more and more of the dangers of having large numbers of people gathered in one location. Due to the medical conditions of some people with developmental disabilities, the nature of close and physical contact while playing sports, and the increased exposure to the virus, our athletes are at a higher risk of contracting the virus, including a severe case.

The following have been cancelled or postponed:

- All S4EA Practices (except cycling & tennis) & Tournaments Cancelled Until Further Notice

For more information on precautions and the Coronavirus, contact the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Take steps to protect yourself and others

- Wash hands often with soap and water for at least 20 seconds.
- Avoid close contact.
- Avoid giving handshakes, high fives, and hugs.
- Social distancing – stay at least 6' away from other people.
- Wear a face mask when need to go out in the public.
- Stay home whether you're sick or not (self-quarantine).
- Cover coughs and sneezes.
- Clean and disinfect.

As of June 18<sup>th</sup> California Governor Gavin Newsom makes wearing face masks mandatory when out in public amid rising coronavirus cases.

#### Summer Sports – Soft Reopening in Cycling/Tennis

At the S4EA Board meeting of July 8<sup>th</sup>, the S4EA Board decided to have a **soft re-opening of the summer sports practices of cycling and tennis after July 12<sup>th</sup> if those sports meet the guidelines of the San Diego County Department of Health for reopening.** The numbers of people may be limited to insure that we can maintain social distancing of 6'. Athletes & coaches must wear a mask to practice and will have their temperature checked.

### S4EA Zoom Workouts Mon/Wed & S4EA Zoom Dance Aug 15

S4EA has scheduled Zoom workouts on Mondays and Wednesdays from 6-6:45pm starting August 10. S4EA coach Heather Maina is a trained fitness coach and will be leading the workouts. Call S4EA at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to RSVP & get Zoom info.

S4EA has scheduled a Zoom Dance Party on Saturday, August 15 from 6-8pm from the comfort and safety of home. You can dress-up as much as you want. Be ready to party and dance the night away. Call S4EA at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to RSVP and to get the Zoom password information.

S4EA is also working on having a Zoom Talent Show so start practicing your jokes, skits, songs, or other acts.



### S4EA Drive-Thru Family Pancake Breakfast



S4EA is working on the possibility of having a S4EA Drive-Thru Family Pancake Breakfast at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) on Sat September 19 from 8-10am for \$10 per person. Drive-thru to pick-up your breakfast (pancakes, scrambled eggs, sausage, milk/juice/coffee) in to-go containers.



Park in the parking lot (every other space) & eat your pancake breakfast in your lawn chair in the parking space next to your car. In this way you can social distance to see other S4EA families & friends. Win great prizes at the raffle. Bring the family to the delicious breakfast & support S4EA. For more info & to determine the latest status on the Coronavirus Pandemic, please call S4EA at 858-565-7432.

S4EA is also working on the possibility of having Social Distancing Parking Lot Bingo Bash, Fun-A-Rama & Family Drive-In Movie Night as well as On-Line Bunco. For more info, please call S4EA at 858-565-7432.

### S4EA Event Dates

August 15

September 19 TBD

October 23-25 TBD

S4EA Zoom Dance Party – From the Comfort & Safety of Home (6-8pm)

S4EA Drive-Thru Pancake Breakfast – S4EA/North Shores Parking Lot (8-10am)

S4EA Family SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

## S4EA Summer Season

*Cycling and Tennis have a soft opening.*

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

*Contact S4EA at [www.s4ea.org](http://www.s4ea.org) or 858-565-7432 for more updates.*

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<b>Cycling</b>	Sat	1:15-3:30pm	Various Locations [see calendar, S4EA website, coach for more info] Jul 25 – <a href="#">Hospitality Point</a> (northern tip near lifeguard service) to Mission Valley Aug 1 – No Ride (no reason) Aug 8 – <a href="#">Chula Vista Marina</a> (parking lot on the bay) to Imperial Beach Aug 15 – <a href="#">Miramar Lake</a> (parking lot near snack bar) Around the Lake X 2 Aug 22 – <a href="#">De Anza Cove</a> route 5 bike path Aug 29 – <a href="#">Hospitality Point</a> (northern tip near lifeguard service) to Sunset Cliffs
<b>Tennis</b>	Mon	6:00-7:00pm	<a href="#">Barnes Tennis Center</a> (4490 W. Point Loma Blvd., San Diego 92107) ending August 31
<b>Workouts</b>	Mon/Wed	6-6:45pm	Zoom Workouts/Exercises from the comfort & safety of your Home starting August 10

## S4EA Practices – New Guidelines During COVID-19

When S4EA practices resume, 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)
- Bring/wear a facemask
- Bring gloves (recommended, but not required)
- 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
- Maintain Social Distancing of at least 6 feet
- **Avoid giving handshakes, high fives, and hugs**



## Exercising at Home

During the Coronavirus Pandemic, S4EA athletes, families, volunteers, and coaches should continue to do exercising at home as long as 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 the public. You should continue to communicate with others, including by phone, text, email, social media, etc. If you want to chart your progress in doing Exercising each day, then S4EA has a [S4EA Exercise Chart](#) or [Biggest Loser-Fitness Challenge](#). Visit the S4EA website at [www.s4ea.org](http://www.s4ea.org) to find links to doing Sports and Exercises at Home during the Coronavirus Pandemic.

## SPORTS Camps

Because of the Coronavirus Pandemic, Buckhorn Camp in Idyllwild had to close their camp through the entire summer. Therefore, S4EA had to cancel SPORTS Camp #2 from July 31-August 2 at Buckhorn Camp in Idyllwild.

Green Oak Ranch in Vista is currently allowing family camps to use their facilities. Depending upon the status of the Coronavirus Pandemic this fall, S4EA is working on the possibility of having some sort of Family SPORTS Camp #3 during the weekend of October 23-25 at Green Oak Ranch in Vista. If the camp includes overnights, then to keep social distancing each cabin would only have 1 family group of 2-5 people even though the cabin normally holds 12 people. Each family group would rotate during the day through the various activities, with only 1 family group at each activity. The meals would be pre-packaged as to-go boxes so that you could eat your meals social distancing from other groups outside. We would have multiple hand sanitizer/hand washing stations throughout the camp and would work out how the various bathrooms would be used. Another possibility instead of an Overnight Camp would be to hold a Family Day Camp at Green Oak Ranch. As we get closer, we will be able to make a better decision based on the status of the Coronavirus Pandemic.



858-565-7432

*Cycling and Tennis have a soft opening.*  
*All other sports practices & tournaments are CANCELLED until further notice.*

# SPORTS for Exceptional Athletes

www.s4ea.org

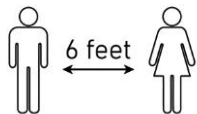


~ August 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Summer Season Sports</u> - Cycling (CY) - 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>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, 9575 Aero Dr #B, SD 92123. Thanks for your support.	<u>Community Giving Program</u> 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.	<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.	<b>1</b> CY-No Ride
<b>2</b>	<b>3</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> CY 1:15-3:30pm <a href="#">Chula Vista Marina</a> (parking lot on the bay) to Imperial Beach
<b>9</b>	<b>10</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Workout 6-6:45pm Home	<b>11</b>	<b>12</b> Zoom Workout 6-6:45pm Home	<b>13</b>	<b>14</b>	<b>15</b> S4EA Zoom Dance 6-8pm From the Comfort of Home CY 1:15-3:30pm <a href="#">Miramar Lake</a> (parking lot near snack bar) Around Lake X 2
<b>16</b>	<b>17</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Workout 6-6:45pm Home	<b>18</b>	<b>19</b> Zoom Workout 6-6:45pm Home	<b>20</b>	<b>21</b>	<b>22</b> CY 1:15-3:30pm <a href="#">De Anza Cove</a> route 5 bike path
<b>23</b>	<b>24</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Workout 6-6:45pm Home	<b>25</b>	<b>26</b> Zoom Workout 6-6:45pm Home	<b>27</b>	<b>28</b>	<b>29</b> CY 1:15-3:30pm <a href="#">Hospitality Point</a> (northern tip near lifeguard service) to Sunset Cliffs
<b>30</b>	<b>31</b> TE-C 6-7 <a href="#">Barnes Tennis Ctr</a> Zoom Workout 6-6:45pm Home		<b>Stay safe at home during            Coronavirus Pandemic.            Keep doing stretching,            exercises &amp; walking while            maintaining social            distancing (6' away from            others).</b>	<u>Vols Needed for Office            Projects</u> Volunteers are needed to help with various office projects including mail- outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	<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>Shop Online with AmazonSmile</u> <b>By registering S4EA at  <a href="https://smile.amazon.com">smile.amazon.com</a>, Amazon            will donate 0.5% of the            purchase price to S4EA. You            get the same low prices &amp;            selection as on Amazon.com.</b>

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. Please take a look at [www.sds4ea.wixsite.com/s4ea](http://www.sds4ea.wixsite.com/s4ea) and let us know if you like it.

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. We will have a soft opening of select S4EA practices of cycling and tennis using new [S4EA Guidelines](#) including social distancing, facemasks, etc. Please fill out & return the [S4EA Survey Regarding Reopening Sports during COVID-19](#).

We are saddened by the passing of S4EA athlete Kenyetta Pete on June 26<sup>th</sup>. We had a Zoom Kenyetta Pete Celebration of Life on July 10<sup>th</sup> with the following YouTube link <https://youtu.be/lx4Xbj-22bo> and program link <http://s4ea.org/documents/other/Pete%20Program.pdf>.



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

[Volunteers](#) are needed as coaches for the Summer 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.

 Find us on  
**Facebook**  
[www.facebook.com/sports4ea](http://www.facebook.com/sports4ea)