



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 - MAY 2024

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

S4EA SPORTS Camp May 3-5 at Camp Marston in Julian

S4EA has scheduled [SPORTS Camp](#) for May 3-5 at [Camp Marston](#) (4761 Pine Hills Rd, Julian 92036). Camp Marston offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga-Ga, talent show, campfire). Campers spend 2 nights in new group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, a camper using a wheelchair may be limited to certain activities (cabins & dining hall are accessible). 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 Camp Marston in Julian which is approximately a 1 hour drive from San Diego.



The S4EA SPORTS Camp Registration Fee is \$300 per camper 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). *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*

Partial scholarships & [Family Rate Specials](#) are available. For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.



S4EA Athlete Council Activities- S4EA Bingo Bash Sat May 18 at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, May 18 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-4:30pm. We will play bingo outside. For \$5.00 per set of 5 Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes. Snacks will be provided. Call S4EA at 858-565-7432 to reserve your spot.



"A Taste 4 SPORTS" Gala Fundraiser Wed June 26 at Balboa Park Club

S4EA is hosting for our members the 17th Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser on Wednesday, June 26th from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 10-15 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, including NBA Hall of Fame player Bill Walton & Mad Mike from MTVs "Pimp My Ride", enjoy music from the band 'Beatle Trax' & bid on an exquisite array of auction items. Reservations are \$60 per person.



S4EA will be honoring San Diego Padres Pitching Legend Randy Jones as our 2024 'SPORTS Man of the Year'. Randy Jones won the Cy Young Award with the San Diego Padres in 1976 and was inducted into the San Diego Padres Hall of Fame.

Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. Please donate gift certificates, trips, autographed sports memorabilia to enhance the auction. For more info, call 858-565-7432 or visit www.s4ea.org.



S4EA Event Dates

May 3-5
May 18
June 26
July 13
August 3

S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
S4EA Bingo Bash – S4EA Office (3-4:30pm)
"A Taste 4 SPORTS" – Balboa Park Club (6-9pm)
S4EA Summer Sports Festival – Park de la Cruz (9am-3pm)
S4EA Swim Meet – St. Madeleine Sophie's Center, El Cajon (8am-1pm)



S4EA Spring Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Spring Season Sports, Call S4EA at 858-565-7432 For More Info
Baseball	Sat	10am-12noon	Balboa (3900 Mt. Acadia, San Diego 92111) (Code: 113292) ending May 18	
Basketball	Mon Thu	6:00-8:30pm 4:00-5:30pm	Park de la Cruz (3901 Landis St., SD 92105) ending May 6 [League Play] (Code: 113290) Kearny Mesa Rec Ctr (3170 Armstrong, SD 92111) ending May 9 [Open Jr] (Code: 113291)	
Bowling	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) end Apr 27-\$9 for 2 games [League]	
1-2 Sundays/month		11am-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd., SD 92126)-\$8 for 1 game(call Cathy 949-922-3441)	
Cycling	Sat	1:15-3:30pm	May 4- Lake Murray , May 11- Liberty Station , May 18- Plaza Bonita , May 25- Hospitality Point [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
Pickleball	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) ending May 6 (Code: 113290)	
Swimming	Fri	5:00-7:00pm	Las Palmas Pool (1800 E 22 nd St, National City 91950) \$20 per month (Non-Swimmers 5-6pm, Swimmers 6-7pm)	
Meet-Aug 3	Sat	8:00am-1:00pm	St. Madeleine Sophie's Center (2119 E. Madison Ave., El Cajon 92019)	

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: Field Day-May 18

Summer Sports include bocce, soccer, softball, and tennis. See S4EA June Newsletter, visit S4EA website at www.s4ea.org or call S4EA at 858-565-7432 for more information.

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 indoors in large groups 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 or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the spring are [Park de la Cruz-Basketball/Pickleball Mon](#) (Code: [113290](#)), [Balboa/Mt. Acadia-Baseball Sat](#) (Code [113292](#)) & [Kearny Mesa Rec Ctr-Basketball/Open Gym Jr.](#) (Code: [113291](#)).

S4EA Athlete Council Elects New Officers for 2024-2025

The S4EA Athlete Council had elections at the S4EA Pancake Breakfast in April. Congratulations to the following officers: President-Matthew Rathbun, VP-Louis Flam & Eric Nelson, Secretary-Aaron Rosenstein, Treasurer-James Stolarek, Sgt At Arms-Isaac Hernandez.








S4EA Summer Sports Festival July 13 at Park de la Cruz

S4EA is bringing back the popular Summer Sports Festival on Saturday, July 13th to be held at [Park de la Cruz](#) (3901 Landis St., San Diego 92105) from 9am-3pm. Play a variety of sports such as Basketball, Bocce, Cycling, Flag Football, Floor Hockey, Futsal, Lacrosse, Pickleball, Quidditch, Soccer, Softball & Volleyball. The picnic will also include lunch, music, classic cars, relay races, fun & games, party time & socializing with your friends & family.



The SPORTS Festival is sponsored by SPORTS for Exceptional Athletes and co-sponsored by San Diego Parks & Recreation – Therapeutic Recreation Services (code: [115154](#)). Athletes with developmental disabilities, families, friends, coaches, volunteers, supporters, and others in the community are invited to play in our Sports Festival/Picnic. Join in the fun & games! Play as many sports as you want. There is no cost. To sign up or for more information, call SPORTS for Exceptional Athletes at 858-565-7432.

~ May 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Spring Sports</u></p> <ul style="list-style-type: none"> - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Cycling (CY) - Pickleball (PB) - Swim (SW) - Track (TF) 	<p><u>San Diego Co. Location</u></p> <p>C - San Diego City EC - East County NC - North County SB - South Bay</p>	<p><u>Facilities</u></p> <p>Balboa/Mt. Acadia Kearny Mesa Rec. Center Las Palmas Pool Mira Mesa Lanes Park de la Cruz Gym</p>	<p><u>Facebook Birthday FR</u></p> <p>For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.</p>	<p><u>Community Giving Program</u></p> <p>Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.</p>	<p><u>Donate to S4EA</u></p> 	<p><u>S4EA Board of Directors Elections</u></p> <p>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 May 6.</p>
<p><u>Vols Needed for Office Projects</u></p> <p>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.</p>	<p><u>Donate Stocks to S4EA</u></p> <p>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.</p>	<p><u>Designate S4EA with United Way</u></p> <p>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.</p>	1	2 Open Gym-Jr 4-5:30pm Kearny	3 SPORTS Camp-YMCA Camp Marston, Julian  SW-SB 5-7pm Las Palmas	4 SPORTS Camp-YMCA Camp Marston, Julian  CB-Game 10-12 Balboa CY 1:15-3:30pm Lake Murray
5 SPORTS Camp-YMCA Camp Marston, Julian 	6 BB-C 6-8:30pm Park de la Cruz PB-C 5:30-6:30 Park de la Cruz	7	8	9 Open Gym-Jr 4-5:30pm Kearny	10 SW-SB 5-7pm Las Palmas	11 CB-Game 10-12 Balboa CY 1:15-3:30pm Liberty Station
12 Mother's Day 	13	14	15	16	17 SW-SB 5-7pm Las Palmas	18 S4EA Bingo Bash – S4EA Office 3-4:30pm  CB-Game 10-12 Balboa CY 1:15-3:30pm Plaza Bonita Limitless Adventure Field Day
19	20	21	22	23	24 SW-SB 5-7pm Las Palmas	25 CY 1:15-3:30pm Hospitality Pt.
26	27 Memorial Day 	28	29	30	31 SW-SB 5-7pm Las Palmas	

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



Join S4EA at SPORTS Camp May 3-5!



Message from Exec. Dir. Walter Jackson

Join S4EA at Bingo Bash on Sat May 18 at S4EA Office. S4EA is running our spring sports in baseball, basketball, bowling, cycling, pickleball, and swimming. SPORTS Camp takes place May 3-5 at Camp Marston in Julian. "A Taste 4 SPORTS" is scheduled for Wed Jun 26 at the Balboa Park Club. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



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SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp May 3-5 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up.

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 spring season in baseball, basketball, bowling, cycling, pickleball, and swimming. 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.