



**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 - APRIL 2021

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

## S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Drive-Thru Family Pancake Breakfast Saturday April 10



The S4EA Drive-Thru Family [Pancake Breakfast](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, April 10 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.



Please use bathroom at home before attending these activities. Wear a mask & social distance at all activities. Call S4EA at 858-565-7432 to RSVP & to determine the latest status on the Coronavirus Pandemic.

## S4EA Zoom Karaoke & Athlete Council Elections Friday April 23 from Comfort of Home



The S4EA Zoom Karaoke Night & Athlete Council Elections is scheduled for Friday, April 23 from 6-8pm from the comfort and safety of home. We will sing a lot of songs while getting a chance to socialize with friends and other S4EA athletes. Elections will be held for the S4EA Athlete Council so get your speech ready on why you would like to become a member of the Athlete Council.



Call S4EA at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to RSVP and to get the Zoom password information.

## Guacamole Bowl *On Wheels* held March 6 Makes Over \$8,000 for S4EA

The Guacamole Bowl *On Wheels*, held on Saturday, March 6<sup>th</sup> from 10am-2pm by the Balboa Park Club, was a great success. 210 vehicles picked-up a Guacamole Making Kit and Guacamole Recipe Book for a \$25 donation. S4EA received over \$8,000 in donations. Thank you to Henry Avocado Corp. for donating the avocados, Mission Foods for donating the chips, and to everyone who participated in the Guacamole Bowl *On Wheels*.



## COVID-19 Guidelines are Evolving as more People Get Vaccinated

California has started vaccinating people with disabilities as of March 15<sup>th</sup>. Athletes can sign a self-attestation that they meet the criteria in order to receive their vaccine. If an athlete needs help in this process, please call S4EA at 858-565-7432.

According to the CDC, 14 days after individuals have received their second vaccine for Moderna and Pfizer (or their single vaccine for Johnson & Johnson), those individuals can start seeing other vaccinated relatives without a mask.

However, everyone must continue to social distance and wear a mask when out in public or near other people. Get your vaccine when it becomes available. We want to all stay healthy until the vaccine is widely distributed and we can once again start playing SPORTS and seeing our friends and relatives. S4EA is hoping that we can offer our outdoor summer sports by June/July. Stay tuned for updates!



[Frequently Asked Questions](#) about the COVID-19 Vaccine for athletes with developmental disabilities from DDS and [Getting Rides to Vaccination Sites](#) is available on the S4EA website [www.s4ea.org](http://www.s4ea.org) on the Coronavirus page.

## S4EA Event Dates

- April 10** S4EA Drive-Thru Pancake Breakfast – S4EA/North Shores Parking Lot (8-10am)
- April 23** S4EA Zoom Karaoke Night & Athlete Council Elections – From the Comfort of Home (6-8pm)
- May/June TBD** S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (Virtual, Drive-Thru, or Live?)

## S4EA Spring Season

Cycling and Tennis had a soft opening as met 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](http://www.s4ea.org) or 858-565-7432 for more updates.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<b>Cycling</b> 	Sat	1:15-3:30pm	Various Locations starting April 10-Miramar Lake, Apr 17-Crown Pt., Apr 24-Liberty Station [see calendar, S4EA website, coach for more info]
<b>Workouts</b> 	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort & safety of Home
	Tue	6:00-7:00pm	Zoom Bocce Workout from comfort of Home end Apr 27
	Thu	6:00-7:00pm	Zoom Sports Crater Workout at Home end Apr 29
	Tue	6:00-7:00pm	Zoom Soccer Workout from comfort & safety of Home start May 4
	Thu	6:00-7:00pm	Zoom Basketball Workout from comfort & safety of Home start May 6

Call S4EA at 858-565-7432 to get Zoom password info & if you need bocce & sports crater equipment (pallina, hacky sacks, bean bag board) 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)
- **Before & during practice, coaches clean various surfaces, sports equipment, etc. with HOCL to kill any COVID-19 virus**
- 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**



### Electrolyzed Water (HOCL)

Electrolyzed water (HOCL) is effective in killing bacteria & viruses, including the COVID-19 virus. S4EA has a machine that makes HOCL from water & salt. Coaches, volunteers, supporters, athletes & their families can pick-up a bottle of HOCL from S4EA to spray and disinfect various surfaces, equipment, etc. Call S4EA at 858-565-7432 for more info.

## Ride Along with our Cycling Program

Because cycling is an outdoor & socially distancing sport, S4EA is able to offer cycling during the Pandemic. Remember, though, cyclists must wear face masks anytime they cannot maintain the social distancing of at least 6 feet.

Athletes are encouraged to join the cycling program as cycling is a fun way to spend a Saturday afternoon enjoying the sights of San Diego while also a great way to get exercise to keep in shape. Families and caregivers are welcome to ride along with the group. Rides are generally about 12 miles. Must wear helmets and provide own bikes and transportation to the meeting site. If you would like to join the cycling program, call S4EA at 858-565-7432.

The cyclists ride on Saturdays from 1:15-3:30pm at various locations starting April 10<sup>th</sup> at Miramar Lake.

Rides are posted on the S4EA website [www.s4ea.org](http://www.s4ea.org), calendar, or call head coach Russ Buckley at 619-992-0164 for more information.

## S4EA Volunteer Needed As Zoom Exercise or Yoga Coach

S4EA has been running Zoom Exercise and Yoga Workouts since last summer. We are now in need of a person who can lead the Zoom Exercise and/or the Zoom Yoga Workouts (or dancing, Zumba, jazzercise, etc.). Please call S4EA at 858-565-7432 if interested.

## S4EA Board of Director Elections

S4EA will be having elections for our new Board of Directors. 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 April 12.



Cycling & Tennis had a soft opening as met 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

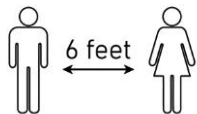
www.s4ea.org

~ April 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports</u></p> <ul style="list-style-type: none"> <li>- Cycling (CY)</li> <li>- Bocce (BC) [Zoom]</li> <li>- Sports Crater [Zoom]</li> <li>- Exercise [Zoom]</li> </ul>				<p><b>1</b></p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p><b>2</b> Good Friday</p>	<p><b>3</b></p>
<p><b>4</b> Easter</p>	<p><b>5</b></p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p><b>6</b></p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p><b>7</b></p>	<p><b>8</b></p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p><b>9</b></p>	<p><b>10</b> S4EA Drive-Thru Pancake Breakfast 8-10am S4EA/North Shores Parking Lot CY 1:15-3:30pm Miramar Lake (parking lot by snack bar)</p>
<p><b>11</b></p>	<p><b>12</b> First of Ramadan</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p><b>13</b></p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>CY 1:15-3:30pm Crown Point (south end of parking lot) to South Mission</p>
<p><b>18</b></p>	<p><b>19</b></p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p><b>20</b></p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p><b>23</b> S4EA Zoom Karaoke Night &amp; Athlete Council Elections 6-8pm From Comfort &amp; Safety of Home</p>	<p><b>24</b></p> <p>CY 1:15-4:15pm Liberty Station (parking lot near USS Recruit) to Coronado via Ferry</p>
<p><b>25</b></p>	<p><b>26</b></p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p><b>27</b></p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p><b>30</b></p>	<p><u>Shop Online with AmazonSmile</u> <b>By registering S4EA at <a href="https://www.amazon.com/smile">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></p>
<p><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.</p>	<p><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.</p>	<p><u>Donate Stocks to S4EA</u> Tax season has arrived &amp; 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>Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises &amp; walking while maintaining social distancing (6' away from others) &amp; wearing masks in public.</u></p>	<p><u>S4EA Facemasks</u> S4EA has a limited supply of S4EA Facemasks for \$8 at S4EA office.</p>	<p><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.</p>	<p><u>Designate S4EA with United Way</u> United Way &amp; Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name &amp; address: S4EA, 9575 Aero Dr #B, SD 92123. Thanks for your support.</p>

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

S4EA has started to reopen our sports as cycling starts April 10 & S4EA will continue to monitor the COVID guidelines to open other sports. S4EA is continuing to offer Zoom Sports (Bocce-Tue & Sports Crater/Bean Bag Toss-Thu) & Exercise (Mon) Workouts at 6pm during the week. S4EA also has Zoom Karaoke Night/ Athlete Council Elections on Apr 23 and the socially distancing parking lot activity Drive-Thru Pancake Breakfast on Apr 10. Please join us at these activities.

#### S4EA Celebrates our 14<sup>th</sup> Anniversary

SPORTS for Exceptional Athletes (S4EA) was founded in April 2007 by a group of coaches, parents, volunteers & community members who found a need for a community based inclusive sports program for athletes with & without disabilities in San Diego County.

Thank you to all of our athletes, families, friends, volunteers, coaches & supporters for making our first 14 years a great success!



# 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 in cycling. 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.