



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 - DECEMBER 2022

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

S4EA Holiday Party Sunday, December 4th at Eagles Aerie



Come join in the festivities at the [S4EA Holiday Party](#) sponsored by Eagles Aerie and SDGiVE 'Season of Giving' on Sunday, December 4th from 4-6:30pm at the [Eagles Aerie](#) (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, Mexican dinner, visit by Santa & a gift exchange (please bring a gift-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by November 30th.



S4EA athletes are marching in the Holiday Bowl Parade on Wednesday, December 28th from 9am-11:30am starting at new location at east end of San Diego Convention Center on Harbor Dr. in San Diego. For more info, call S4EA at 858-565-7432.

2022 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes would like to thank the following in-kind supporters for giving our athletes many SPORTS opportunities in 2022:

Major In-Kind Supporters

AleSmith Brewing Co.
Aquarius Casino Resorts
Arc of San Diego
AYSO North Park
Bang Energy
Beatle Trax Band
Bonita Kiwanis
Bowlero Chula Vista
Bread & Cie
Brumbach, Nick
CA Conservation Corps-SD
Caliztlan Ballet Folklorico
Castro, Joe & Penny
Chula Vista Elks Lodge
Clavell, Teri
Cohn Restaurants
Cookies Con Amore

Creative Ideas
Cruz, Frances
Cunningham, Mary
Daly, Tim
David, Harriet & Carl
Del Mar Thoroughbred Club
Don Laughlin's Riverside Resort
Downes, Clara
Downes, James
Dream Dinners
Duke's La Jolla
Emory, Nancy
Ford, Jamie
Foster, Marceda
Gibson, Robert
Grover, Tina
GUHSD-Helix Charter HS
Guillermo's-Pepe's Street Tacos

Hager, Barbara
Henry Avocados
Jellybear Jelly Company
Kamps Propane
Los Tecolotes Band
MacNeilan, Duane
Maina, Heather & Eliud
Martin, "Mad Mike"
MexiCocina Restaurant
Mimi's Kitchen
Misleh DDS, Anton F.
Mission Foods
Mohamed-Morgan, Mary
Morisaki, Koji
Norman, Quentin
Orfila Vineyards & Winery
Pala Casino-Spa-Resort
Pick Up Stix

Preferred MM SD Ins.
PRP Wine Intl.
San Diego Ballet
San Diego History Cener
San Diego Ice Arena
SD Model Railroad Museum
San Diego Botanic Garden
San Diego Natural History Mus.
San Pasqual Winery
Sauce Goddess
Save Our Heritage Org.
Screaming Pete's BBQ
SD Park & Rec-TRS
Snowdall, Myra
Styer, Jennifer
Sutherland Mgmt./McDonald's
Sweetwater Union HS District
Sycuan/Singing Hills Golf Resort

The Cheesecake Factory
The Fish Market
The Julian Grille
Troy's Greek Cuisine
Tyler, Marianne & Jani
Uncle Ed's Damn Good Vodka
USAopoly
USS Midway
Wahoo's Fish Taco
Walter Andersen Nursery

Volunteer Groups

Boys Teen Charity
FAV-Female Athlete Volunteers
Marsha Fuerst Nursing School
NCL-San Dieguito
Teen Volunteers in Action
Volunteer Match

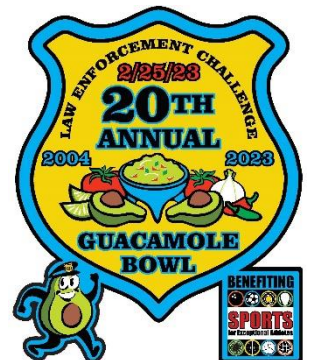
Special thanks to our coaches who run practices, our key volunteers who help at tournaments and special events, and the office crew, especially Teresa Gillaspay & her group, who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

Apologies to anyone we missed and thank you all for your generosity.

20th Anniversary Guacamole Bowl – Save-the-Date Feb 25, 2023

The [Guacamole Bowl](#) will be celebrating its 20th Anniversary this coming year. Come join in on the celebration on Saturday, February 25, 2023 from 10am-2pm at the [Balboa Park Club](#). Taste the Guacamole from champions from the past 20 years. The overall Grand Champion team members each will receive a custom designed and numbered, championship ring. Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) & Entry Fee of \$25.

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 tickets, go to www.s4ea.org/event-details/20th-annual-guacamole-bowl - For more information, call S4EA at 858-565-7432



S4EA Event Dates

- December 3** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 4** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 11** S4EA Bowling Tournament – Bowlero Chula Vista (9am-1pm)
- December 28** Holiday Bowl Parade – SD Convention Center on Harbor Dr. (9-11:30am)
- February 25** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)

S4EA Fall Season

S4EA has opened up our indoor & outdoor sports that met all CDC Guidelines (depends on COVID-19 status)

Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

Once you are ready, athletes & volunteer coaches come join us in the following sports (also see calendar):

CDC Sports Recommendations

Based on CDC recommendations to help stop the spread of COVID-19 & especially the Delta & Omicron variants, S4EA would like everyone participating in S4EA activities to have been vaccinated & boosted.

Athletes, families & volunteers are encouraged to wear masks to indoor practices with further guidance given at indoor practice.

Sport-Practices	Day	Time	Location	Fall Season Sports, Call S4EA at 858-565-7432 For More Info
 Bowling	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) not Dec 10/24/31-\$9 for 2 games[League Play]	
	Sat	11:30am-2pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games [League Play] (call Sue to register)	
	Tourn-Dec 11	Sun	9am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)
 Floor Hockey	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) ending Nov 28 [League Play] (Code: 102968)	
			Pickleball to be played on Nov 21 & 28 from 5:30-7pm at Park de la Cruz (instead of VB)	
	Thu	4:00-5:30pm	Kearny Mesa Rec Center (3170 Armstrong, San Diego 92111) end Dec 1 [Jr] (Code: 102970)	
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021) ending December 1	
Tourn-Dec 3	Sat	9am-5pm	Park de la Cruz (3901 Landis St., San Diego 92105)	

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: Rock Climbing-Dec 17

No Practices or Tournaments During Holidays. Enjoy the Christmas Holidays with Family. Wear Masks when in Large Groups.

S4EA Winter Season – Basketball, Track & Winter Sports Conditioning

S4EA tentative schedule for opening our winter sports in January is as follows: San Diego City starts basketball & winter sports conditioning on Mondays from 5:30-8:30pm at Park de la Cruz with Junior basketball on Thu from 4-5:30pm at Kearny Rec Center; East Co. basketball practices at Bostonia Rec Center on Thursdays from 6-7:30pm & track practices at Helix HS on Sundays from 9-11am; North Co. basketball practices on Fridays from 6:30-7:30pm at the Boys & Girls Club-Vista; South Bay basketball practices at the Otay Rec Center and track held on Saturdays from 10am-12noon at Sweetwater HS. To confirm & for more info, contact S4EA at 858-565-7432.

S4EA Practices & Tournaments – Guidelines During COVID-19

- 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, don't come to practice)
- If have COVID, isolate at least 5 days & wear mask 10 days
- **Wear a facemask in large groups/indoor to help protect everyone & especially our athletes with disabilities**
- **Get your vaccine/boosters & be safe to play our sports**

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of  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 fall are Park de la Cruz-Volleyball/Floor Hockey Mon (Code: [102968](#)) and Kearny Mesa Rec Ctr-Floor Hockey Jr. Thu (Code: [102970](#)). The facilities that S4EA uses in the winter are Park de la Cruz-Basketball/Winter Sports Mon (Code: [104227](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [104228](#)).

S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2022

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in 2022. S4EA opened up most of our sports for our athletes. Volunteers and coaches helped at these various practices & tournaments. Over 1,000 donors have given financial support to help make this a great program. Thank you for your support during these challenging times. Wishing you a Happy Holiday Season & I look forward to seeing you in 2023.



858-565-7432

S4EA has opened up our indoor and outdoor sports that met all Guidelines.
Once you are ready, athletes & volunteer coaches come join us in the following sports.

SPORTS for Exceptional Athletes

www.s4ea.org



~ December 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Fall Season Sports</u> - Bowling (BO) - Floor Hockey (FH)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay	<u>Facilities</u> Bostonia Recreation Ctr. Bowlero Chula Vista Kearny Mesa Rec. Center Park de la Cruz Parkway Bowl	<u>CDC Recommendations</u> Get your COVID Vaccines/Boosters & Be Safe to Play our Sports.	<u>Community Giving Program</u> Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.	<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, 8380 Vickers St. #E, SD 92111. Thanks for your support.	<u>Shop Online with AmazonSmile</u> By registering S4EA at smile.amazon.com, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices & selection as on Amazon.com.
<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>Vols Needed for Office Projects</u> 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.	<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.		1 FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny	2	3 S4EA Floor Hockey Tourn Park de la Cruz 9am-5pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl
4 S4EA Holiday Party - Eagles Aerie 4-6:30pm	5	6	7	8	9	10 BO-EC 11:30-2pm Parkway Bowl
11 S4EA Bowling Tourn - Bowlero CV 9am-1pm Buy S4EA Souvenir Gifts (shirts, hats, bags, etc.) for Holiday Gifts at Bowling Tournament	12	13	14	15	16	17 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl Limitless Adventure Rock Climb
18 Hanukkah Begins	19	20	21 Winter Begins	22	23	24
25 Christmas	26 Kwanza Begins	27	28 Holiday Bowl Parade – Harbor Dr/SD Conv Center 9-11:30am	29	30	31 New Year's Eve

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



**Wear your mask in large groups/indoor to help protect everyone!
Get your vaccines/boosters & be safe to play our sports!**



Message from Exec. Dir. Walter Jackson

Join S4EA at Holiday Party on Sun Dec 4 at Eagles Aerie. At S4EA Bowling Tour. at Bowlero CV on Sun Dec 11, S4EA will sell S4EA souvenirs (shirts, hats, bags, etc.) that can be purchased for Holiday Gifts. S4EA will open our winter sports (basketball, bowling, track, and winter sports conditioning) in January. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

Shop AmazonSmile & Support S4EA

By registering S4EA at smile.amazon.com, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices & selection as on Amazon.com.

Support S4EA and find all your holiday essentials including gifts, decorations, etc.



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ADDRESS SERVICE REQUESTED

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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. 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 over 450 athletes with developmental disabilities ages 5 through adult in San Diego County during the pandemic.

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 fall season in bowling and floor hockey. Volunteers will be needed in January for the winter season in basketball, track & 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.



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.