



# SPORTS

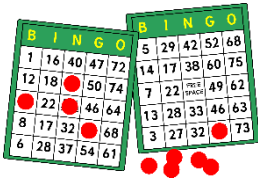
for Exceptional Athletes

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 - AUGUST 2023

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

## S4EA Bingo Bash Saturday August 12 at S4EA Office (8380 Vickers St. #E, SD 92111)



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, August 12 at our S4EA Office (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 2:30-4pm. We will play bingo outside to enjoy the nice summer weather. 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.



## S4EA Pancake Breakfast Sat Sep 23 at S4EA Office



S4EA has scheduled an Outdoor Family [Pancake Breakfast](#) on Saturday, September 23 from 8-10am at [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111). The breakfast includes pancakes, scrambled eggs, sausage, milk, juice & coffee for \$10 per person. A raffle will be held. An Athlete Council meeting will be held at the end of the pancake breakfast to discuss upcoming Athlete Council Activities. Come join S4EA at our Pancake Breakfast. For more info, call S4EA at (858)565-7432.

## Halloween SPORTS Camp October 13-15 at Green Oak Ranch in Vista



[S4EA SPORTS Camp](#) on October 13-15 at [Green Oak Ranch](#) in Vista offers a general program of camp & sports activities. Join in the fun trick-or-treating, visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show, and participating in various other camp activities. Athletes spend 2 nights in cabins under the guidance of chaperones/camp counselors. Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp.



The S4EA SPORTS Camp Registration Fee is \$300 per person 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). Turn in S4EA Camp Registration Form and Fee by September 13 and pay Early Bird Price of only \$280. A non-refundable deposit of \$95 will reserve your spot in S4EA SPORTS Camp. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*

For safety reasons, SPORTS Camp will be run as follows: Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals will be held outdoors. **Transportation will not be available.** Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. To help stop the spread of COVID-19, S4EA would like everyone participating in S4EA activities to have been vaccinated. Limited spots available.






A [Family Rate Special](#) is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at [www.s4ea.org](http://www.s4ea.org).

## S4EA Event Dates

- August 5** S4EA Swim Meet – St. Madeleine Sophie's Center, El Cajon (8am-1pm)
- August 12** S4EA Bingo Bash – S4EA Office at 8380 Vickers St. #E, SD 92111 (2:30-4pm)
- August 27** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 10** S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
- September 23** S4EA Pancake Breakfast – S4EA Office at 8380 Vickers St. #E, SD 92111 (8-10am)
- October 13-15** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)
- October 21** S4EA Bocce & Flag Football Tournament – La Jolla Country Day School (9am-3:30pm)

## S4EA Summer Season

Sport-Practices	Day	Time	Location	For Summer Season Sports, Call S4EA at 858-565-7432 For More Info
 <b>Bocce</b> Tourn-Oct 21	Tue	5:30-7:00pm	<a href="#">Morley Bocce Ct</a> (2221 Morley Field Dr, SD 92104) end Sep 12 [League Play](Code: <a href="#">107977</a> )	
	Thu	5:30-7:00pm	<a href="#">Brengele Terrace Park</a> (1200 Vale Terrace Dr., Vista 92084) ending Sep 21	
	Sat	9am-3:30pm	<a href="#">La Jolla Country Day School</a> (9490 Genesee Ave, La Jolla 92037)	
 <b>Bowling</b> Register-Cathy Sturdivant 949-922-3441	Sat	11am-1pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, CV 91910) starting Sep 9-\$9 for 2 games [League Play]	
	Sat	11:30am-2pm	<a href="#">Parkway Bowl</a> (1280 Fletcher Pkwy, EC 92020) starting Sep 9-\$6 for 3 games [League Play]	
			<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd., SD 92126) on Sun Aug 6 at 11am-12:20pm-cost \$8	
 <b>Cycling</b>	Sat	1:15-3:30pm	Aug 5-No Ride, Aug 12- <a href="#">De Anza Cove Park</a> to Fiesta Island/YMCA, Aug 19- <a href="#">Liberty Station</a> to South Mission/Boardwalk, Aug 26- <a href="#">Presidio Park</a> to Balboa Park [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
 <b>Soccer</b> Tourn-Aug 27	Mon	5:45-8:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) ending Aug 21 [League Play] (Code: <a href="#">107976</a> )	
	Tue	4:00-5:00pm	<a href="#">Palomar Elementary</a> (300 E Palomar St, CV 91911) canceled-doing softball instead 5-6:30pm	
	Sun	9am-5pm	<a href="#">Morley Field Soccer Fields</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
 <b>Softball</b> Tourn-Sep 10	Wed	5:45-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) August 2 & 9 [League Play]	
	Practices moving back to		<a href="#">Morley Softball Fd</a> (2221 Morley Field Dr, SD 92104) starting Aug 16 (Code: <a href="#">107978</a> )	
	Tue	5:00-6:30pm	<a href="#">Palomar Elementary</a> (300 E Palomar St., Chula Vista 91911) ending Sep 5	
	Sun	3:30-5:00pm	<a href="#">Breeze Hill Park</a> (645 S. Melrose, Vista 92081) ending August 27	
	Sun	9am-5pm	<a href="#">Morley Field Softball Fields</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
 <b>Swimming</b> Meet-Aug 5	Sat	10:00-11:30am	<a href="#">La Mesa Pool</a> (5100 Memorial Dr, LM 91942) Pool Currently Closed Due to Mechanical Failure	
	Sat	8:00am-1:00pm	<a href="#">St. Madeleine Sophie's Center</a> (2119 E. Madison Ave., El Cajon 92019)	
 <b>Tennis</b> Tourn-Sep 10	Mon	6:00-7:00pm	<a href="#">Barnes Tennis Center</a> (4490 W. Point Loma Blvd., SD 92107) ending Aug 28 except Aug 7	
	Sun	12noon-4pm	<a href="#">Morley Field Tennis Courts</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
<b>Workouts-Hikes/Exercise</b>			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: <a href="https://www.limitless-adventures.org/">https://www.limitless-adventures.org/</a> - Upcoming events: Exercise-Aug 26	

## S4EA Fall Sports Season – Flag Football, Floor Hockey & Volleyball

The S4EA Fall Sports Season starts in September with practices and league play in flag football, floor hockey, and volleyball tentatively scheduled as follows: flag football on Wednesdays from 5:45-7:15pm at Morley Field starting Sep 13; floor hockey & volleyball league play on Mondays from 5:30-8pm at Park de la Cruz starting Sep 18; floor hockey for juniors on Thursdays from 4-5:30pm at Kearny Mesa Recreation Center starting Sep 21; floor hockey for South Bay on Fridays from 5:30-7:30pm at Parkway Community Center starting Sep 22; floor hockey for East County on Thursdays from 6-7:30pm at Bostonia Recreation Center starting Sep 21; and volleyball for North County on Tuesdays from 6-7pm at the Boys & Girls Club of Vista starting Sep 26. Call S4EA at 858-565-7432 in Sep for updates.

## S4EA Practices & Tournaments – Guidelines

- Download [Athlete Registration Form](#) from S4EA website, fill out/email to S4EA
- If have COVID, isolate at least 5 days & wear mask 10 days
- Do not come if you are sick
- Wear a facemask in large groups/indoor to help protect everyone & especially our athletes with disabilities
- Check temperature (if above normal, don't come to practice)
- Get your vaccine/boosters & be safe to play our sports

## San Diego Parks & Recreation-Therapeutic Recreation Services

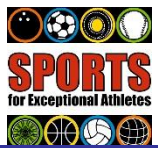
The City of **SAN DIEGO** Parks and Recreation Department San Diego Parks & Recreation (SDP&R) – Therapeutic Recreation Services (TRS) provides therapeutic recreation programs for children and adults with any type of disability. Over the years TRS has been supporting SPORTS for Exceptional Athletes in 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 summer are Park de la Cruz-Soccer Mon (Code: [107976](#)), Morley Field Bocce Courts-Bocce Tue (Code: [107977](#)) & Morley Field Softball Fields/PDLC-Softball Wed (Code: [107978](#)).



858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org



## ~ August 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports - Bocce (BC)</u>            - Bowling (BO)            - Cycling (CY)            - Soccer (SO)            - Softball (SB)            - Swimming (SW)            - Tennis (TE)</p>	<p><u>San Diego Co. Location</u>            C - San Diego City            EC - East County            NC - North County            SB - South Bay</p>	<p><u>Facilities</u>            Barnes Tennis Center            La Mesa Pool            Mira Mesa Lanes</p>	<p><u>Facilities</u>            Breeze Hill Park            Brengle Terrace Park            Morley Field-Balboa Park            Palomar Elementary            Park de la Cruz</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>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>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.</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>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, 8380 Vickers St. #E, SD 92111. Thanks for your support.</p>	<p><b>1</b>            BC-C 5:30-7pm <u>Morley Fd</u>            SB-SB 5-6:30pm <u>Palomar</u></p>	<p><b>2</b>            SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p><b>3</b>            BC-NC 5:30-7 <u>Brengle Ter</u></p>	<p><b>4</b></p>	<p><b>5</b> S4EA Swim Meet – St. Madeleine Sophie's Center 8am-1pm</p>
<p><b>6</b>            BO-C/NC 11am-12:20 <u>Mira Mesa</u>            SB-NC 3:30-5pm <u>Breeze Hill</u></p>	<p><b>7</b>            SO-C 5:45-8pm <u>Park de la Cruz</u></p>	<p><b>8</b>            BC-C 5:30-7pm <u>Morley Fd</u>            SB-SB 5-6:30pm <u>Palomar</u></p>	<p><b>9</b>            SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p><b>10</b>            BC-NC 5:30-7 <u>Brengle Ter</u></p>	<p><b>11</b></p>	<p><b>12</b> S4EA Bingo – S4EA Office- 8380 Vickers St #E 2:30-4pm            CY 1:15-3:30pm <u>De Anza Cove Park</u> to Fiesta Island/YMCA            SW-EC 10-11:30am <u>LM Pool</u> ?</p>
<p><b>13</b>            SB-NC 3:30-5pm <u>Breeze Hill</u></p>	<p><b>14</b>            SO-C 5:45-8pm <u>Park de la Cruz</u>            TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p><b>15</b>            BC-C 5:30-7pm <u>Morley Fd</u>            SB-SB 5-6:30pm <u>Palomar</u></p>	<p><b>16</b>            SB-C 5:45-8:30pm <u>Morley</u></p>	<p><b>17</b>            BC-NC 5:30-7 <u>Brengle Ter</u></p>	<p><b>18</b></p>	<p><b>19</b>            CY 1:15-3:30pm <u>Liberty Station</u> to South Mission/Boardwalk            SW-EC 10-11:30am <u>LM Pool</u> ?</p>
<p><b>20</b>            SB-NC 3:30-5pm <u>Breeze Hill</u></p>	<p><b>21</b>            SO-C 5:45-8pm <u>Park de la Cruz</u>            TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p><b>22</b>            BC-C 5:30-7pm <u>Morley Fd</u>            SB-SB 5-6:30pm <u>Palomar</u></p>	<p><b>23</b>            SB-C 5:45-8:30pm <u>Morley</u></p>	<p><b>24</b>            BC-NC 5:30-7 <u>Brengle Ter</u></p>	<p><b>25</b></p>	<p><b>26</b>            CY 1:15-3:30pm <u>Presidio Park</u> to Balboa Park            SW-EC 10:00-11:30am <u>LM Pool</u>  <u>Limitless Adventure</u> Exercise</p>
<p><b>27</b> S4EA Soccer Tourn-  <u>Morley Fd-Balboa Park</u>            9am-5pm            SB-NC 3:30-5pm <u>Breeze Hill</u></p>	<p><b>28</b>            TE-C 6-7pm <u>Barnes Tennis Ctr</u></p>	<p><b>29</b>            BC-C 5:30-7pm <u>Morley Fd</u>            SB-SB 5-6:30pm <u>Palomar</u></p>	<p><b>30</b>            SB-C 5:45-8:30pm <u>Morley</u></p>	<p><b>31</b>            BC-NC 5:30-7 <u>Brengle Ter</u></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



### Enjoy your Summer with SPORTS!



#### Message from Exec. Dir. Walter Jackson

Join S4EA at Bingo on Sat Aug 12 and Pancake Breakfast on Sat Sep 23 at S4EA office. S4EA is running our summer season sports in bocce, bowling, cycling, soccer, softball, swimming & tennis. Browse through the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.

#### Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 13-15 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up or get a [S4EA Volunteer Application for SPORTS Camp Chaperone](#).



**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](#)) 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 bocce, bowling, cycling, soccer, softball, swimming, 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.