



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 - JANUARY 2026

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S4EA Athletes March in Holiday Bowl Parade January 2 on Harbor Drive



S4EA athletes are marching in the [Holiday Bowl Parade](#) on Friday, January 2nd on Harbor Drive. Athletes & volunteers meet in front of the [County Administration Building](#) at 9am. Please wear a SPORTS for Exceptional Athletes shirt or uniform with equipment to represent one of our S4EA sports. The parade starts at 10am and athletes should be done by 11:30am. If you would like to march in the parade, call S4EA at 858-565-7432 to register so that we know that you are coming.

S4EA Bingo Bash Saturday January 24 at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, January 24 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 2:30-4pm. We will play bingo outside. If you can, bring your own chair. For \$10.00 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 Rock the Night Away Dinner Dance Saturday Feb 21 at Chula Vista Elks Lodge



The SPORTS for Exceptional Athletes (S4EA) [Rock the Night Away Dinner Dance](#) is taking place on Saturday, February 21st from 5-9pm at the [Chula Vista Elks Lodge](#) (901 Elks Lane, Chula Vista 91910). S4EA athletes are invited to a great evening of fun and entertainment provided by the Chula Vista Elks Lodge. To register, please call S4EA at 858-565-7432 by February 12th.

Rock the Night Away

Guacamole Bowl – Save-the-Date March 21 at the Balboa Park Club



Taste delicious guacamole from 15-20 teams at the 23rd annual Law Enforcement Challenge "Guacamole Bowl" fundraiser on Saturday, March 21, 2026 from 10:00am until 2:00pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) & Entry Fee of \$25. Sponsorship opportunities are available from \$50 for Entertainment Sponsor up to \$5,000 for Championship Round Sponsor. Proceeds benefit S4EA.

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 more information, call S4EA at 858-565-7432.

S4EA Event Dates

January 2	Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
January 24	S4EA Bingo Bash – S4EA Office (2:30-4pm)
February 7	S4EA Winter Sports (Snowshoeing) Festival-Crown Point (10am-1pm)
February 21	S4EA Rock the Night Away Dinner Dance – CV Elks Lodge (5-9pm)
March 7	S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
March 21	S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
April 11	S4EA Basketball Tournament – Park de la Cruz & Mid-City (9am-5pm)
April 25	S4EA Final Track Meet – Sweetwater High School (9am-1pm)
May 15-17 (?)	S4EA SPORTS Camp-Buckhorn Camp in Idyllwild (Fri 4pm-Sun 12noon)
June 27	S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



S4EA Winter Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Winter Season Sports, Call S4EA at 858-565-7432 for more Info	
Basketball 	Mon	6:00-8:00pm	Park de la Cruz (3901 Landis St., SD 92105) Jan 5-Apr 6 (not Jan 19) [League] (Code: 127432)		
	Thu	4:00-5:30pm	Kearny Mesa Recreation Ctr. (3170 Armstrong, SD 92111) Jan 15-Apr 9 [Jr](Code: 127433)		
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) January 22-April 9		
	Thu	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) January 15-April 9		
	Fri	5:30-7:00pm	Parkway Community Center Gymnasium (373 Park Way, CV 91910) Jan 16-Apr 10		
	Tourn-Apr 11	Sat	9:00am-5:00pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)	
Bowling 	Sat	11am-1pm	Lucky Strike CV (845 Lazo Ct, CV 91910) Jan 10-Apr 25 not Jan 17-\$9 for 2 games [League]		
	Jan 4 & 18	Sun	10:45-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, cathysturdivant@yahoo.com to confirm	
Track 	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) January 3-April 25		
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) January 11-April 19		
	Prelim Meet-Mar 7	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)	
	Final Meet-Apr 25	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)	
Winter Sports 	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) Jan 5-Feb 2 [Dry Land Cond.] (Code: 127432)		
	Winter Festival Feb 7	Sat	10am-1pm	Crown Point Shores Beach [Snowshoeing Races & Picnic Lunch]	

Also see Calendar for Practices, Tournaments, Events. and Off-Season Cycling Rides.

S4EA Winter Sports Snowshoeing Festival Sat Feb 7 at Crown Point Shores



The [S4EA Winter Sports Snowshoeing Festival](#) is scheduled for Saturday, February 7th at [Crown Point Shores](#) from 10am-1pm. Athletes compete and win medals in various snowshoeing & other fun races. We will barbeque hamburgers & hot dogs, play sports & games. Let's have fun with our S4EA athletes, families & friends. Party time!!! Athletes practice snowshoeing every Monday from 5:30-6:30pm at Park de la Cruz starting January 5th. Call S4EA at 858-565-7432 to reserve your spot.



San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



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. SDP&R-TRS is co-sponsoring S4EA 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 winter are Park de la Cruz-Basketball/Winter Sports Conditioning Mon (Code: [127432](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [127433](#)).

S4EA Winter Sports Need Volunteer Coaches

S4EA needs volunteer coaches this winter for the following:

- [South Bay Bowling](#) on Sat 11am-1pm at Lucky Strike Chula Vista from Jan 10-Apr 25
- [South Bay Basketball](#) on Fri 5:30-7pm at Parkway Com. Center Gym from Jan 16-Apr 10
- [East County Basketball](#) on Thu 6-7:30pm at Bostonia Recreation Center from Jan 22-Apr 9
- [North County Basketball](#) on Thu 6-7pm at Boys & Girls Club-Vista from Jan 15-Apr 9
- [San Diego City/East County Track](#) on Sun from 9-11am at Helix High School from Jan 11-Apr 19
- Basketball, Bowling, Track & Winter Sports Conditioning at various other practice site locations

If interested in volunteer coaching or to get a [Volunteer Application](#), call S4EA at 858-565-7432.



Volunteer to Coach

Give a little. Get a lot!

Families & friends are welcome.
No experience needed.





S4EA Board of Directors Elections



S4EA will be having elections for our new Board of Directors in a few months. 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 March 5.



~ January 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Winter Season Sports - Basketball (BB) - Bowling (BO) - Cycling (CY) - Track (TF) - Winter Sports Cond.(WS)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Com. Center Gym	Facilities Helix High School Lucky Strike Chula Vista Mira Mesa Lanes Sweetwater High School	Donate to S4EA 	Vols Needed for Office Projects 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	Designate S4EA with United Way 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
Facebook Birthday FR For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	Community Giving Program Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program	Donate Stocks to S4EA 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.		1 New Year's Day 	2 Holiday Bowl Parade- S4EA Athletes Walk 9-1130am CY 830-1130am Liberty Station to Holiday Bowl Parade 	3 TF-SB 10-12 Sweetwater HS
4 BO-C/NC 10:45a-12:20 Mira Mesa	5 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	6	7	8	9	10 BO-SB 11am-1pm Lucky Strike TF-SB 10-12 Sweetwater HS
11 TF-C/EC 9-11am Helix HS	12 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	13	14	15 BB-Jr 4-5:30pm Kearny BB-NC 6-7pm B&G Vista	16 BB-SB 5:30-7pm Pkwly Gym	17 TF-SB 10-12 Sweetwater HS
18 BO-C/NC 10:45a-12:20 Mira Mesa TF-C/EC 9-11am Helix HS	19 Martin Luther King Jr Day 	20	21	22 BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista	23 BB-SB 5:30-7pm Pkwly Gym	24 S4EA Bingo S4EA Office 2:30-4pm BO-SB 11am-1pm Lucky Strike TF-SB 10-12 Sweetwater HS 
25 TF-C/EC 9-11am Helix HS	26 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	27	28	29 BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista	30 BB-SB 5:30-7pm Pkwly Gym	31 BO-SB 11am-1pm Lucky Strike TF-SB 10-12 Sweetwater HS

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



Wishing you a very Happy New Year!



Message from Exec. Dir. Walter Jackson

Join S4EA marching in Holiday Bowl Parade Fri Jan 2 on Harbor Dr. & playing Bingo Sat Jan 24 at office. Taste guacamole at [Guacamole Bowl](#) on Sat Mar 21 at Balboa Park Club. S4EA opens our winter sports (basketball, bowling, track & winter sports conditioning) in January. Browse thru Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



SPORTS
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ADDRESS SERVICE REQUESTED

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S4EA SPORTS Camp at Buckhorn Camp

S4EA has tentatively scheduled SPORTS Camp for May 15-17(?) at Buckhorn Camp in Idyllwild. S4EA is working on receiving Vendor Approval from Regional Center for SPORTS Camp (PQ8659).

For more info, call S4EA at (858)565-7432.



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 send 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: basketball, bocce, bowling, cross country/ downhill skiing, cycling, flag football, floor hockey, golf, ice skating, pickleball, 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.

 Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA



[Volunteers](#) are needed as coaches for the winter season in basketball, bowling, 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.