



**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 - DECEMBER 2025

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

## S4EA Holiday Party Sunday, December 14<sup>th</sup> from 4-6:30pm 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 14th from 4-6:30pm at the [Eagles Aerie](#) (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, spaghetti dinner, visit by Santa & a gift exchange (please bring a gift-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by December 9th.



## 2025 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following in-kind supporters for giving our athletes many SPORTS opportunities in 2025:

### Major In-Kind Supporters

AleSmith Brewing Company  
Alvarez Family  
Aquarius/Edgewater Casinos  
AYSO North Park  
Barona Resort  
Beatle Trax Band  
Belmont Park  
Benihana  
Blue Dolphin Glass  
Bonita Kiwanis  
Boomers Vista  
Bread & Cie  
Brilmyer, Ken  
Brumbach, Nick  
CA Conservation Corps  
CaliFino Tequila  
Camp Bow Wow of El Cajon  
Captain, Joan  
Charcuterie Grazing Box  
Chula Vista Elks Lodge

Chula Vista Golf Course  
City Cruises  
Clavell, Teri  
Cohn Restaurant Grp  
Creative Ideas/David Family  
Cunningham, Mary  
Cygnat Theatre  
Daley, Trish  
Del Mar Thoroughbred Club  
Don Laughlin's Riverside Resort  
Downes, Clara  
Downes, James  
Down Syndrome Association  
Dukes La Jolla  
Emerald Isle Golf Course  
Flagship Cruises & Events  
Fleet Science Center  
GUHSD-Helix Charter HS  
Guillermo-Pepe's Street Tacos  
Hager, Barbara  
Hager-Martin, Julie

Hall, Ray  
Henry Avocados  
Hilton Homewood Suites  
Howard, Erik  
Japanese Friendship Garden  
Jyoti-Bihanga  
La Jolla Country Day School  
Lamb's Players Theatre  
Living Coast Discovery Center  
Lolita's Mexican Food  
Lovato, Carmen  
Lucky Strike Chula Vista  
Luna Grill  
Martin, Mad Mike  
MC Sweet Treats-C. Cummings  
Mexican Bar  
Mimi's Kitchen/M. WinterNolte  
Mingei Intl Museum  
Miracle Springs Resort & Spa  
Mission Foods  
Moonlight Amphitheatre

Nelson, Kathy  
Norman, Quentin  
No. Island CU Amphitheatre  
Northside Tavern  
Orfila Vineyards & Winery  
Panda Express  
Panera Bread  
Pick Up Stix  
PRP Wine Intl.  
Don Laughlin's Riverside Resort  
Richard's Bees  
San Diego Automotive Museum  
San Diego Ballet  
San Diego Clippers  
San Diego Museum of Art  
San Diego Seals  
San Diego Sockers  
Santana, Azucena  
Screaming Pete's BBQ  
SD Park & Rec-TRS  
Sheraton San Diego Resort

Snowdall, Myra  
Super Nova Café  
Sutherland Mgmt./McDonald's  
Sweetwater UHSD  
The Old Globe  
Trader Joe's Liberty Station  
Troy's Authentic Greek Cuisine  
USAopply  
Walter Andersen Nursery  
Whaley House Museum

### Volunteer Groups

Boys Team Charity  
FAV-Female Athlete Volunteers  
Idealist  
Marsha Fuerst Nursing School  
National Charity League  
Stronger Together Club  
Teen Volunteers in Action

## In-kind Donations

**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 friends, 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.*

## Guacamole Bowl – Save-the-Date March 21, 2026 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.

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

**December 7** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)  
**December 13** S4EA Bowling Tournament – Lucky Strike/Bowlero CV (8am-12:30pm)  
**December 14** S4EA Holiday Party – Eagles Aerie (4-6:30pm)  
**March 21** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)  
**June 27** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



## S4EA Fall Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Fall Season Sports, Call S4EA at 858-565-7432 for more Info
<b>Bowling</b>	Sat	11am-1pm	<a href="#">Lucky Strike/Bowlero CV</a> (845 Lazo Ct, CV 91910)	Sep 6-Apr 25-\$9 for 2 games [League]
Dec 7 & 21	Sun	10:45-12:20pm	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd, SD 92126)	-\$5 per hour+, <a href="mailto:cathysturdivant@yahoo.com">cathysturdivant@yahoo.com</a> to confirm
Tourn-Dec 13	Sat	8am-12:30pm	<a href="#">Lucky Strike/Bowlero Chula Vista</a> (845 Lazo Ct, Chula Vista 91910)	
<b>Floor Hockey</b>	Mon	6:30-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105)	Sep 15-Dec 1 [League Play] (Code: <a href="#">126512</a> )
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec</a> (3170 Armstrong, SD 92111)	Sep 18-Dec 4 [Jr] (Code: <a href="#">126514</a> )
Tourn-Dec 7	Sun	9am-5pm	<a href="#">Park de la Cruz</a> (3901 Landis St., San Diego 92105)	
<b>Pickleball</b>	Mon	5:30-6:45pm	<a href="#">Park de la Cruz</a> (3901 Landis St., San Diego 92105)	on Nov 24, Dec 1 (Code: <a href="#">126512</a> )



Also see Calendar for Practices, Tournaments, Events. and Off-Season Cycling Rides. No Practices or Tournaments During the Holidays. Enjoy the Holidays with your Family.



## S4EA Winter Season – Basketball, Track & Winter Sports Conditioning



S4EA tentative schedule for our winter season sports for athletes in January is as follows: San Diego City basketball & winter sports conditioning on Mondays from 5:30-8:30pm at Park de la Cruz starting Jan 5 with Junior basketball on Thu from 4-5:30pm at Kearny Rec Center starting Jan 8; East Co. basketball practices at Bostonia Rec Center on Thursdays from 6-7:30pm starting Jan 22 & track practices at Helix HS on Sundays from 9-11am; North Co. basketball practices on Thursdays from 6-7pm at the Boys & Girls Club-Vista starting Jan 15; South Bay basketball practices on Fri from 5:30-7pm at Parkway Community Ctr. Gym starting Jan 16 and track held on Saturdays from 10am-12noon at Sweetwater HS. To confirm & for more info, contact S4EA at 858-565-7432.



Volunteers needed to coach basketball, bowling & track-call 858-565-7432 to help.

## 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 fall are Park de la Cruz-Floor Hockey/Pickleball Mon (Code: [126512](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [126514](#)). 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](#)).

## Giving Tuesday on December 2 – Support S4EA

Giving Tuesday is a movement to create an international day of giving at the beginning of the Christmas and holiday season. It is touted as a "global generosity movement unleashing the power of people and organizations to transform their communities and the world".



Celebrate the holiday season with the most meaningful gift, a donation to SPORTS for Exceptional Athletes. Be a part of the global generosity movement, Giving Tuesday. We hope you'll consider supporting SPORTS for Exceptional Athletes today! **Your donation today will fund our athletes in winter sports, including basketball, bowling, track & winter sports conditioning practices & meets.**

SPORTS for Exceptional Athletes is a non-profit 501(c)(3) organization (ID # 20-8886536). S4EA offers over 20 sports for athletes with developmental disabilities ages 5 through adult in San Diego.

## S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2025

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in making 2025 an exceptional year for the SPORTS for Exceptional Athletes sports program. We started our program 18 ½ years ago 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. We offer over 20 sports in 4 sports seasons to 1,400 athletes with developmental disabilities. Over 100 coaches help our athletes at practices, league play, and tournaments. Over 200 meet volunteers assist with timing, scoring, buddies, lunch, set-up, take-down, first-aid . . . and everything else that needs to be done at tournaments. Over 1,000 donors have given financial support to help make this a great program. S4EA had 2 SPORTS Camps in 2025 – Camp Marston in Julian in April and Pine Valley Camp in August. Thank you for your support. Wishing you a Happy Holiday Season & I look forward to seeing you in 2026.



~ December 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><u>Fall Season Sports</u></p> <ul style="list-style-type: none"> <li>- Bowling (BO)</li> <li>- Floor Hockey (FH)</li> <li>- Pickleball (PB)</li> </ul>	<p><u>San Diego Co. Location</u></p> <ul style="list-style-type: none"> <li>C - San Diego City</li> <li>EC - East County</li> <li>NC - North County</li> <li>SB - South Bay</li> </ul>	<p><u>Facilities</u></p> <ul style="list-style-type: none"> <li>Kearny Mesa Rec Ctr</li> <li>Lucky Strike/Bowlero CV</li> <li>Mira Mesa Lanes</li> <li>Park de la Cruz</li> </ul>		<p><u>Donate to S4EA</u></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>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><b>1</b></p> <p>FH-C 6:30-8:30 <u>Park de la Cruz</u></p> <p>PB-C 5:30-7pm <u>Park de la Cruz</u></p>	<p><b>2</b></p> <p><b>Support S4EA</b></p> <p><b>GIVING</b></p> <p><b>TUESDAY</b></p>	<b>3</b>	<p><b>4</b></p> <p>FH-Jr. 4-5:30pm <u>Kearny</u></p>	<b>5</b>	<p><b>6</b></p> <p>BO-SB 11am-1pm <u>Lucky Strike</u></p>	
<p><b>7</b> S4EA Floor Hockey Tourn</p> <p>Park de la Cruz 9am-5pm</p>  <p>BO-C/NC 10:45a-12:20 <u>Mira Mesa</u></p>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<p><b>13</b> S4EA Bowling Tourn - Lucky Strike CV 8am-12:30pm</p> 	
<p><b>14</b> Hanukkah S4EA Holiday Party - Eagles Aerie 4-6:30pm</p>  <p><b>HOLIDAY PARTY!</b></p>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<p>BO-SB 11am-1pm <u>Lucky Strike</u></p>
<p><b>21</b> Winter Begins</p>  <p>BO-C/NC 10:45a-12:20 <u>Mira Mesa</u></p>	<b>22</b>	<b>23</b>	<b>24</b>	<p><b>25</b> Christmas</p> 	<p><b>26</b> Kwanzaa Begins</p> 	<b>27</b>	
<b>28</b>	<b>29</b>	<b>30</b>	<p><b>31</b> New Year's Eve</p> 	<p><u>Community Giving Program</u></p> <p>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></p> <p>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></p> <p>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>	

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 Happy Holidays!



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

Join S4EA at Holiday Party on Sun Dec 14 at Eagles Aerie. S4EA opens our winter sports (basketball, bowling, track & winter sports conditioning) in Jan. Browse thru the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.



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8380 Vickers St. Suite E  
San Diego, CA 92111  
E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com)  
Website: [www.s4ea.org](http://www.s4ea.org)  
Phone: 858-565-S4EA (7432)  
Fax: 858-496-7309

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#### S4EA Bowling Tourn. Dec 13 Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn. is scheduled for Sat Dec 13 from 8am-12:30pm at Lucky Strike Chula Vista. S4EA athletes that have a bowling average can enter Bowling Tourn. by calling S4EA at 858-565-7432.

Support S4EA and find your holiday gifts by buying S4EA merchandise (hats, t-shirts, hoodies, bags, etc.) at the Bowling Tournament.



## 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](http://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 fall season in bowling & floor hockey, and 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.