



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 - SEPTEMBER 2025

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

S4EA Fall Sports Need Volunteer Coaches

S4EA urgently needs volunteer coaches this fall for the following:

- South Bay Bowling on Sat 11am-1pm at Lucky Strike/Bowlero Chula Vista starting Sep 6
- South Bay Volleyball on Fri 5-6pm at Otay Recreation Center starting Sep 19
- East County Volleyball on Thu 6-7:30pm at Bostonia Recreation Center starting Sep 18
- North County Volleyball on Thu 6-7pm at Boys & Girls Club-Vista starting Sep 25
- Bowling, Flag Football, Floor Hockey & Volleyball at various other practice site locations

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



S4EA Pancake Breakfast Saturday September 27 at S4EA Office



S4EA has scheduled an Outdoor Family [Pancake Breakfast](#) on Saturday, September 27 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.

S4EA Oktoberfest, Dinner & Dance October 11 at S4EA Office



S4EA has scheduled our own version of Oktoberfest on Saturday, Oct 11 from 3-5:30pm at the S4EA Office (8380 Vickers St. #E, SD 92111) for \$10. Besides drinking non-alcoholic beer, root beer & other soft drinks, we are serving brats, sausages, potato pancakes & various other German/food dishes. Participants are encouraged to wear lederhosen or other German attire. Music & lively dancing will take place, Call S4EA at 858-565-7432 to reserve your spot.



S4EA Bingo, Halloween Haunted House & Trunk-or-Treat Oct 25 at S4EA Office



SPORTS for Exceptional Athletes presents Bingo Bash, Halloween Haunted House & Trunk-or-Treat on Saturday, Oct 25 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-5:30pm. We will play bingo outside at 3:30pm. For \$10.00 per set of 4 Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes.

For the Halloween Trunk-or-Treat, anyone interested is encouraged to set-up their Halloween decorations on their vehicle starting at 1:30pm in the parking lot behind the S4EA office.. Participants can walk through the Haunted House in the S4EA office, view the Trunk-or-Treat vehicles, and receive wrapped treats from 3-3:30pm. The Bingo starts at 3:30pm.

Call S4EA at 858-565-7432 to reserve your spot.



S4EA Event Dates

September 7 S4EA Softball & Tennis Tournament-Morley Field in Balboa Park (9am-5pm)

September 13 S4EA Bocce & Flag Football Tourn. – La Jolla Country Day Sch. (9am-3:30pm)

September 27 S4EA Pancake Breakfast – S4EA Office (8-10am)

October 11 S4EA Cycling Tournament – San Diego Velodrome (1:15-3:30pm)









October 11 S4EA Oktoberfest, Dinner & Dance – S4EA Office (3-5:30pm)

October 25 S4EA Bingo, Halloween Haunted House & Trunk-or-Treat – S4EA Office (3-5:30pm)

November 22 S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)



S4EA Summer & Fall Season

Sport-Practices	Day	Time	Location	Summer/Fall Sports, Call S4EA at 858-565-7432 to confirm/for more Info
Bocce 	Tue Thu Sat	5:30-7:00pm 5:30-7:00pm 9am-3:30pm	<u>Morley Bocce Ct</u> (2221 Morley Field Dr, SD 92104) Jul 8-Sep 9 [League Play](Code: 123213) <u>Downstown IV</u> (2248 Tierra Verde Rd, Vista 92084) starting Jul 31-Sep 11 [New Location] <u>La Jolla Country Day School</u> (9490 Genesee Ave, La Jolla 92037)	
Bowling	Sat	11am-1pm	<u>Bowlero CV/Lucky Strike</u> (845 Lazo Ct, CV 91910) Sep 6-Apr 25-\$9 for 2 games [League]	
Sep 14 & 28	Sun	10:45-12:20pm	<u>Mira Mesa Lanes</u> (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, cathysturdivant@yahoo.com to confirm	
Tourn-Dec 13 (?)	Sat	8am-12:30pm	<u>Bowlero Chula Vista/Lucky Strike</u> (845 Lazo Ct, Chula Vista 91910) [tentative date]	
Cycling 	Sat	1:15-3:30pm	Sep 6- <u>Robb Field</u> Ocean Beach area, Sep 13- <u>De Anza Cove</u> Hwy 5 North Bike Path Sep 20- <u>Tidelands Park, Coronado</u> Silver Strand, Sep 27- <u>Liberty Station</u> around SD Bay [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
Tourn-Oct 11	Sat	1:15-3:30pm	<u>San Diego Velodrome</u> (2516 Pershing Dr., San Diego 92104)	
Flag Football	Wed	5:45-7:15pm	<u>Morley Field Athletic Fields</u> (2221 Morley Field Dr., SD 92104) Sep 10-Oct 15 (Code: 126513)	
1 st Practice Sep 3	Wed	5:45-8pm	<u>Park de la Cruz</u> (3901 Landis St., SD 92105) (Sep 3 then move to Morley)	
Tourn-Sep 13	Sat	9am-3:30pm	<u>La Jolla Country Day School</u> (9490 Genesee Ave, La Jolla 92037)	
Santa Clarita-Nov 9?	Sun	8:30am-3:00pm	SNAP Flag Football Tournament at Valenica High School in Santa Clarita [tentative date]	
Floor Hockey	Mon	6:30-8:30pm	<u>Park de la Cruz</u> (3901 Landis St., SD 92105) Sep 15-Dec 8 [League Play] (Code: 126512)	
	Thu	4:00-5:30pm	<u>Kearny Mesa Rec</u> (3170 Armstrong, SD 92111) from Sep 18-Dec 11 [Jr] (Code: 126514)	
Tourn-Dec 7 (?)	Sun	9am-5pm	<u>Park de la Cruz</u> (3901 Landis St., San Diego 92105) [tentative date]	
Softball 	Wed	5:45-8:30pm	<u>Park de la Cruz</u> (3901 Landis St., SD 92105) Jun 25-Sep 3 [League Play](Code: 123214)	
	Fri	5:00-6:30pm	<u>Robert Egger Sr.-South Bay Rec. Center</u> (1885 Coronado Ave, SD 92154) Jun 13-Sep 5	
	Sun	6:00-7:00pm	<u>Breeze Hill Park</u> (645 S Melrose, Vista 92081) Jul 20-Aug 24 (Cancelled-not enough athletes)	
Tourn-Sep 7	Sun	9am-5pm	<u>Morley Field Softball Fields</u> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
Tennis	Mon	7:00-8:00pm	<u>Barnes Tennis Center</u> (4490 W. Point Loma Blvd., SD 92107) Jun 2-Aug 25	
Tourn-Sep 7	Sun	9am-3pm	<u>Morley Field Tennis Courts</u> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
Volleyball	Mon	5:30-7:00pm	<u>Park de la Cruz</u> (3901 Landis St., SD 92105) Sep 15-Nov 17 [League Play] (Code: 126512)	
	Thu	6:00-7:00pm	<u>Boys & Girls Club-Vista</u> (410 W. California Ave, Vista 92083) from Sep 25-Nov 20	
	Thu	6:00-7:30pm	<u>Bostonia Rec Ctr</u> (1049 Bostonia, El Cajon 92021) from Sep 18-Nov 20	
	Fri	5:00-6:00pm	<u>Otay Recreation Center</u> (3554 Main St., CV 91911) from Sep 19-Nov 21	
Tourn-Nov 22	Sat	9am-4pm	<u>Balboa Park Activity Center</u> (2145 Park Blvd., San Diego 92101)	

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: Surfing-September 6

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



Parks and Recreation Department



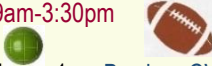



San Diego Parks & Recreation (SDP&R) – Therapeutic Recreation Services (TRS) provides therapeutic recreation programs for children and adults with any type of disability. SDP&R-TRS is co-sponsoring S4EA activities at SD City Facilities so that S4EA athletes and volunteers also need to register with SDP&R-TRS. 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/Volleyball Mon (Code: [126512](#)), Morley Field Softball Fields-Flag Football Wed (Code: [126513](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [126514](#))

S4EA Practices & Tournaments – Guidelines

- Download [Athlete Registration 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 indoors in large groups to help protect everyone & especially our athletes with disabilities
- Get the new COVID vaccine & be safe to play our sports



~ September 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Summer Season Sports - Bocce (BC) - Cycling (CY) - Softball (SB) - Tennis (TE)	Fall Season Sports - Bowling (BO) - Flag Football (FB) - Floor Hockey (FH) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Ctr Morley Field-Balboa Pk Park de la Cruz	Facilities Bowlero CV/Lucky Strike Downstown IV Mira Mesa Lanes Otay Recreation Center Robert Egger-S. Bay Rec Ctr	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.	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
	1 Labor Day 	2 BC-C 5:30-7pm Morley Fd	3 SB-C 5:45-8:30pm Park de la Cruz FB-C 5:45-8pm Park de la Cruz	4 BC-NC 5:30-7p Downstown	5 SB-SB 5-6:30 Egger-SB Rec	6 BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Robb Field Ocean Beach Limitless Adventure Surfing
7 S4EA Softball/Tennis Tourn-Morley Fd-Balboa Park 9am-5pm 	8	9 BC-C 5:30-7pm Morley Fd	10 FB-C 5:45-7:15pm Morley	11 BC-NC 5:30-7p Downstown	12	13 S4EA Bocce/Flag Football Tourn-La Jolla Country Day School 9am-3:30pm  BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm De Anza Cove Hwy 5 North Bike Path
14 BO-C/NC 10:45a-12:20 Mira Mesa	15 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	16	17 FB-C 5:45-7:15pm Morley	18 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia	19 VB-SB 5-6pm Otay Rec Ctr	20 BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Tidelands Park, Coronado Silver Strand
21	22 Rosh Hashanah Autumn Begins  FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	23	24 FB-C 5:45-7:15pm Morley	25 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	26 VB-SB 5-6pm Otay Rec Ctr	27 S4EA Pancake Breakfast – S4EA Office 8-10am  BO-SB 11am-1pm Bowlero CV CY 12:15-4:30pm Liberty Station around SD Bay (take 1pm Ferry)
28 BO-C/NC 10:45a-12:20 Mira Mesa	29 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	30	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	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.	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

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

FALL SPORTS Celebrate SPORTS by Joining a Fall SPORTS Program!

Message from Exec. Dir. Walter Jackson

Join S4EA at Pancake Breakfast on Sep 27. S4EA is starting our fall sports in bowling, flag football, floor hockey, and volleyball. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



SPORTS
for Exceptional Athletes



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S4EA Upcoming Summer Tournaments

S4EA athletes have been practicing & playing league play to get ready for the following upcoming summer tournaments:

Sep 7 S4EA Softball/Tennis Tour 9a-5p
at Morley Field in Balboa Park

Sep 13 S4EA Bocce/Flag Football Tour
9am-3:30pm at LJ Country Day

Oct 11 S4EA Cycling Tour 1:15-3:30pm
at San Diego Velodrome

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. 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 summer season in bocce, cycling, soccer, softball, swimming, and tennis.



Volunteers are needed as coaches for the fall season in bowling, flag football, floor hockey, and volleyball. 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.