



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 - SEPTEMBER 2022

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

S4EA Pancake Breakfast Sat Sep 17 at New S4EA Office (8380 Vickers St. #E, SD 92111)



S4EA has scheduled an Outdoor Family [Pancake Breakfast](#) on Saturday, September 17 from 8-10am at new [S4EA Office/Warehouse](#) (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.

2022 Halloween SPORTS Camp October 7-9 at Green Oak Ranch in Vista

[S4EA SPORTS Camp](#) on October 7-9 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 \$195 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 7 and pay Early Bird Price of only \$180. A non-refundable deposit of \$75 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. Everyone attending SPORTS Camp must turn in a [COVID-19 Waiver of Liability Form](#). To help stop the spread of COVID-19, S4EA would like everyone participating in S4EA activities to have been vaccinated.

Because of COVID-19 restrictions, SPORTS Camp will be run a little differently. Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals may be held outdoors. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. [Limited spots available](#) because of the pandemic.

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.



SPORTS for Exceptional Athletes

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. 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 ended in March. 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 Morley Field Bocce Courts-Bocce Tue (Code: [101430](#)) and Morley Field Softball Fields-Softball Wed (Code: [101432](#)). The facilities that S4EA uses in the fall are Park de la Cruz-Volleyball/Floor Hockey Mon (Code: [102968](#)), Morley Field-Flag Football Wed (Code: [102969](#)), and Kearny Mesa Rec Ctr-Floor Hockey Jr. Thu (Code: [102970](#)).

S4EA Event Dates

- August 28** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 11** S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
- September 17** S4EA Pancake Breakfast – New S4EA Office at 8380 Vickers St. #E, SD 92111 (8-10am)
- October 7-9** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)
- October 23** S4EA Fall Sports (Bocce & Flag Football) Festival–Morley Field Bocce Courts (9am-3:30pm)

S4EA Summer & 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 should wear masks to indoor practices with further guidance given at indoor practice.

Sport-Practices	Day	Time	Location	Summer/Fall Season Sports, Call S4EA at 858-565-7432 For More Info
Bocce 	Tue	5:30-7:00pm	Morley Bocce Ct (2221 Morley Field Dr, SD 92104) end Sep 13 [League Play](Code: 101430)	
	Thu	5:30-7:00pm	Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084) ending Sep 15	
	Festival-Oct 23 Sun	9am-3:30pm	Morley Field Bocce Courts/Passive Areas #2 & #4 (2221 Morley Field Dr., SD 92104)	
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) start Sep 10-\$9 for 2 games [League Play]	
	Sat	11:30am-2pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020) start Sep 10 [League Play] (call Sue to register)	
Cycling 	Sat	1:15-3:30pm	Sep 3-No Ride, Sep 10- Tidelands Park to Strand, Sep 17- Hospitality Point to Mission Valley, Sep 24- DeAnza Cove north along Hwy 5 [see calendar, S4EA website, coach for more info]	
	Flag Football 	Wed	5:45-7:15pm	Morley Field Athletic Fields (2221 Morley Field Dr., SD 92104) start Sep 14 (Code: 102969)
Thu		5:00-6:00pm	Palomar Elementary (300 E Palomar St., Chula Vista 91911) starting Sep 15	
Festival-Oct 23 Sun		9am-3:30pm	Morley Field Bocce Courts/Passive Areas #2 & #4 (2221 Morley Field Dr., SD 92104)	
Floor Hockey 	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) start Sep 12 [League Play] (Code: 102968)	
	Thu	4:00-5:30pm	Kearny Mesa Rec Center (3170 Armstrong, SD 92111) starting Sep 15 [Jr] (Code: 102970)	
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021) starting September 15	
	Tourn-Dec 3 Sat	9am-5pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)	
Ice Skating 	Wed	3:45-4:45pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126) Put skates on at 3:30pm [New athletes call Terry Poletto at 858-349-7388 before starting]	
Softball 	Wed	5:30-8:30pm	Morley Field Softball Fields (2221 Morley Field Dr, SD 92104) ending Sep 7 (Code: 101432)	
	Thu	5:00-6:00pm	Palomar Elementary (300 E Palomar St., Chula Vista 91911) ending Sep 8	
	Sun	3:30-5:30pm	Breeze Hill Park (645 S. Melrose, Vista 92081) ending August 28	
	Tourn-Sep 11 Sun	9am-5pm	Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas., SD 92104)	
Swimming 	Sat	10:30-11:30am	La Mesa Pool (5100 Memorial Dr, LM 91942)-\$5 per session (swim only) not 9/3, end Sep 17	
Tennis 	Mon	6:30-7:30pm	Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107) ending Aug 29	
	Tourn-Sep 11 Sun	9am-4pm	Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas., SD 92104)	
Volleyball 	Mon	5:30-7:00pm	Park de la Cruz (3901 Landis St., SD 92105) start Sep 12 [League Play] (Code: 102968)	
	Fri	6:30-7:30pm	Boys & Girls Club-Vista (410 W California Ave, Vista 92083) starting Sep 23 (tentative date)	
	Tourn-Nov 19 Sat	9am-4pm	Balboa Park Activity Center (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 in September

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 indoor to help protect everyone & especially our athletes with disabilities**
- **Get your vaccine/boosters & be safe to play our sports**



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



~ September 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>CDC Recommendations</u> Get your COVID Vaccines/Booster & Be Safe to Play our Sports.</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 & 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>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>1 BC-NC 5:30-7 Brenkle Ter SB-SB 5-6pm Palomar</p>	<p>2</p>	<p>3 CY 1:15-3:30pm No Ride</p>
<p>4</p>	<p>5 Labor Day</p>	<p>6 BC-C 5:30-7pm Morley Fd</p>	<p>7 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Morley Fd</p>	<p>8 BC-NC 5:30-7 Brenkle Ter SB-SB 5-6pm Palomar</p>	<p>9</p>	<p>10 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm Tideland Park to Strand SW-EC 10:30-11:30am LM Pool</p>
<p>11 S4EA Softball/Tennis Tourn-Morley Fd-Balboa Park 9am-5pm</p>	<p>12 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz</p>	<p>13 BC-C 5:30-7pm Morley Fd</p>	<p>14 IS-SR 3:45-4:45 SD Ice Arena FB-C 5:45-7:15 Morley Fd</p>	<p>15 BC-NC 5:30-7 Brenkle Ter FB-SB 5-6pm Palomar FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny</p>	<p>16</p>	<p>17 S4EA Pancake Breakfast – S4EA Office-8380 Vickers St. #E 8-10am BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm Hospitality Point to Mission Valley SW-EC 10:30-11:30am LM Pool</p>
<p>18</p>	<p>19 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz</p>	<p>20</p>	<p>21 IS-SR 3:45-4:45 SD Ice Arena FB-C 5:45-7:15 Morley Fd</p>	<p>22 Autumn Begins FB-SB 5-6pm Palomar FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny</p>	<p>23 VB-NC 6:30-7:30 B&G Vista</p>	<p>24 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm De Anza Cove north along Hwy 5</p>
<p>25 Rosh Hashanah</p>	<p>26 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz</p>	<p>27</p>	<p>28 IS-SR 3:45-4:45 SD Ice Arena FB-C 5:45-7:15 Morley Fd</p>	<p>29 FB-SB 5-6pm Palomar FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny</p>	<p>30 VB-NC 6:30-7:30 B&G Vista</p>	<p><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.</p>
<p><u>Summer Season Sports</u> - Bocce (BC) - Cycling (CY) - Ice Skating (IS) - Softball (SB) - Swimming (SW) - Tennis (TE)</p>	<p><u>Fall Season Sports</u> - Bowling (BO) - Flag Football (FB) - Floor Hockey (FH) - Volleyball (VB)</p>	<p><u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p>	<p><u>Facilities</u> Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec. Center Morley Field-Balboa Park Palomar Elementary Park de la Cruz</p>	<p><u>Facilities</u> Bowlero Chula Vista Brenkle Terrace Park La Mesa Pool Parkway Bowl San Diego Ice Arena</p>	<p><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.</p>	<p><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.</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

Printing courtesy of a grant from Las Patronas



Wear your mask indoor to help protect everyone!

Get your vaccine/boosters & be safe to play our sports!



Message from Executive Director Walter Jackson

Based on CDC Guidelines, S4EA is opening our fall sports (bowling, flag football, floor hockey, and volleyball) in September. S4EA Pancake Breakfast is scheduled for Sat Sep 17 at the new S4EA office. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 7-9 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.



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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 summer season in bocce, cycling, ice skating, softball, swimming, and tennis & 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.