



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. 9575 Aero Drive, Suite B, San Diego, CA 92123 * Website: www.s4ea.org * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - APRIL 2019

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

S4EA Surf Camp April 12-14 at YMCA Camp Surf

[S4EA Surf Camp Session #1](#) on April 12-14 at [YMCA Camp Surf in Imperial Beach](#) offers surfing & other beach 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 the Camp. Session #1 is not wheelchair accessible.

The S4EA Surf Camp Registration Fee is \$190 per session to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](#) ASAP to S4EA (9575 Aero Dr. #B, SD, CA 92123). A non-refundable deposit of \$70 reserves your spot in S4EA Surf Camp. Early Bird Special \$175 by Mar 22. For more info, call S4EA at (858)565-7432 or go to the S4EA website at www.s4ea.org.

S4EA Athlete Council Activities – PB&J Classic Apr 6 & Pancake Breakfast Apr 13th

The [S4EA Peanut Butter & Jelly Sandwich Classic](#) is scheduled on Saturday, April 6th from 10am-2pm at the [Balboa Park Club](#).

The [S4EA Pancake Breakfast Fundraiser](#) is being held at [S4EA/North Shores](#) (9575 Aero Dr., San Diego 92123) on Saturday, April 13 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, milk, juice and coffee. A raffle will be held. The S4EA Athlete Council elections will be held at the Pancake Breakfast for the following S4EA Athlete Council Officers: President, Vice President, Treasurer, Secretary, and Sergeant-At-Arms. Bring the family and friends to the delicious breakfast and support S4EA. For more information or to order your Pancake Breakfast tickets, call S4EA at 858-565-7432.

Bunco is scheduled on Friday, May 10 from 6-8pm at [S4EA/North Shores](#) (9575 Aero Dr., San Diego 92123).

"A Taste 4 SPORTS" Gala Fundraiser May 30th at Balboa Park Club

S4EA is hosting the 12th Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser on Thursday, May 30th from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 25 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, enjoy music & bid on an exquisite array of auction items. S4EA will be honoring NHL Hockey Hall of Fame player Willie O'Ree as our 2019 'SPORTS Man of the Year'. [Reservations](#) are \$60 per person.

Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. Please donate gift certificates, trips, autographed sports memorabilia to enhance the auction. For more info, call 858-565-7432 or visit www.taste4sports.com.

S4EA Board of Directors Elections

S4EA will be having elections for our new Board of Directors this coming month. 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 April 5.

S4EA Tournament/Event Dates

- | | |
|--------------------|--|
| April 6 | S4EA Peanut Butter & Jelly Sandwich Classic – Balboa Park Club (10am-2pm) |
| April 12-14 | S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun 1pm) |
| April 13 | S4EA Pancake Breakfast/Athlete Council Elections – S4EA/North Shores (8-10am) |
| April 27 | S4EA Track Meet – Sweetwater High School (9am-1pm) |
| May 10 | S4EA Bunco Fundraiser – S4EA/North Shores (6-8pm) |
| May 19 | S4EA Spring Floor Hockey Tournament – Francis Parker School (9am-5pm) |
| May 30 | S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm) |
| August 2-4 | S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm) |
| August 7 | S4EA Golf Fundraiser – Riverwalk Golf Club (1-8pm) |
| August 25 | S4EA Soccer & Golf Tournament – Morley Field in Balboa Park (9am-5pm) |
| September 8 | S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm) |
| Oct 25-27 | S4EA SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm) |

S4EA Spring Season

Athletes and volunteer coaches come join us in the following spring season sports (also see calendar):

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Baseball	Sat	10:00am-12noon	Balboa (3900 Mt. Acadia, San Diego 92111) [see calendar or coach for game schedule]
	Sat	9:00am-11:00am	Chollas Lake (6005 College Grove Dr, SD 92115) [see calendar or coach for game schedule]
	Sat	9:00am-11:00am	Mira Mesa Youth Baseball Field (Camino Ruiz Park, 11489 Camino Ruiz, San Diego 92126)
Basketball	Tue	6:00-9:00pm	Hoover High School (4474 El Cajon Blvd., SD 92115) start Mar 19 (not Mar 26) [League Play]
Bowling	Sat	11:00am-1:00pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7 for 2 games [League Play]
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes
Cycling	Sat	1:15-3:30pm	Various Locations starting beginning May [see calendar, S4EA website, coach for more info]
Floor Hockey	Mon	6:00-8:00pm	Mid-City Gym (4302 Landis St, San Diego 92105) starting March 18 not April 1 [League Play]
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) starting Apr 4 [Juniors]
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting April 4
	Tourn-May 19 Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, San Diego 92111)
Golf	Sat	11am-12:30pm	Town Park Villas Golf Course (6301 Gullstrand St., San Diego 92122)-cost \$8
	Tourn-Aug 25 Sun	9am-2pm	Balboa Park Golf Course (2600 Golf Course Dr., San Diego 92102)
Ice Skating (Figure & Speed)	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122)
Swimming	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/ses.-\$15/month [swimmers only]
	Fri	5:00-7:00pm	Vista Terrace Pool (301 Athey, SD 92173) start Apr 5-\$20/mo.[Swim 1 st Hr/Non-Swim 2nd Hr]
	Meet-June 22 Sat	8:00am-1:00pm	St. Madeleine Sophie's Ctr (2119 E. Madison Ave., EC 92019) [Harbor Kiwanis provide lunch]
Table Tennis	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)
Track	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) ending April 20 [Athletes start at 10am in dance room W of old gym for exercises & then move out to track]
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91942) ending April 14
	S4EA Meet-Apr 27 Sat	9:00am-1:00pm	Sweetwater HS (2900 Highland Ave, National City 91950) [Div. 11 SB Kiwanis provide lunch]

Ride Along with our Cycling Program

Athletes are encouraged to join the cycling program as cycling is a fun way to spend a Saturday afternoon enjoying the sights of San Diego while also a great way to get exercise to keep in shape. Families and caregivers are welcome to ride along with the group. Rides are generally about 12 miles. Must wear helmets and provide own bikes and transportation to the meeting site. If you would like to join the cycling program, call S4EA at 858-565-7432.

The cyclists ride on Saturdays from 1:15-3:30pm at various locations starting the beginning of May.

Rides are posted on the S4EA website www.s4ea.org, calendar, or call head coach Russ Buckley at 619-992-0164 for more information.

Volunteer Appreciation Week April 7-13

Volunteers are the backbone of the SPORTS for Exceptional Athletes program. Our volunteer coaches organize practices and teach athletes various sports skills. At tournaments – volunteers are referees, scorekeepers, timers, help with set-up, take-down, Nerve Center, meals . . . and everything else that needs to be done. At SPORTS Camps – volunteers are chaperones, helping our athletes at sports and camp activities, as well as at meals and in the cabin. Our volunteers become friends of our athletes. Volunteers also help with office projects, fundraisers, as committee members, and as S4EA Board members.

Join S4EA in thanking our coaches and volunteers for all of their efforts in providing sports programs to our very special athletes during Volunteer Appreciation Week April 7-13.

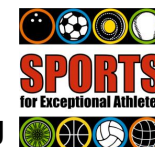




858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ April 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Padres Charity Tickets S4EA is receiving tickets for Apr 21 (Cincinnati) & Apr 24 (Seattle) from SD Padres Charity Ticket Program. Call Clara at S4EA at 858-565-7432 to reserve tickets.</p>	<p>Winter Season Sports - Basketball (BB) - Bowling (BO) - Figure Skating (IS) - Speed Skating (IS) - Track (TF)</p>	<p>Spring Season Sports - Challenger Baseball (CB) - Floor Hockey - Golf (GO) - Swimming (SW) - Table Tennis (TT)</p>	<p>San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p>	<p>Facilities Bostonia Recreation Center Hoover High School Kearny Mesa Rec. Center Mid-City Gym</p>	<p>Facilities – Copley YMCA After School Learning Tree Bowlero Chula Vista Poway Fun Bowl Town Park Villas Golf Course University Towne Center Vista Terrace Pool</p>	<p>Challenger Baseball (CB) Balboa-Mt. Acadia Sat 10am Cubs (Cub) & Royals (Roy) Chollas Lake (Chollas) Sat 9am Padres (Pads) Mira Mesa Youth Baseball (MMYB) Sat 9am</p>
	1	2 BB-C 6-9pm Hoover	3 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa	4 FH-EC 6-7:30pm Bostonia FH-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	5 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	6 S4EA PB&J Classic-Balboa Pk Club 10-2 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cub/Roy vs Pads 10-12 Balboa GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS
<p>7 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree <i>Volunteer Appreciation Week April 7-13</i></p>	8 FH-C 6-8pm Mid-City	9 BB-C 6-9pm Hoover	10 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa	11 FH-EC 6-7:30pm Bostonia FH-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	12 S4EA Surf Camp #1 -YMCA Camp Surf, Imp Bch SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	13 SEA Surf Camp-Imperial Bch S4EA Pancake Breakfast-N. Shores 8-10 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cubs vs Royals 10-12 Balboa CB-Pads vs MMYB 9-11 Chollas GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS
<p>14 Palm Sunday S4EA Surf Camp #1 -YMCA Camp Surf, Imp Bch TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	15 FH-C 6-8pm Mid-City	16 BB-C 6-9pm Hoover	17 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa	18 FH-EC 6-7:30pm Bostonia FH-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	19 Good Friday Passover SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	20 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Pads vs Cub/Roy 9-11 Chollas GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS
21 Easter	22 FH-C 6-8pm Mid-City	23 BB-C 6-9pm Hoover	24 IS-SR 4-5pm SD Ice Arena CB-Practice 4:30-6pm Balboa	25 FH-EC 6-7:30pm Bostonia FH-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	26 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	27 S4EA Track Meet-Sweetwater 9-1 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cub/Roy vs MMYB 10-12 Balboa GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center
28 TT-C 12-1pm Sch. Learn Tree	29 FH-C 6-8pm Mid-City	30 BB-C 6-9pm Hoover	Vols Needed in S4EA Office Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	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.	Shop Online with AmazonSmile 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.

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



S4EA is Celebrating our 12th Anniversary in April!



Peanut Butter & Jelly Classic April 6

The Peanut Butter & Jelly Sandwich Classic takes place on Saturday, April 6th from 10am-2pm at the Balboa Park Club (2144 Pan American Road West, SD 92101) in Balboa Park. For \$8, the public tastes the various PB&J recipes made by 10-15 culinary teams & votes on who makes the best PB&J sandwich. Proceeds from event benefits S4EA. To enter a team or more info, go to www.PBJClassic.com or 858-565-7432.

S4EA Celebrates our 12th Anniversary

SPORTS for Exceptional Athletes (S4EA) was founded in April 2007 by a group of coaches, parents, volunteers & community members who found a need for a community based inclusive sports program for athletes with & without disabilities in San Diego Co.

Thank you to all of our athletes, families, friends, volunteers, coaches & supporters for making our first 12 years a great success!



SPORTS
for Exceptional Athletes



SPORTS for Exceptional Athletes
9575 Aero Drive Suite B
San Diego, CA 92123
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-565-7431

NONPROFIT ORG.
US POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO.1781

ADDRESS SERVICE REQUESTED



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 directly from the SPORTS for Exceptional Athletes website at www.s4ea.org. The Registration Fee is \$20 per sport (scholarships available). S4EA offers 24 sports: baseball, basketball, bocce, bowling, cross country/downhill skiing, cycling, figure/speed skating, flag football, floor hockey, golf, judo, sailing, snowboarding, snowshoeing, soccer, softball, swimming, table tennis, tennis, track, volleyball & walking/running/exercise.

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 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 Spring Season in baseball, basketball, bowling, cycling, floor hockey, golf, ice skating, swimming, table tennis, and track. 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.