



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 - APRIL 2023

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S4EA Athlete Council Activities – Pancake Breakfast Sat April 15 at S4EA

The [S4EA Pancake Breakfast Fundraiser](#) is being held at the new [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Saturday, April 15 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, juice & 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 & Sergeant-At-Arms. Bring family & friends to the delicious breakfast and support S4EA. For more information or to order your Pancake Breakfast tickets, call S4EA at 858-565-7432.



2023 SPORTS Camp May 5-7 at Camp Marston in Julian

S4EA [SPORTS Camp](#) on May 5-7 at [Camp Marston](#) (4761 Pine Hills Rd., Julian 92036) offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga Ga, talent show, campfire) at a camp in rural Julian. Athletes spend 2 nights in new group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, an athlete using a wheelchair may be limited to certain activities (cabins & dining hall are accessible). Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp.



The S4EA SPORTS Camp Registration Fee is \$300 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 [Camp Registration Form](#) & Fee by April 5 and pay Early Bird Price of only \$280 (\$95 advance deposit will lock in the lower rate). [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 have on file 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 outside & spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Camp Marston in Julian which is a 1 hour drive from San Diego. [Limited spots available](#) because of the pandemic.

Partial scholarships & [Family Rate Specials](#) are available. For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.

“A Taste 4 SPORTS” Gala Fundraiser June 1 at Balboa Park Club

S4EA is hosting for our members the 16th Annual [“A Taste 4 SPORTS”](#) Gala Fundraiser on Thursday, June 1st from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 20 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, including NBA Hall of Fame player Bill Walton & Mad Mike from MTVs “Pimp My Ride”, enjoy music & bid on an exquisite array of auction items. Reservations are \$60 per person.



S4EA will be honoring as our 2023 'SPORTS Woman of the Year' Lesley Paterson. Lesley won 3 XTERRA Triathlon World Championships as well as co-wrote the screenplay of 'All Quiet on the Western Front' which won multiple Academy Awards this year.

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.s4ea.org.



S4EA Event Dates

April 15

April 22

May 5-7

June 1

S4EA Pancake Breakfast – New S4EA Office at 8380 Vickers St. #E, SD 92111 (8-10am)

S4EA Final Track Meet – Sweetwater High School (9am-1pm)

S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)

S4EA “A Taste 4 SPORTS” – Balboa Park Club (6-9pm)

S4EA Spring 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 are encouraged to wear masks to large indoor practices with further guidance given at indoor practice.

Sport-Practices	Day	Time	Location	For Spring Season Sports, Call S4EA at 858-565-7432 For More Info
Baseball 	Sat	10:00am-12noon	Balboa (3900 Mt. Acadia, SD 92111) [practice on Wed from 4:30-6pm] (Code: 106235)	
	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 	Mon	6:00-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) starting Mar 20 [League Play] (Code: 106233)	
	Thu	4:00-5:30pm	Kearny Mesa Rec Ctr (3170 Armstrong, SD 92111) start Apr 6 [Jr-Open Gym](Code: 106234)	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting April 6	
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$9 for 2 games [League Play]	
	Sat	11:30am-2pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games (must call Sue to register)	
Floor Hockey 	Fri	5:30-7:30pm	Parkway Com. Ctr. (373 Park Way, CV 91910) start Apr 7 [Tm 1 5:30-6:30pm/Tm 2 6:30-7:30pm]	
Pickleball	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) starting March 20 (Code: 106233)	
Track 	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, NC 91950)	
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) ending April 16	
	Final Meet-Apr 22 Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)	

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: Hike-Apr 22

Cycling is scheduled to start on Saturday, May 6 from 1:15-3:30pm. For more info, call cycling coach or S4EA at 858-565-7432. 

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

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of **SAN DIEGO** 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 has ended. 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 spring are Park de la Cruz-Basketball/Pickleball Mon (Code: [106233](#)), Balboa/Mt. Acadia-Baseball Wed/Sat (Code: [106235](#)) & Kearny Mesa Rec Ctr-Open Gym Jr. (Code: [106234](#)).

S4EA Celebrates our 16th 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 County. Thank you to all of our athletes, families, friends, volunteers, coaches & supporters for making our first 16 years a great success!





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



~ April 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spring Season Sports - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Track (TF)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Center Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center	Facilities Balboa/Mt. Acadia Bowlero Chula Vista Chollas Lake Helix High School Mira Mesa Youth Baseball Field Parkway Bowl Sweetwater High School	Volunteer Appreciation Week April 16-22, 2023 Volunteers are backbone of S4EA program. S4EA thanks our dedicated volunteers for coaching, helping at meets, office projects & supporting our athletes during year	CDC Recommendations Get your COVID Vaccines/Boosters & Be Safe to Play our Sports.	1 April Fools' Day BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am MMYB TF-SB 10am-12 Sweetwater HS
2 Palm Sunday TF-C/EC 9-11am Helix HS	3 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	4	5 Passover CB-Practice 4:30-6pm Balboa	6 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	7 Good Friday FH-SB 5:30-7:30 Pkwy Com Ctr	8 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS
9 Easter	10 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	11	12 CB-Practice 4:30-6pm Balboa	13 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	14 FH-SB 5:30-7:30 Pkwy Com Ctr	15 S4EA Pancake Breakfast – S4EA/North Shores 8-10am BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am Chollas Lake TF-SB 10am-12 Sweetwater HS
16 TF-C/EC 9-11am Helix HS 	17 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	18	19 CB-Practice 4:30-6pm Balboa	20 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	21 FH-SB 5:30-7:30 Pkwy Com Ctr	22 S4EA Final Track Meet - Sweetwater HS 9am-1pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa Limitless Adventure Hiking
23	24 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	25	26 CB-Practice 4:30-6pm Balboa	27 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	28 FH-SB 5:30-7:30 Pkwy Com Ctr	29 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am MMYB
30	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.	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.	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.	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.	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.	S4EA Board Members Needed S4EA has elections coming up for our new S4EA Board of Directors. 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 13.

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



**Wear your mask in large groups/indoor to help protect everyone!
Get your vaccines/boosters & be safe to play our sports!**



Message from Exec. Dir. Walter Jackson

S4EA is running our spring season sports in baseball, basketball, bowling, floor hockey, pickleball & track. Join S4EA at Pancake Breakfast on Sat April 15 at S4EA Office. SPORTS Camp takes place May 5-7 at Camp Marston in Julian. "A Taste 4 SPORTS" gala is scheduled for Thu June 1 at the Balboa Park Club. 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 SPORTS Camp May 5-7 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up.



SPORTS
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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 spring season in baseball, basketball, bowling, cycling, floor hockey, pickleball & 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.

 Find us on
Facebook
www.facebook.com/sports4ea

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.