



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 - OCTOBER 2026

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

S4EA Oktoberfest, Dinner & Dance October 10 at S4EA Office



S4EA has scheduled our own version of [Oktoberfest](#) on Saturday, Oct 10 from 3-5:30pm at the [S4EA Office](#) (8380 Vickers St. #E, SD 92111) for \$20. 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 Halloween SPORTS Camp October 23-25 at Camp Marston in Julian

S4EA has scheduled Halloween SPORTS Camp for October 23-25 at [Camp Marston](#) (4761 Pine Hills Rd, Julian 92036). Camp Marston offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga-Ga, talent show, dance) as well as Halloween fun (haunted house, costumes & trick-or-treating). Campers spend 2 nights in group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, a camper using a wheelchair may be limited to certain activities (cabins & dining hall are accessible). Persons with disabilities, families, friends, volunteers, coaches & supporters are welcome to join S4EA at camp.



The S4EA SPORTS Camp Registration Fee is \$450 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). \$100 advance deposit will guarantee a spot at camp. Transportation is available for \$100 or campers may be brought directly to Camp Marston in Julian which is a little over a 1 hour drive from San Diego. **S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Registration Fee &/or Transportation Fee.**

The 1-on-1 Chaperone Fee (to help pay extra cost of 1-on-1 chaperone that camper's family brings) of \$100 is no longer paid by Regional Center, but by family. If parent can chaperone an additional camper besides their son/daughter, then S4EA waives the \$100 fee. The 1-on-1 Chaperone Fee & Transportation Fee for parent must be paid in advance.

For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.



Row-A-Thon November 14 at CrossFit Trifecta-Vista to Benefit S4EA



The Row-A-Thon fundraiser is scheduled for Saturday, November 14th from 8am-1pm at [CrossFit Trifecta](#) (2588 Progress St Suite #2, Vista, CA 92081). The cost is \$50 per person or \$500 for a 10 person team. Teams are made up of S4EA athletes, volunteers, or community members. Sponsors are needed to help pay for S4EA athletes. The Row-A-Thon covers 42,195 meters (26.2 miles). S4EA is the 2026 beneficiary of the Hope Horizon Foundation Row-A-Thon. Support S4EA by entering the Row-A-Thon. Register at www.hopehorizonfoundation.com, or call S4EA at (858)565-7432 for more information.

S4EA Event Dates

- October 10** S4EA Oktoberfest, Dinner & Dance – S4EA Office (3-5:30pm)
- October 23-25** S4EA Halloween SPORTS Camp–Camp Marston-Julian (Fri 4:30pm-Sun 12)
- November 14** Row-A-Thon to Benefit S4EA – CrossFit Trifecta-Vista (8am-1pm)
- November 21** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 5** S4EA Bowling Tournament – Lucky Strike-Chula Vista (10am-2pm)
- December 6** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 13** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)



S4EA Fall Season

Sport-Practices Day Time Location Call S4EA at 858-565-7432 to confirm or for more Info

Bowling

Sat 11am-1pm [Lucky Strike](#) (845 Lazo Ct, CV 91910) Sep 12-Apr 24 - \$10 for 2 games [League Play]
 As of beginning of October, league is full so new bowlers will be listed as substitutes
 Oct 11 & 25 Sun 10:45-12:20pm [Mira Mesa Lanes](#) (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, cathysturdivant@yahoo.com to confirm
 Tourn-Dec 5 Sat 10am-2pm [Lucky Strike-Chula Vista](#) (845 Lazo Ct, Chula Vista 91910)



Cycling



Sat 1:15-3:30pm Oct 3-No Ride, Oct 10-[Robb Field](#) ride in Ocean Beach area,
 Oct 17-[San Diego Velodrome](#) (Morley Field in Balboa Park) S4EA Cycling Tournament,
 Oct 24-[Crown Point Shores](#) to Mission Bay Coaster/Boardwalk, Oct 31-[CV Marina](#) to Border
 [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]

Flag Football

Wed 5:45-7:15pm [Morley Field Athletic Fields](#) (2221 Morley Field Dr., SD 92104) Sep 16-Oct 21 (Code: [135739](#))
 Santa Clarita-Nov 8 Sun 8:30am-3:00pm SNAP Flag Football Tournament at Valenica High School in Santa Clarita



Floor Hockey

Mon 6:30-8:00pm [Park de la Cruz](#) (3901 Landis St., SD 92105) Sep 14-Dec 7 [League Play] (Code: [135738](#))
 Thu 4:00-5:30pm [Kearny Mesa Rec](#) (3170 Armstrong, SD 92111) from Sep 17-Dec 10 [Jr] (Code: [135740](#))
 Tourn-Dec 13 Sun 9am-5pm [Park de la Cruz](#) (3901 Landis St., San Diego 92105)



Swimming

Fri 7:00-8:00pm [Copley YMCA](#) (4300 El Cajon Blvd, SD 92105) Apr 10-Dec 18 [swimmers only]



Volleyball

Mon 5:30-7:00pm [Park de la Cruz](#) (3901 Landis St., SD 92105) Sep 14-Nov 16 [League Play] (Code: [135738](#))
 Thu 6:00-7:00pm [Boys & Girls Club-Vista](#) (410 W. California Ave, Vista 92083) from Sep 24-Nov 19
 Thu 6:00-7:30pm [Bostonia Rec Ctr](#) (1049 Bostonia, El Cajon 92021) from Sep 24-Nov 19
 Fri 5:30-7:00pm [Parkway Full Gymnasium](#) (373 Park Way, CV 91910) from Sep 18-Nov 20
 Tourn-Nov 21 Sat 9am-4pm [Balboa Park Activity Center](#) (2145 Park Blvd., San Diego 92101)



Also see Calendar for Practices, Tournaments, and Events.

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. 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 first practice with SDP&R-TRS. The facilities that S4EA uses in the fall are Park de la Cruz-Floor Hockey/Volleyball Mon (Code: [135738](#)), Morley Field Sports Complex-Flag Football Wed (Code: [135739](#)), Kearny Mesa Rec Ctr Gym-Floor Hockey Thu (Code: [135740](#)).

S4EA Fall Sports – Need Volunteer Coaches

S4EA needs volunteer coaches this fall for the following sports:

- South Bay Bowling on Sat 11am-1pm at Lucky Strike Chula Vista Sep 12-Apr 24
- South Bay Volleyball on Fri 5:30-7pm at Parkway Full Gymnasium Sep 18-Nov 20
- East County Volleyball on Thu 6-7:30pm at Bostonia Recreation Center Sep 24-Nov 19
- North County Volleyball on Thu 6-7pm at Boys & Girls Club-Vista Sep 24-Nov 19
- 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.

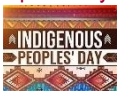


S4EA Holiday Party Sunday, December 6th from 4-6:30pm at Eagles Aerie



Come join in the festivities at the S4EA Holiday Party sponsored by Eagles Aerie and SDGive 'Season of Giving' on Sunday, December 6th from 4-6:30pm at the [Eagles Aerie](#) (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, 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 1st.

~ October 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Flag Football (FB) - Floor Hockey (FH) - Swimming (SW) - 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 Copley YMCA Lucky Strike Chula Vista Mira Mesa Lanes Parkway Full Gymnasium	Donate to S4EA 	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
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		1 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	2 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	3 BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm No Ride
4	5 FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	6	7 FB-C 5:45-7:15pm Morley	8 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	9 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	10 S4EA Oktoberfest/Dinner/Dance -S4EA Office  3-5:30pm BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm Robb Field ride in Ocean Beach area
11 BO-C/NC 10:45a-12:20 Mira Mesa	12 Indigenous Peoples' Day Columbus Day   FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	13	14 FB-C 5:45-7:15pm Morley	15 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	16 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	17 BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm San Diego Velodrome (Morley Field) S4EA Cycling Tournament
18	19 FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	20	21 FB-C 5:45-7:15pm Morley	22 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	23 Halloween SPORTS Camp - Camp Marston, Julian  SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	24 Halloween SPORTS Camp - Camp Marston, Julian  BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm Crown Point Shores to Mission Bay/Bdwalk
25 Halloween SPORTS Camp - Camp Marston, Julian  BO-C/NC 10:45a-12:20 Mira Mesa	26 FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	27	28	29 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	30 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	31 Halloween  BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm Chula Vista Marina to Border & back

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



Happy Halloween on October 31st!



Message from Exec. Dir. Walter Jackson

Join S4EA at Oktoberfest on Oct 10 at S4EA Office & Halloween SPORTS Camp Oct 23-25 at Camp Marston in Julian. S4EA is running our fall sports in bowling, flag football, floor hockey, and volleyball. Browse thru Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



SPORTS
for Exceptional Athletes



ADDRESS SERVICE REQUESTED

SPORTS for Exceptional Athletes
8380 Vickers St. Suite E
San Diego, CA 92111
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-496-7309

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

SPORTS Camp Chaperones Needed

Volunteers (especially males) age 18+ are needed to chaperone Halloween SPORTS Camp Oct 23-25 at Camp Marston in Julian. Family & friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up or send in [S4EA Volunteer Application for SPORTS Camp Chaperone](#).



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. 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.



Donate to S4EA



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