



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 - DECEMBER 2024

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

S4EA Holiday Party Sunday, December 15th 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 15th from 4-6:30pm at the [Eagles Aerie](#) (3848 Centre Street at University Ave., San Diego 92103).



Activities include music, dancing, caroling, Mexican dinner, visit by Santa & a gift exchange (please bring a gift-max. value \$10). No cost. RSVP to S4EA at 858-565-7432 by Dec 10.



S4EA athletes will be marching in the Holiday Bowl Parade on Friday, December 27th from 9am-11:30am starting at County Administrative Building on Harbor Dr. in San Diego. For more info, call S4EA at 858-565-7432.

2024 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following in-kind supporters for giving our athletes many SPORTS opportunities in 2024:

Major In-Kind Supporters

Abuhari Boutique
AleSmith Brewing Company
Alvarez Family
Aquarius/Edgewater Casinos
AYSO North Park
Beatle Trax Band
Belmont Park
Blue Dolphin Glass
Bonita Kiwanis
Bowlero Chula Vista
Bread & Cie
Brilmyer, Ken
Brumbach, Nick
CA Conservation Corps
CallFino Tequila
Candor by Giuseppe
Captain, Joan
Castro, Joe & Penny
Caudillo, Rodney
Chili's
Chula Vista Elks Lodge
Clavell, Teri
Coast View Chiro
Cohn Restaurant Grp

Cottage at Rancho La Siesta
Creative Ideas/David Family
Cunningham, Mary
Cygnet Theatre
Daley, Trish
Daly, Tim
Del Mar Thoroughbred Club
DeLalsla, Danita Lynn
Downes, Clara
Downes, James
Dream Dinners-La Mesa
Dukes La Jolla
Emerald Isle Golf Course
Flagship Cruises & Events
Fleet Science Center
Goldbaum, Rachel
Golden Nugget
Greeson, Betty & Wesley
GUHSD-Helix Charter HS
Guillermo-Pepe's Street Tacos
Hager, Barbara
Hall, Ray
Henry Avocados
Home Depot
Jones, Randy

Keane Studios
La Jolla Country Day School
Lamb's Players Theatre
Living Coast Discovery Center
Los Angeles Lakers
Lucero, Shelly
MacNeilan, Duane
Maina Family
Martin, Mad Mike
Mason, Editha
MC Sweet Treats-C. Cummings
Miguel's Cocina
Mimi's Kitchen/M. WinterNolte
Mingei Intl Museum
Miracle Springs Resort & Spa
Mission Foods
Munoz, Teresa
Nelson, Kathy
Norman, Quentin
Okin, Michael
Orfila Vineyards & Winery
Peters, John & Barbara
Phil's BBQ
Pick Up Stix
PRP Wine Intl.

Rathbun, Diana
Don Laughlin's Riverside Resort
Rodgers, Mark
Ruby's Diner Carlsbad
San Diego Air & Space Museum
San Diego Automotive Museum
San Diego Ballet
San Diego History Center
San Diego Ice Arena
SD Model Railroad Museum
San Diego Museum of Art
SD Natural History Museum
San Diego Padres Baseball
San Diego Seals
San Diego Sockers
San Diego Wave FC
Santee Lakes Recreation
Sauce Goddess
Save our Heritage Org
Screaming Pete's BBQ
SD Park & Rec-TRS
Sea World San Diego
Sesame Place San Diego
Smith, Joseph
Snaveley, Kay

Snowdall, Myra
Starbucks
Studio Diner
Stumpf, Casey
Styer, Jennifer
Sutherland Mgmt./McDonald's
Sweetwater UHSD
The Marine Room
Troy's Authentic Greek Cuisine
USAopoly
Wade, Chyenenne
Wahoo's Fish Taco
Walton, Bill
We Be OB
Yates, Angela

Volunteer Groups

Boys Team Charity
FAV-Female Athlete Volunteers
Marsha Fuerst Nursing School
NCL-San Dieguito
Stronger Together Club
Teen Volunteers in Action
Volunteer Match

In-kind Donations

Special thanks to our coaches who run practices, our key volunteers who help at tournaments and special events, and the office crew, especially Teresa Gillaspay & her friends, who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

Apologies to anyone we missed and thank you all for your generosity.

Guacamole Bowl – Save-the-Date Feb 8, 2025 at the Balboa Park Club



The Guacamole Bowl is scheduled for Saturday, February 8, 2025 from 10am-2pm at the [Balboa Park Club](#). Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) & Entry Fee of \$25.

Bring family and friends as the \$8 admission pays membership fee and gets you a bag of Mission Tortilla chips & all the guacamole you can eat. You also have the opportunity to vote for your favorite recipe and select the finalists in each division. Thanks to gold medal sponsor Job Options, Inc. For more information, call S4EA at 858-565-7432.

S4EA Event Dates

- December 8** S4EA Bowling Tournament – Bowlero Chula Vista (8am-12:30pm)
- December 14** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 15** S4EA Holiday Party – Eagles Aerie (4-6:30pm) (moved from Dec 7)
- December 27** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
- February 8** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)



S4EA Fall Season

Sport-Practices Day Time Location Fall Season Sports, Call S4EA at 858-565-7432 for more Info

Bowling
 Sat 11am-1pm [Bowlero Chula Vista](#) (845 Lazo Ct, CV 91910) except Dec 7 & 28-\$9 for 2 games [League]
 Dec 15 Sun 11am-12:20pm [Mira Mesa Lanes](#) (8210 Mira Mesa Blvd, SD 92126)-\$10 per hour+(call Cathy 949-922-3441)
 Tourn-Dec 8 Sun 8am-12:30pm [Bowlero Chula Vista](#) (845 Lazo Ct, Chula Vista 91910)

Floor Hockey
 Mon 6:30-8:30pm [Park de la Cruz](#) (3901 Landis St., SD 92105) Sep 16-Dec 9 [League Play] (Code: [118020](#))
 Thu 4:00-5:30pm [Kearny Mesa Rec](#) (3170 Armstrong, SD 92111) from Sep 19-Dec 5 [Jr] (Code: [118025](#))
 Tourn-Dec 14 Sat 9am-5pm [Park de la Cruz](#) (3901 Landis St., San Diego 92105)

Pickleball Mon 5:30-6:45pm [Park de la Cruz](#) (3901 Landis St., San Diego 92105) on Nov 25, Dec 2 & 9 (Code: [118020](#))

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-Dec 14

Also see Calendar for Practices, Tournaments, Events, and Off-Season Cycling Rides.

No Practices or Tournaments During the Holidays except Holiday Bowl Parade Dec 27. Enjoy the Holidays with your Family.

S4EA Winter Season – Basketball, Track & Winter Sports Conditioning



S4EA tentative schedule for opening our winter sports in January is as follows: San Diego City basketball & winter sports conditioning on Mondays from 5:30-8:30pm at Park de la Cruz starting Jan 6 with Junior basketball on Thu from 4-5:30pm at Kearny Rec Center starting Jan 9; East Co. basketball practices at Bostonia Rec Center on Thursdays from 6-7:30pm starting Jan 23 & track practices at Helix HS on Sundays from 9-11am; North Co. basketball practices on Thursdays from 6-7pm at the Boys & Girls Club-Vista starting Jan 16; South Bay basketball practices on Fri from 6-8pm at Parkway Community Center starting Jan 10 and track held on Saturdays from 10am-12noon at Sweetwater HS. To confirm & for more info, contact S4EA at 858-565-7432.



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



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 the first practice with SDP&R-TRS. The facilities that S4EA uses in the fall are Park de la Cruz-Floor Hockey Mon (Code: [118020](#)) and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [118025](#)). The facilities that S4EA uses in the winter are Park de la Cruz-Basketball/Winter Sports Conditioning Mon (Code: [119151](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [119152](#)).

S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2024

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in making 2024 an exceptional year for the SPORTS for Exceptional Athletes sports program. We started our program 17 ½ years ago 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. We offer over 20 sports in 4 sports seasons to 1,400 athletes with developmental disabilities. Over 100 coaches help our athletes at practices, league play, and tournaments. Over 200 meet volunteers assist with timing, scoring, buddies, lunch, set-up, take-down, first-aid . . . and everything else that needs to be done at tournaments. Over 1,000 donors have given financial support to help make this a great program. S4EA had 2 SPORTS Camps in 2024 – Camp Marston in Julian in May and Green Oak Ranch in Vista in October. Thank you for your support. Wishing you a Happy Holiday Season & I look forward to seeing you in 2025.



~ December 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bowlero Chula Vista Kearny Mesa Rec Center Mira Mesa Lanes Park de la Cruz		Donate to S4EA 	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.	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	2 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-7pm Park de la Cruz	3 	4	5 FH-Jr. 4-5:30pm Kearny	6	7 CY 1:15-3:30pm DeAnza Cove around Mission Bay
8 S4EA Bowling Tour - Bowlero CV 8am-12:30pm 	9 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-7pm Park de la Cruz	10	11	12	13	14 S4EA Floor Hockey Tour Park de la Cruz 9am-5pm  BO-SB 11am-1pm Bowlero CV Limitless Adventure Hike
15 S4EA Holiday Party - Eagles Aerie 4-6:30pm  HOLIDAY PARTY! BO-C/NC 11am-12:20 Mira Mesa	16	17	18	19	20	21 Winter Begins  BO-SB 11am-1pm Bowlero CV
22	23	24	25 Christmas Hanukkah Begins 	26 Kwanzaa Begins 	27 Holiday Bowl Parade -Harbor Dr 9-11:30am  CY 8-11:30am Liberty Station to Co Admin Bldg.-Hol. Bowl Parade	28
29	30	31 New Year's Eve 		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.	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

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



Wishing you Happy Holidays!



Message from Exec. Dir. Walter Jackson

Join S4EA at Holiday Party on Sun Dec 15 at Eagles Aerie. S4EA opens our winter sports (basketball, bowling, track & winter sports conditioning) in Jan. Browse thru 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 Bowling Tourn. Dec 8

Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn.is scheduled for Sunday, December 8 from 8am-12:30pm at Bowlero Chula Vista. S4EA athletes that have a bowling average can enter Bowling Tourn. by calling S4EA at 858-565-7432.

Support S4EA and find your holiday gifts by buying S4EA merchandise (hats, t-shirts, hoodies, bags, etc.) at the Bowling Tournament.



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: 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 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 fall season in bowling & floor hockey, and in January for the winter season

in basketball, track & winter sports conditioning. 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.