



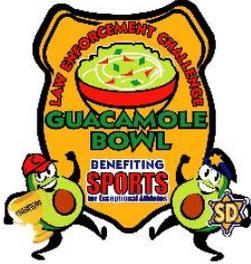
**SPORTS**  
for Exceptional Athletes

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](http://www.s4ea.org) | E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) | Phone 858-565-S4EA (7432).

# SPORTS NEWS - MARCH 2026

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

## Guacamole Bowl – Saturday March 21 at the Balboa Park Club



Taste delicious guacamole from 20 teams at the 23rd annual Law Enforcement Challenge "Guacamole Bowl" fundraiser on Saturday, March 21, 2026 from 10:00am until 2:00pm at the [Balboa Park Club](#) (2150 Pan American Road West, San Diego 92101). Taste the Guacamole from champions from the past 22 years and discover new recipes from up and coming teams. Guacamole starter kits are available for purchase

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) &

Entry Fee of \$25. Sponsorship opportunities are available from \$50 for Entertainment Sponsor up to \$5,000 for Championship Round Sponsor. Proceeds benefit S4EA.

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. For more information, visit [www.s4ea.org/guacamole-bowl](http://www.s4ea.org/guacamole-bowl) or call S4EA at 858-565-7432. For tickets, go to <https://www.s4ea.org/event-details/guacamole-bowl-1>

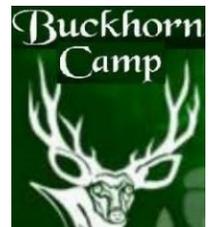


2025 Guacamole Bowl Champs  
Cheese Enchiladas

## S4EA SPORTS Camp May 15-17 at Buckhorn Camp in Idyllwild

S4EA SPORTS Camp Session #1 on May 15-17 at [Buckhorn Camp in Idyllwild](#) (24641 Hwy 243, Idyllwild 92549) offers sports (bocce, Ga-Ga, human foosball, swimming, and an indoor gymnasium to play basketball, floor hockey, soccer, and volleyball) and traditional camp activities (crafts, hiking, dance, talent show) at a camp in the mountains in Idyllwild. Campers spend 2 nights in cabins under the guidance of camp counselors/chaperones. Persons with developmental disabilities, families, friends, volunteers, coaches, and supporters are all welcome to join S4EA at SPORTS Camp.

The S4EA SPORTS Camp Registration Fee is \$400 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 guarantees a spot at camp. If camper needs 1-on-1 chaperone, a Supplemental Staffing Fee of \$200 is charged. Transportation is available for \$100 or campers may be brought directly to Buckhorn Camp in Idyllwild which is a little over a 2 hour drive from San Diego. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp. Please contact your Regional Center worker to apply & get approval for Registration Fee, Supplemental Staffing Fee &/or Transportation Fee.* For more info, call S4EA at (858)565-7432 or go to website at [www.s4ea.org](http://www.s4ea.org).



## S4EA Board of Directors Elections



S4EA will be having elections for our new 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 March 5.



## S4EA Event Dates

- March 7** S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
- March 21** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- April 11** S4EA Basketball Tourn–Park de la Cruz/St. Augustine/Mid-City (9-5)
- April 18** S4EA Pancake Breakfast/Ath Council Elections–S4EA Office (8-10am)
- April 25** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 15-17** S4EA SPORTS Camp-Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)
- June 27** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



## S4EA Winter/Spring Season

**Sport-Practices Day Time Location** Winter/Spring Season Sports, Call S4EA at 858-565-7432 for more Info

	<b>Basketball</b>	Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Jan 5-Apr 6 [Winter League] (Code: <a href="#">127432</a> )
		Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Apr 13-May 4 [Spring League] (Code: <a href="#">129819</a> )
		Thu	4:00-5:30pm	<a href="#">Kearny Mesa Recreation Ctr.</a> (3170 Armstrong, SD 92111) Jan 15-Apr 9 [Jr](Code: <a href="#">127433</a> )
		Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec Ctr</a> (3170 Armstrong, SD 92111) Apr 16-May 7 [Spring Open Jr] (Code: <a href="#">129820</a> )
		Thu	6:00-7:30pm	<a href="#">Bostonia Recreation Center</a> (1049 Bostonia, El Cajon 92021) January 22-April 9
		Thu	6:00-7:00pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W. California Ave, Vista 92083) January 15-April 9
		Fri	5:30-7:00pm	<a href="#">Parkway Community Center Gymnasium</a> (373 Park Way, CV 91910) Jan 16-Apr 10
Tourn-Apr 11	Sat	9:00am-5:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105), <a href="#">St. Augustine HS</a> & <a href="#">Mid-City Gym</a>	

<b>Bowling</b>	Sat	11am-1pm	<a href="#">Lucky Strike CV</a> (845 Lazo Ct, CV 91910) Jan 10-Apr 25, \$9 for 2 games [League]
Mar 1, 15 & 29	Sun	10:45-12:20pm	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, <a href="mailto:cathysturdivant@yahoo.com">cathysturdivant@yahoo.com</a> to confirm

<b>Cycling</b>	Sat	1:15-3:30pm	Mar 14- <a href="#">Hospitality Pt.</a> Park near Harbor Police Station-Cyclists ride once a month in winter. [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]
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<b>Pickleball</b>	Mon	5:30-6:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Mar 30-May 4 (Code: <a href="#">129819</a> )
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	<b>Track</b>	Sat	10:00am-12noon	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950) January 3-April 25
		Sun	9:00-11:00am	<a href="#">Helix High School</a> (7323 University Ave., La Mesa 91941) January 11-April 19
	Prelim Meet-Mar 7	Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)
	Final Meet-Apr 25	Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)

<b>Volleyball</b>	Mon	5:30-6:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Feb 9-Mar 23 (Code: <a href="#">127432</a> )
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Also see Calendar for Practices, Tournaments, and Events.

## S4EA Pancake Breakfast/Athlete Council Elections Saturday April 18 at S4EA Office

The [S4EA Pancake Breakfast Fundraiser](#) is being held at the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Saturday, April 18 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 info or tickets, call S4EA at 858-565-7432.



## 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](http://SDRecConnect.com) or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the winter are Park de la Cruz-Basketball/Volleyball Mon (Code: [127432](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [127433](#)). The facilities that S4EA uses in the spring are Park de la Cruz-Basketball/Pickleball Mon (Code: [129819](#)) and Kearny Mesa Recreation Center-Junior Open Sports Thu (Code: [129820](#)).

## S4EA Winter/Spring Sports Need Volunteer Coaches

S4EA needs volunteer coaches this winter & spring for the following:

- [South Bay Bowling](#) on Sat 11am-1pm at Lucky Strike Chula Vista from Jan 10-Apr 25
- [South Bay Basketball](#) on Fri 5:30-7pm at Parkway Com. Center Gym from Jan 16-Apr 10
- [East County Basketball](#) on Thu 6-7:30pm at Bostonia Recreation Center from Jan 22-Apr 9
- [North County Basketball](#) on Thu 6-7pm at Boys & Girls Club-Vista from Jan 15-Apr 9
- [San Diego City/East County Track](#) on Sun from 9-11am at Helix High School from Jan 11-Apr 19
- Basketball, Bowling, Cycling, Pickleball, Track & Volleyball at various other practice site locations

If interested in volunteer coaching or to get a [Volunteer Application](#), call S4EA at 858-565-7432.



# Volunteer to Coach

**Give a little. Get a lot!**  
Families & friends are welcome.  
No experience needed.

~ March 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Winter/Spring Season</u> - Basketball (BB) - Bowling (BO) - Cycling (CY) - Pickleball (PB) - Track (TF) - Volleyball (VB)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay	<u>Facilities</u> Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Com. Center Gym	<u>Facilities</u> Helix High School Lucky Strike Chula Vista Mira Mesa Lanes Sweetwater High School		Donate to S4EA 	<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.
<b>1</b> BO-C/NC 10:45a-12:20 <a href="#">Mira Mesa</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>2</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> VB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>3</b>	<b>4</b>	<b>5</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>6</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>7</b> S4EA Prelim Track Meet – <a href="#">Sweetwater HS 9am-1pm</a>  BO-SB 11am-1pm <a href="#">Lucky Strike</a>
<b>8</b> Daylight Savings Begins  DAYLIGHT SAVINGS TIME TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>9</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> VB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>10</b>	<b>11</b>	<b>12</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>13</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>14</b> BO-SB 11am-1pm <a href="#">Lucky Strike</a> CY 1:15-3:30pm <a href="#">Hospitality Pt.</a> TF-SB 10-12 <a href="#">Sweetwater HS</a>
<b>15</b> BO-C/NC 10:45a-12:20 <a href="#">Mira Mesa</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>16</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> VB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>17</b> St. Patrick's Day 	<b>18</b>	<b>19</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>20</b> Spring Begins  BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>21</b> S4EA "Guacamole Bowl" – <a href="#">Balboa Park Club 10am-2pm</a>  BO-SB 11am-1pm <a href="#">Lucky Strike</a> TF-SB 10-12 <a href="#">Sweetwater HS</a>
<b>22</b> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>23</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> VB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>24</b>	<b>25</b>	<b>26</b> BB-Jr 4-5:30pm <a href="#">Kearny</a> BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>27</b> BB-SB 5:30-7pm <a href="#">Pkwly Gym</a>	<b>28</b> BO-SB 11am-1pm <a href="#">Lucky Strike</a> TF-SB 10-12 <a href="#">Sweetwater HS</a>
<b>29</b> BO-C/NC 10:45a-12:20 <a href="#">Mira Mesa</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>30</b> BB-C 6-8pm <a href="#">Park de la Cruz</a> PB-C 5:30-6:30 <a href="#">Park de la Cruz</a>	<b>31</b> Cesar Chavez Holiday 	<u>Community Giving Program</u> Please contact Clara at <a href="mailto:sds4ea@gmail.com">sds4ea@gmail.com</a> or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program	<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.	<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	<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

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



Remember to Wear Green on St. Patrick's Day!



**Message from Exec. Dir. Walter Jackson**

Taste delicious guacamole at [Guacamole Bowl](#) on Sat Mar 21 at Balboa Park Club. Join S4EA at Pancake Breakfast on Sat Apr 18 at S4EA Office. S4EA is running our winter & spring sports (basketball, bowling, cycling, pickleball, track & volleyball). Browse thru Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.



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SPORTS for Exceptional Athletes  
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**SPORTS Camp-Chaperones Needed**

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp May 15-17 at Buckhorn Camp in Idyllwild. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432.



**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](http://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.
- 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 winter season in basketball, bowling, pickleball, track, 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.