



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 - NOVEMBER 2022

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

S4EA Bunco Lunch Sat Nov 12 at New S4EA Office (8380 Vickers St. #E, SD 92111)



SPORTS for Exceptional Athletes presents [Bunco Lunch](#) on Saturday, November 12 at new [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) from 12noon-2pm. Because it's safer outside, we will eat lunch at noon & start playing at 12:30pm outside by the S4EA office. Tickets are \$20 to cover the cost of lunch, soft drinks and two rounds of tournament play. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos) & supporting S4EA, call 858-565-7432.

S4EA Holiday Party Sunday, December 4th 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 4th 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-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by November 30th.



S4EA athletes are marching in the Holiday Bowl Parade on Wednesday, December 28th from 9am-11:30am on [Harbor Dr.](#) in San Diego.

2022 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes would like to thank the following supporters for giving our athletes many SPORTS opportunities in 2022:

Platinum (\$10,000+)

Hervy Family Fund @ SDF
Idy Land Surveying, Inc.
Webb, Bud & Vonda

Gold Medal (\$5,000+)

Brumbach, James 'Nick'
Cox, Brian & Kimberly

Silver Medal (\$1,000+)

Brixton Capital
Gibson, David
Harris, Richard
HM Electronics
Jackson, Walter A.
JMH Fund of Jewish Com Fnd
Lowry, Deborah
Mejia-Powell, Beda
Miller, Brian
Mills, Barbara & Grant
Nelson, Kathy
Swartout, Michael

Woolson, Jeffrey
Yates/Julius III, Angela & John

Bronze Medal (\$500+)

Alvarez, Nicole
Benavidez, Gilbert
Buckley, Russell
Colors Gourmet Pizza
Daly, Tim
Downes, Clara M.
Fuentes, Joe
Gienapp Family Foundation
Gillaspy, Teresa
Glicksman, Jay
Goldbaum, Michael
Hiatt, Richard
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MacNeilan, Duane
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Sonnenberg & Co. CPA
Super Wash & Dry Laundromat
Technology Partners LLC
Triad Components Group
United Domestic Workers Amer
Wolfsheimer, Marc
Yates, Christina

Blue Ribbon (\$100+)

Ahrens, Greg
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Brault, Kathleen & Michael
Brault, Martha
Breen-Hedges, Christina

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Chevalier, Dorene
Christian, Timothy
Colter, Stephanie
Cordova, Joe
Costco Wholesale
Crampton, Nona
Cunningham, Mary E.
Cunningham, Ronald
Daneau, John
David, Harriet
Davis-Olsen, Babette/Meryl
Demos, Rosemarie
Devine, Nancy
Duarte, Rose
Dutcher, Michael
Energy Engineering Assoc.
English, Cynthia
Farmer, Aaron J.
Floyd, Marilyn
Gaebe, Judith

Glinatsis, Cheri
Gregorio, Randi
Griffes, Ernie
Grover, Tina
Hames, William
Harvey, James
Hovland, Eric
Hubecky, Cathy
Jackson, David
Jackson, Richard
Kiwanis of Imperial Beach/SB
Larkin, Carol
Levinson, Randy
Mais, Shepard
Martin, 'Mad' Mike
Mason, Editha
McKee, John
O'Connor, Daniel
Otto, Peter
Peterson, Raymond
Rathbun, Matthew
Rouse, Thomas

Russell, Diane
Schmidt, Gary
Smith, Leslie
Staberg, Dan
Stellar Care, Inc.
Stone, Bruce
Strohbehn, Connie
Styer, Jennifer
Walker, James
Weydt, Robert
Williams, Cameron
Young, Eric

Thank you to the 2022 Sponsors and the other 76 donors who contributed this year.

S4EA Event Dates

- November 12** S4EA Bunco Lunch – New S4EA Office at 8380 Vickers St. #E, SD 92111 (12noon-2pm)
- November 19** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 3** S4EA Floor Hockey Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)
- December 4** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 11** S4EA Bowling Tournament – Bowlero Chula Vista (9am-1pm)
- December 28** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
- February 25** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)

S4EA Fall 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 should wear masks to indoor practices with further guidance given at indoor practice.

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)	not Nov 26-\$9 for 2 games [League Play]
	Sat	11:30am-2pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)	-\$6 for 3 games [League Play] (call Sue to register)
	Tourn-Dec 11	Sun	9am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)
 Cycling	Sat	1:15-3:30pm	Nov 5- Liberty Station around SD Bay, Nov 12- Liberty Station	"Ride the Point" [see calendar, S4EA website, coach for more info]
 Floor Hockey	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., SD 92105)	ending Nov 28 [League Play] (Code: 102968)
	Thu	4:00-5:30pm	Kearny Mesa Rec Center (3170 Armstrong, San Diego 92111)	end Dec 1 [Jr] (Code: 102970)
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021)	ending December 1 [not Nov 24]
	Tourn-Dec 3	Sat	9am-5pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)
 Volleyball	Mon	5:30-7:00pm	Park de la Cruz (3901 Landis St., SD 92105)	ending Nov 14 [League Play] (Code: 102968)
	Fri	6:30-7:30pm	Boys & Girls Club-Vista (410 W California Ave, Vista 92083)	ending Nov 18
	Tourn-Nov 19	Sat	9am-4pm	Balboa Park Activity Center (2145 Park Blvd., San Diego 92101)



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-Nov 19

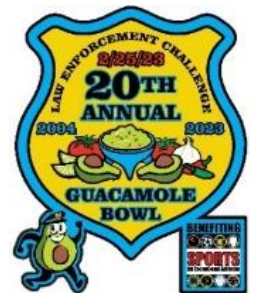
S4EA Practices & Tournaments – Guidelines During COVID-19

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

20th Anniversary Guacamole Bowl – Save-the-Date Feb 25, 2023

The Guacamole Bowl will be celebrating its 20th Anniversary this coming year. Come join in on the celebration on February 25, 2023 from 10am-2pm at the [Balboa Park Club](#). Taste the Guacamole from champions from the past 20 years. The overall Grand Champion team members each will receive a custom designed and numbered, championship ring.

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 tickets, call S4EA at 858-565-7432 or go to www.s4ea.org/event-details/20th-annual-guacamole-bowl



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 ended in March. 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 fall are Park de la Cruz-Volleyball/Floor Hockey Mon (Code: [102968](#)) and Kearny Mesa Rec Ctr-Floor Hockey Jr. Thu (Code: [102970](#)). The facilities that S4EA uses in the winter are Park de la Cruz-Basketball/Winter Sports Mon (Code: [104227](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [104228](#)).



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



~ November 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bowlero Chula Vista Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Parkway Bowl	CDC Recommendations Get your COVID Vaccines/Booster & Be Safe to Play our Sports.	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.	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.
		1	2	3 FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny	4 VB-NC 6:30-7:30 B&G Vista	5 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-4:45pm Liberty Station Around San Diego Bay
6 Daylight Savings Ends	7 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	8 Election Day	9	10 FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny	11 Veterans Day VB-NC 6:30-7:30 B&G Vista	12 S4EA Bunco – S4EA Office- 8380 Vickers St #E 12-2pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-4:45pm Liberty Station "Ride the Point"
13	14 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	15	16	17 FH-EC 6-7:30pm Bostonia FH-Jr. 4-5:30pm Kearny	18 VB-NC 6:30-7:30 B&G Vista	19 S4EA Volleyball Tourn-Balboa Park Activity Center 9am-4pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl Limitless Adventure Hike
20	21 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-7pm Park de la Cruz	22	23	24 Thanksgiving	25	26 BO-EC 11:30-2pm Parkway Bowl
27	28 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-7pm Park de la Cruz	29	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.

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

Printing courtesy of a grant from Las Patronas



Wear your mask indoors to help protect everyone! Get your vaccine/boosters & be safe to play our sports!



Message from Executive Director Walter Jackson

Based on CDC Guidelines, S4EA opened our fall sports (bowling, floor hockey, and volleyball) in September. Join S4EA at Bunco on Saturday, November 12 at new S4EA Office. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

Shop AmazonSmile & Support S4EA

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.

AmazonSmile has already raised over \$2,300 for S4EA.

Support S4EA and find all your holiday essentials including gifts, decorations, etc.



ADDRESS SERVICE REQUESTED

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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 fall season in bowling, cycling, floor hockey, 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.