



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 - MARCH 2023

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

S4EA St. Patrick's Day Dinner Dance Saturday, March 11 at Chula Vista Elks Lodge



The SPORTS for Exceptional Athletes (S4EA) [St. Patrick's Day Dinner Dance](#) is taking place on Saturday, March 11th from 5-9pm at the [Chula Vista Elks Lodge](#) (901 Elks Lane, Chula Vista 91910). S4EA athletes are invited to a great evening of fun and entertainment provided by the Chula Vista Elks Lodge. Wear your green. Limited spots available due to the pandemic. To register, please call S4EA at 858-565-7432 by March 7th.



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

S4EA SPORTS Camp on May 5-7 at [Camp Marston](#) 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.



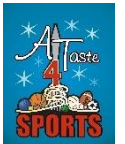
The S4EA SPORTS Camp Registration Fee is \$300 per person to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & S4EA Camp Registration Form as soon as possible to S4EA (8380 Vickers St. #E, SD, CA 92111). Turn in [Camp Registration Form](#) & Fee by April 5 and pay Early Bird Price of 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.



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

- February 25** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- March 4** S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
- March 11** S4EA St. Patrick's Day Dinner Dance – Chula Vista Elks Lodge (5-9pm)
- March 18** S4EA Basketball Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)
- April 22** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 5-7** S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
- June 1** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)

S4EA Winter 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.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>For Winter Season Sports, Call S4EA at 858-565-7432 For More Info</u>	
Basketball 	Mon	6:00-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) ending Mar 13 [League Play] (Code: 104227)		
	Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) ending March 14		
	Thu	4:00-5:30pm	Kearny Mesa Rec. Ctr. (3170 Armstrong, San Diego 92111) end Mar 16 [Jr] (Code: 104228)		
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending March 16		
	Fri	5:30-7:30pm	Parkway Com. Ctr. (373 Park Way, CV 91910) end Mar 17 [Tm 1 5:30-6:30pm/Tm 2 6:30-7:30pm]		
	Tourn-Mar 18	Sat	9:00am-5:00pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)	
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)		
Futsal-Indoor Soccer	Mon	5:30-6:30pm	 Park de la Cruz (3901 Landis St., SD 92105) ending March 13 (Code: 104227)		
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)		
	Meet-Mar 4	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)	
	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-Mar 25

S4EA Spring Season

Spring season begins the second half of March. Bowling & Track are continuing. The tentative schedule for other sports is as follows:

- Basketball from 6:30-8:30pm & Pickleball from 5:30-6:30pm on Mondays at Park de la Cruz start March 20 (Code: [106233](#))
- Baseball practice start Wed Feb 22 4:30-6pm at Balboa /games start Sat Mar 11 from 10am-12 (see calendar) (Code: [106235](#))
- Open Gym (kickball/soccer/lacrosse/etc) age 5-18 on Thu from 4-5:30pm at Kearny Rec Ctr start Apr 6 (Code: [106234](#))

To register with SD City for practices above, create an account on SDRecConnect.com & enter code for practice program.

South Bay may do swimming or floor hockey. To confirm practices, start dates & for more info, please call 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 winter are Park de la Cruz-Basketball/Futsal Mon (Code: [104227](#)) & Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [104228](#)). 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](#)).



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



~ March 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Winter Season Sports - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Futsal-Indoor Soccer (SO) - 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 Boys & Girls Clubs Vista 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	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.	CDC Recommendations Get your COVID Vaccines/Boosters & Be Safe to Play our Sports.
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.	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.	1 CB-Practice 4:30-6pm Balboa	2 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	3 BB-SB 5:30-7:30 Pkwly Com Ctr	4 S4EA Prelim Track Meet – Sweetwater HS 9am-1pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl
5 TF-C/EC 9-11am Helix HS	6 BB-C 6-8:30pm Park de la Cruz SO-C5:30-6:30 Park de la Cruz	7 BB-NC 6-7pm B&G Vista	8 CB-Practice 4:30-6pm Balboa	9 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	10 BB-SB 5:30-7:30 Pkwly Com Ctr	11 S4EA St. Patrick's Day Dinner /Dance – Chula Vista Elks 5-9pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am MMYB TF-SB 10am-12 Sweetwater HS
12 Daylight Savings Begins TF-C/EC 9-11am Helix HS	13 BB-C 6-8:30pm Park de la Cruz SO-C5:30-6:30 Park de la Cruz	14 BB-NC 6-7pm B&G Vista	15 CB-Practice 4:30-6pm Balboa	16 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	17 St. Patrick's Day BB-SB 5:30-7:30 Pkwly Com Ctr	18 S4EA Basketball Tourn. - Park de la Cruz 9am-5pm 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
19 TF-C/EC 9-11am Helix HS	20 Spring Begins BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	21	22 Ramadan CB-Practice 4:30-6pm Balboa	23	24	25 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS Limitless Adventure Hiking
26 TF-C/EC 9-11am Helix HS	27 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	28	29 CB-Practice 4:30-6pm Balboa	30	31	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 March 31.

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

Join S4EA at St. Patrick's Day Dance on Sat March 11 at Chula Vista Elks Lodge. S4EA is running our winter season sports in basketball, bowling, futsal (indoor soccer) & track. Baseball & pickleball start in March. SPORTS Camp takes place May 5-7 at Camp Marston in Julian. 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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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 winter season in basketball, bowling, futsal (indoor soccer) & track. Volunteers are needed as coaches for the spring season in baseball & pickleball. 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.