



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 2025

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

S4EA Oktoberfest, Dinner & Dance October 11 at S4EA Office



S4EA has scheduled our own version of [Oktoberfest](#) on Saturday, Oct 11 from 3-5:30pm at the S4EA Office (8380 Vickers St. #E, SD 92111) for \$10. 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 Bingo, Halloween Haunted House & Trunk-or-Treat Oct 25 at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash, Halloween Haunted House & Trunk-or-Treat](#) on Saturday, Oct 25 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-5:30pm. We will play Bingo outside at 3:30pm. For \$10.00 per set of 4 Halloween Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes.

For the Halloween Trunk-or-Treat, anyone interested is encouraged to set-up their Halloween decorations on their vehicle starting at 1:30pm in the parking lot behind the S4EA office. Participants can walk through the Haunted House in the S4EA office, view the Trunk-or-Treat vehicles, and receive wrapped treats from 3-3:30pm. Halloween Bingo starts at 3:30pm.

Call S4EA at 858-565-7432 to reserve your spot.



S4EA Holiday Party Sunday December 14th 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 14th 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 December 9th.



S4EA Event Dates

- | | |
|--------------------|---|
| October 11 | S4EA Cycling Tournament – San Diego Velodrome (12noon-2:30pm) |
| October 11 | S4EA Oktoberfest, Dinner & Dance – S4EA Office (3-5:30pm) |
| October 25 | S4EA Bingo/Halloween Haunted House/Trunk-or-Treat–S4EA Office (3-5:30pm) |
| November 9 | SNAP Flag Football Tournament – Valencia HS, Santa Clarita (8:30am-3pm) |
| November 15 | TRS Turkey Trot – Park de la Cruz (8:30-11am) |
| November 22 | S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm) |
| December 7 | S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm) |
| December 13 | S4EA Bowling Tournament – Lucky Strike/Bowlero Chula Vista (8am-12:30pm) |
| December 14 | S4EA Holiday Party – Eagles Aerie (4-6:30pm) |
| March 21 | S4EA Guacamole Bowl – Balboa Park Club (10am-2pm) |
| June 27 | S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm) |



S4EA Fall Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Fall Season Sports, Call S4EA at 858-565-7432 for more Info
Bowling	Sat	11am-1pm	Bowlero CV/Lucky Strike (845 Lazo Ct, CV 91910)	Sep 6-Apr 25-\$9 for 2 games [League]
Oct 12 & 26	Sun	10:45-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)	-\$5 per hour+, cathysturdivant@yahoo.com to confirm
Tourn-Dec 13	Sat	8am-12:30pm	Lucky Strike/Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)	
Cycling	Sat	1:15-3:30pm		Oct 4-No Ride, Oct 11- SD Velodrome (Morley Field in Balboa Park) S4EA Cycling Tourn.
				Oct 18- De Anza Cove to Fiesta Island, Oct 25- Miramar Lake X 2
				[see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]
Tourn-Oct 11	Sat	12noon-2:30pm	San Diego Velodrome (2516 Pershing Dr., San Diego 92104, Morley Field in Balboa Park)	
Flag Football	Wed	5:45-7:15pm	Morley Field Athletic Fields (2221 Morley Field Dr., SD 92104)	Sep 10-Oct 15 (Code: 126513)
Santa Clarita-Nov 9	Sun	8:30am-3:00pm	SNAP Flag Football Tourn. at Valenica H.S. (27801 Dickason Dr., Santa Clarita 91355)	
Floor Hockey	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., SD 92105)	Sep 15-Dec 1 [League Play] (Code: 126512)
	Thu	4:00-5:30pm	Kearny Mesa Rec (3170 Armstrong, SD 92111)	Sep 18-Dec 4 [Jr] (Code: 126514)
Tourn-Dec 7	Sun	9am-5pm	Park de la Cruz (3901 Landis St., San Diego 92105)	
Volleyball	Mon	5:30-7:00pm	Park de la Cruz (3901 Landis St., SD 92105)	Sep 15-Nov 17 [League Play] (Code: 126512)
	Thu	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083)	from Sep 25-Nov 20
	Thu	6:00-7:30pm	Bostonia Rec Ctr (1049 Bostonia, El Cajon 92021)	from Sep 18-Nov 20
	Fri	5:00-6:00pm	Otay Recreation Center (3554 Main St., CV 91911)	from Sep 19-Nov 21
Tourn-Nov 22	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-October 11

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



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/Volleyball Mon (Code: [126512](#)), Morley Field Softball Fields-Flag Football Wed (Code: [126513](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [126514](#)).

Join TRS at the Turkey Trot on Saturday, November 15 from 8:30-11am at Park de la Cruz (3901 Landis St., SD 92105). For \$10 – roll, walk, trot, or run. There will be a marked course, along with activity booths, refreshments, entertainment, kids' sprint and more! Register at [SDRecConnect.com](#) using the code [125849](#) by November 1st to guarantee a t-shirt, medal and snack bag. For more info, call TRS at 619-525-8247 or 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



S4EA Fall Sports Need Volunteer Coaches

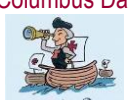
S4EA urgently needs volunteer coaches this fall for the following:

- South Bay Bowling on Sat 11am-1pm at Lucky Strike/Bowlero Chula Vista Sep 6-Apr 25
- South Bay Volleyball on Fri 5-6pm at Otay Recreation Center Sep 19-Nov 21
- East County Volleyball on Thu 6-7:30pm at Bostonia Recreation Center Sep 18-Nov 20
- North County Volleyball on Thu 6-7pm at Boys & Girls Club-Vista Sep 25-Nov 20
- 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.



~ October 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Flag Football (FB) - Floor Hockey (FH) - 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 Bowlero CV/Lucky Strike Mira Mesa Lanes Otay Recreation Center	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	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.	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
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	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.	Donate to S4EA 	1 Yom Kippur  FB-C 5:45-7:15pm Morley	2 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	3 VB-SB 5-6pm Otay Rec Ctr	4 BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm No Ride
5	6 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	7	8 FB-C 5:45-7:15pm Morley	9 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	10 VB-SB 5-6pm Otay Rec Ctr	11 S4EA Oktoberfest/Dinner/Dance -S4EA Office  3-5:30pm S4EA Cycling Tour-SD  Velodrome 12-2:30pm BO-SB 11am-1pm Bowlero CV Limitless Adventure Hike
12 BO-C/NC 10:45a-12:20 Mira Mesa	13 Columbus Day  FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	14	15 FB-C 5:45-7:15pm Morley	16 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	17 VB-SB 5-6pm Otay Rec Ctr	18 BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm De Anza Cove to Fiesta Island
19	20 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	21	22	23 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	24 VB-SB 5-6pm Otay Rec Ctr	25 S4EA Bingo/Halloween Haunted House/Trunk-or-Treat- S4EA Office  3-5:30pm BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Miramar Lake
26 BO-C/NC 10:45a-12:20 Mira Mesa	27 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	28	29	30 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	31 Halloween  VB-SB 5-6pm Otay Rec Ctr	

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 11 & Halloween Bingo on Oct 25. S4EA is running our fall sports in bowling, cycling, flag football, floor hockey, and volleyball. Browse through the 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
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S4EA Upcoming Fall Tournaments

S4EA athletes have been practicing & playing league play to get ready for the following upcoming fall tournaments:

Oct 11 S4EA Cycling Tour 12-2:30pm
at San Diego Velodrome
Nov 22 S4EA Volleyball Tour 9am-4pm
at Balboa Park Activity Center
Dec 7 S4EA Floor Hockey Tour 9a-5pm
at Park de la Cruz

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.



Volunteers are needed as coaches for the fall season in bowling, cycling, flag football, 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.



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.