



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. 9575 Aero Drive, Suite B, San Diego, CA 92123 * Website: www.s4ea.org * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - FEBRUARY 2019

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S4EA Winter Games February 5-7 in Big Bear

80 athletes & coaches from throughout Southern California are participating in the S4EA Winter Games February 5-7 in Big Bear. Downhill skiing & snowboarding are at Snow Valley. Cross country skiing, snowshoeing & lodging are at Cedar Lake in Big Bear. Besides competing in their sports events, athletes will watch a movie on Tuesday evening and participate in Casino Night on Wednesday.

Dry land conditioning practices for cross country & downhill skiing, snowboarding & snowshoeing are scheduled on Tuesdays from 5:45-7:15pm at Hoover High School (4474 El Cajon Blvd, San Diego 92115) ending January 29th.

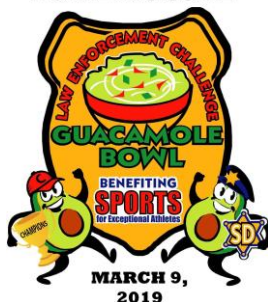
S4EA Athlete Council Activities - Valentine Dinner/Dance Feb 9th

The Chula Vista Elks Lodge is inviting our athletes to the S4EA Valentine Dinner & Dance at the [Chula Vista Elks Lodge](#) (901 Elks Lane, Chula Vista 91910) on Saturday, February 9th from 5-9pm with Chef Ralph Ford catering. Call S4EA at 858-565-7432 to register.

The S4EA Athlete Council is planning on participating in the Guacamole Bowl on March 9th from 10am-2pm at the Balboa Park Club; the S4EA Peanut Butter & Jelly Sandwich Classic on April 6th from 10am-2pm at the Balboa Park Club; and the S4EA Pancake Breakfast/Athletes Council Elections on April 13th from 8-10am at S4EA/North Shores.

16th Annual Law Enforcement Challenge "Guacamole Bowl" March 9th to Benefit S4EA

16TH ANNUAL



The 16th Annual Law Enforcement Challenge "Guacamole Bowl" is being held Saturday, March 9th from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). The Guacamole Bowl is expected to attract more than 1,500 guests who taste guacamole from more than 25 teams & help determine who makes the best guacamole. The public is invited to attend for \$8. Last year's Guacamole Bowl made over \$15,000 for S4EA.

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, the Entry Fee is \$25. Each division has sponsorship opportunities, from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. The proceeds benefit S4EA. Call S4EA at 858-565-7432 for more information or go to the Guacamole Bowl Website at www.guacamolebowl.com.

S4EA Tournament/Event Dates

- | | |
|---------------------|--|
| February 5-7 | S4EA Winter Games (Downhill & CC Ski, Snowboard, Snowshoe) – Cedar Lake in Big Bear |
| February 9 | S4EA Valentine Dinner Dance – Chula Vista Elks Lodge (5-9pm) |
| March 2 | Kiwanis/S4EA Track Meet – West Hills High School (8am-1pm) |
| March 9 | S4EA Guacamole Bowl – Balboa Park Club (10am-2pm) |
| March 17 | S4EA Basketball Tournament – Francis Parker School (9am-5pm) |
| April 6 | S4EA Peanut Butter & Jelly Sandwich Classic – Balboa Park Club (10am-2pm) |
| April 12-14 | S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun 1pm) |
| April 13 | S4EA Pancake Breakfast/Athlete Council Elections – S4EA/North Shores (8-10am) |
| April 27 | S4EA Track Meet – Sweetwater High School (9am-1pm) |
| May 19 | S4EA Spring Floor Hockey Tournament – Francis Parker School (9am-5pm) |
| May 30 | S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm) |
| August 2-4 | S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm) |
| August 25 | S4EA Soccer & Golf Tournament – Morley Field in Balboa Park (9am-5pm) |
| September 8 | S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm) |
| Oct 25-27 | S4EA SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm) |

S4EA Winter Season

Athletes and volunteer coaches come join us in the following winter season sports (also see calendar):

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<u>Basketball</u>	Mon	6:00-8:45pm	Mid-City Gym (4302 Landis St., SD 92105) except February 18 [League Play]
	Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083)
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) except Feb 7 [Juniors]
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021)
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911)
Tourn-Mar 17	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, SD 92111) [Bonita Kiwanis provide lunch]
<u>Bowling</u>	Mon	3:30-5:30pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego 92111)-\$3 for 2 games
	Sat	11:00am-1:00pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7 for 2 games [League Play]
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes
<u>Golf</u>	Sat	11am-12:30pm	Town Park Villas Golf Course (6301 Gullstrand St., San Diego 92122)-cost \$8
<u>Ice Skating</u> (Figure & Speed)	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122)
<u>Swimming</u>	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/ses.-\$15/month [swimmers only]
<u>Table Tennis</u>	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)
<u>Track</u>	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) [Athletes start at 10am in dance room W of old gym for exercises & then move out to track]
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91942)
Kiwanis Meet-Mar 2	Sat-tent.	8:00am-1:00pm	West Hills High School (8756 Mast Blvd, Santee 92071) [Region 1 Kiwanis provide lunch]
S4EA Meet-Apr 27	Sat-tent.	9:00am-1:00pm	Sweetwater HS (2900 Highland Ave, National City 91950) [Div. 11 SB Kiwanis provide lunch]

Baseball Starts in March

The baseball league (10-12 week season) starts in March with 3 inning games where everyone bats & scores each inning. The Registration Fee is \$20 plus a Baseball Fee of \$50 to cover the additional costs of baseball caps, team shirts, trophies, and team pictures. Games are played on Saturdays at Balboa (10am) and Chollas Lake (9am). The various teams need more players. Call S4EA at 858-565-7432 to register by February 7th.

Hoover Open Gym - Volleyball February 12 & 26/Basketball February 19

S4EA has open gym on Tuesdays from 5:45-7:30pm at Hoover H.S. (4474 El Cajon Blvd., San Diego 92115). Each week in January we played a variety of sports such as indoor soccer, lacrosse, kickball, and pillo polo. Volleyball will be played February 12, 26, March 5 & 12. Basketball will be played February 19. No practice February 5.

Subscribe to Practice Calendar and never miss a Practice

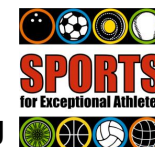
The S4EA website www.s4ea.org now offers the option to **subscribe** to calendars for each sport and practice site. Your favorite email or calendar program (Outlook etc.) on your computer or phone will always contain up-to-date information regarding your sports practices including time and location. You may find this option on all the Sport's pages or the **News & Events** page. **Android** users may need to install **WebCal-Sync**.



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ February 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Vols Needed in S4EA Office Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.</p>	<p>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.</p>	<p>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.</p>			<p>1 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>2 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>3 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>4 BB-C 6-8:45pm Mid-City BO-C 3:30-5pm KM Bowl</p>	<p>5 S4EA Winter Games – Big Bear BB-NC 6-7pm B&G Vista</p>	<p>6 S4EA Winter Games – Big Bear IS-SR 4-5pm SD Ice Arena</p>	<p>7 S4EA Winter Games – Big Bear BB-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>8 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>9 S4EA Valentine Dinner & Dance-CV Elks 5-9pm BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>10 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>11 BB-C 6-8:45pm Mid-City BO-C 3:30-5pm KM Bowl</p>	<p>12 BB-NC 6-7pm B&G Vista Open Gym 5:45-7:30 Hoover</p>	<p>13 IS-SR 4-5pm SD Ice Arena</p>	<p>14 Valentine's Day BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC</p>	<p>15 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>16 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>17 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>18 President's Day BO-C 3:30-5pm KM Bowl</p>	<p>19 BB-NC 6-7pm B&G Vista Open Gym 5:45-7:30 Hoover</p>	<p>20 IS-SR 4-5pm SD Ice Arena</p>	<p>21 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC</p>	<p>22 BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y</p>	<p>23 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS</p>
<p>24 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree</p>	<p>25 BB-C 6-8:45pm Mid-City BO-C 3:30-5pm KM Bowl</p>	<p>26 BB-NC 6-7pm B&G Vista Open Gym 5:45-7:30 Hoover</p>	<p>27 IS-SR 4-5pm SD Ice Arena</p>	<p>28 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC</p>		<p>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.</p>
	<p>Winter Sports (WS) - Cross Country Skiing - Downhill Skiing - Snowboarding - Snowshoeing</p>	<p>Winter Season Sports - Basketball (BB) - Bowling (BO) - Figure Skating (IS) - Speed Skating (IS)</p>	<p>Winter Season Sports - Golf (GO) - Swimming (SW) - Table Tennis (TT) - Track (TF)</p>	<p>San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p>	<p>Facilities Bostonia Recreation Center Boys & Girls Clubs Vista Hoover High School Kearny Mesa Rec. Center Mid-City Gym Otay Recreation Center</p>	<p>Facilities – Copley YMCA After School Learning Tree Bowlero Chula Vista Kearny Mesa Bowl Poway Fun Bowl Town Park Villas Golf Course University Towne Center</p>

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 Valentine's Day to You & Your Sweetheart!



2019 S4EA Surf Camp

S4EA Surf Camp Session #1 on April 12-14 at [YMCA Camp Surf in Imperial Beach](#) offers surfing & other beach activities.

Athletes spend 2 nights in cabins under the guidance of chaperones/camp counselors. Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at the Camp.

Session #1 is not wheelchair accessible.

The S4EA Surf Camp Registration Fee is \$190 per session to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & S4EA Camp Registration Form ASAP to S4EA (9575 Aero Dr. #B, SD, CA 92123). A non-refundable deposit of \$70 reserves your spot in S4EA Surf Camp. Early Bird Special \$175 by Mar 22. For more info, please call S4EA at (858)565-7432 or go to the S4EA website at www.s4ea.org.



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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 directly from the SPORTS for Exceptional Athletes website at www.s4ea.org. The Registration Fee is \$20 per sport (scholarships available). S4EA offers 24 sports: baseball, basketball, bocce, bowling, cross country/downhill skiing, cycling, figure/speed skating, flag football, floor hockey, golf, judo, sailing, snowboarding, snowshoeing, soccer, softball, swimming, table tennis, tennis, track, volleyball & walking/running/exercise.

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 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 Winter Season in basketball, bowling, golf, ice skating, swimming, table tennis, and track. 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.