



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 - JANUARY 2023

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S4EA Bunco Lunch Sat Jan 21 at New S4EA Office (8380 Vickers St. #E, SD 92111)

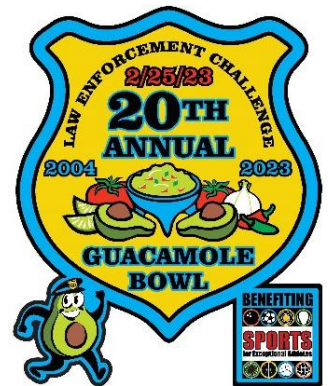


SPORTS for Exceptional Athletes presents [Bunco Lunch](#) on Saturday, January 21 at new [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) from 12noon-2pm. Because it's safer outside, we will eat lunch at noon & start playing at 12:30pm outside by the S4EA office. Tickets are \$20 to cover the 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.

20th Anniversary Guacamole Bowl – Save-the-Date February 25

The [Guacamole Bowl](#) will be celebrating its 20th Anniversary next month. Come join in on the celebration on Saturday, February 25th 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 receive a custom designed and numbered, championship ring. Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out and return the [Guacamole Registration Form](#) and Entry Fee of \$25.

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



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.

S4EA Event Dates

- January 21** S4EA Bunco Lunch – New S4EA Office at 8380 Vickers St. #E, SD 92111 (12noon-2pm)
- February 4** S4EA Winter Sports (Snowshoeing) Festival at Beach at Crown Point Shores (10am-1pm)
- February 25** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- March 4** S4EA 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)
- May 5-7** S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)

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.

Sport-Practices	Day	Time	Location	Winter Season Sports, Call S4EA at 858-565-7432 For More Info
 Basketball Tourn-Mar 18	Mon	6:00-8:00pm	Park de la Cruz (3901 Landis St., SD 92105) start Jan 9 (not Jan 16) [League Play] (Code: 104227)	
	Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) starting January 17	
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, SD 92111) start Jan 12 [Jr] (Code: 104228)	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting January 12	
	Fri (?)	5:30-7:30pm	Parks & Rec Gym in Chula Vista starting Jan 13 (tentative-call 858-565-7432 for more info)	
	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 [League Play] (call Sue to register)	
 Track Meet-Mar 4	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) starting January 7	
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) starting January 8	
	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)	
Winter Sports Winter Festival Feb 4	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) start Jan 9 (not Jan 16) [Dry Land Cond.] (Code: 104227)	
	Sat	10am-1pm	Crown Point Shores Beach [Snowshoeing Races & Picnic Lunch]	

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: Kayaking/Paddleboarding-Jan

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/Winter Sports Mon (Code: [104227](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [104228](#)).

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.





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



~ January 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Winter Season Sports - Basketball (BB) - Bowling (BO) - Track (TF) - Winter Sports Cond.(WS)	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 Chula Vista Park/Rec Gym Kearny Mesa Rec. Center Park de la Cruz Gym	Facilities Bowlero Chula Vista Helix High School 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.	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 New Year's Day	2	3	4	5	6	7 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
8 TF-C/EC 9-11am Helix HS	9 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	10	11	12 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	13	14 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
15 TF-C/EC 9-11am Helix HS	16 Martin Luther King Jr Day	17 BB-NC 6-7pm B&G Vista	18	19 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	20	21 S4EA Bunco – S4EA Office-8380 Vickers St #E 12-2pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
22 TF-C/EC 9-11am Helix HS	23 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	24 BB-NC 6-7pm B&G Vista	25	26 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	27	28 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
29 TF-C/EC 9-11am Helix HS	30 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	31 BB-NC 6-7pm B&G Vista	CDC Recommendations Get your COVID Vaccines/Boosters & Be Safe to Play our Sports.	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



**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 Bunco Lunch on Sat Jan 21 at new S4EA office. Taste award winning guacamole at 20th anniversary Guacamole Bowl on Sat Feb 25 at the Balboa Park Club. S4EA is opening our winter season sports (basketball, bowling, track & winter sports conditioning) in January. 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, track & winter sports conditioning. 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.

