



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 - MARCH 2022

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

“Guacamole Bowl” Is Back Saturday, February 26 to Benefit S4EA



The “Guacamole Bowl” is Saturday, February 26th from 10am-2pm **outside at the Recital Hall Lawn by the Balboa Park Club** (2144 Pan American Road West, SD 92101) on Presidents Way. Because of the Pandemic, this year’s event is a hybrid event with teams once again making the guacamole in the Balboa Park Club, but the member guests walk up to pick up the samples made by the various teams at the Recital Hall Lawn. For \$8, S4EA guests taste guacamole from over 10 teams & vote to determine ‘Who makes the best guacamole?’. Call S4EA at 858-565-7432 for more info.

S4EA Mardi Gras Dinner Dance Saturday, March 5 at Chula Vista Elks Lodge

The SPORTS for Exceptional Athletes (S4EA) Mardi Gras Dinner Dance is taking place on Saturday, March 5th 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. Masks are required indoors. Limited spots available due to the pandemic. To register, please call S4EA at 858-565-7432 by March 2nd.



S4EA Board of Director Elections

S4EA will be having elections for our new Board of Directors in a couple of months. 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.

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 is ending in March. SDP&R-TRS is now working on co-sponsoring activities at SD City Facilities so that S4EA athletes and volunteers would also need to register with SDP&R-TRS. S4EA athletes & volunteers will 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 spring include Park de la Cruz-Basketball/Floor Hockey/Volleyball (Code: 100106), Kearny Mesa Recreation Center-Junior Open Sports (Code: 100107), and Mt. Acadia/Balboa-Baseball (Code: _____).

What To Do To Get Vaccine

The Delta Variant of COVID-19 spread rapidly and the Omicron Variant spread even more quickly. Getting the vaccine and then the booster when eligible is the best way to keep from getting the virus & going to the hospital.

Anyone 5 and up can now get a vaccine. COVID-19 vaccines are safe, effective and 100% free. Sign up for your appointment today and join the millions who are putting an end to this pandemic. Some websites to help find vaccines:

<https://myturn.ca.gov/>

<https://vaccinefinder.org/>

<https://www.sandiegocounty.gov/>



If you need help getting the vaccine, contact S4EA at 858-565-7432 to get COVID vaccine at Vincent Pharmacy.

S4EA Event Dates

- February 26** S4EA Guacamole Bowl – Outside at Recital Hall Lawn by the Balboa Park Club (10am-2pm)
- March 5** S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
- March 5** S4EA Mardi Gras Dinner Dance – Chula Vista Elks Lodge (5-9pm)
- March 12** S4EA Basketball Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)
- April 30** S4EA Final Track Meet – Sweetwater High School (9am-1pm)

S4EA Winter Season

S4EA has opened our indoor winter season sports that meet all Guidelines (depends on Delta & Omicron variant 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):

Indoor Sports

Based on CDC recommendations to help stop the spread of COVID-19 & especially the Delta & Omicron variants, S4EA would like everyone (age 5 & above) participating in indoor S4EA activities to have been vaccinated.

Athletes, families & volunteers must wear masks to indoor practices with further guidance given at indoor practice.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	For Winter Season Sports Status, Call S4EA at 858-565-7432
	Basketball	Mon	6:00-8:00pm	Park de la Cruz (3901 Landis St., San Diego 92105) ending March 7 [League Play]
		Wed	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) ending March 9
		Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) end Mar 10 [Juniors]
		Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) [Cancelled-go to other sites]
		Fri	4:00-5:30pm	Otay Recreation Center (3554 Main St., CV 91911) ending March 11
	Tourn-Mar 12	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)-\$8 for 2 games [League Play]
		Sat	11:30am-3pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games(must call Sue to first register)
	Ice Skating	Wed	3:45-4:45pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126) Put skates on at 3:30pm [New athletes call Terry Poletto at 858-349-7388 before starting]
	Track	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, NC 91950) [for stretching meet at track]
		Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941)
	Prelim Meet-Mar 5	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
	Final Meet-Apr 30	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: Hiking Mar 26

S4EA Spring Season

Spring begins the second half of March. Because of the pandemic & other changes, the S4EA Spring Season is still evolving. Bowling, Ice Skating & Track are continuing as scheduled. The tentative schedule for other sports is as follows:

- Basketball, Volleyball &/or Floor Hockey on Mondays from 5:30-8:30pm at Park de la Cruz start March 21 (Code:100106)
- Baseball on Wed from 4:30-6pm (practice) & Sat from 10am-12noon (games) at Mt. Acadia/Balboa start Mar 23 (Code:_____)
- Open Gym (kickball/soccer/lacrosse/etc) age 5-18 on Thu from 4-5:30pm at Kearny Rec Ctr start Mar 17-not 3/31 (Code:100107)

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

- Basketball on Thursdays from 6-7:30pm at Bostonia Recreation Center starting March 17
- Volleyball, Floor Hockey &/or Basketball on Fridays from 4-5:30pm at Otay Recreation Center starting April 1

To confirm practices, start dates & for more information, please call S4EA at 858-565-7432.

S4EA Practices & Tournaments – Guidelines During COVID-19

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| <ul style="list-style-type: none"> • 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) • Before & during practice, coaches clean various surfaces & sports equipment with disinfectant to kill COVID-19 virus • Wash hands often with soap & water for at least 20 seconds • Avoid giving handshakes, high fives, and hugs | <ul style="list-style-type: none"> • Wear a facemask & practice social distancing of at least 6 ft. indoor to help protect our athletes with disabilities • Bring your own filled water bottle (recommended) • Bring your own sports equipment (recommended) • Bring your own chair (recommended) • Do not touch other people • Only touch your own equipment • Avoid touching eyes/nose/mouth with unwashed hands |
|--|--|

Get your vaccine now & be safe to play our sports.



858-565-7432

S4EA has opened up our outdoor sports that met all Guidelines.
S4EA has opened our indoor winter season sports that met all Guidelines.

SPORTS for Exceptional Athletes

www.s4ea.org



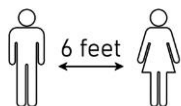
~ March 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Winter/Spring Sports</u></p> <ul style="list-style-type: none"> - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Floor Hockey (FH) - Ice Skating (IS) - Track (TF) - Volleyball (VB) 	<p><u>San Diego Co. Location</u></p> <ul style="list-style-type: none"> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch 	<p><u>Facilities</u></p> <ul style="list-style-type: none"> Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Otay Recreation Center Park de la Cruz Gym 	<p><u>Facilities</u></p> <ul style="list-style-type: none"> Balboa/Mt. Acadia Bowlero Chula Vista Helix High School Parkway Bowl San Diego Ice Arena Sweetwater High School 	<p><u>Facebook Birthday FR</u></p> <p>For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.</p>	<p><u>Vols Needed for Office Projects</u></p> <p>Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.</p>	<p><u>For Indoor Practices</u></p> <p>Masks Required.</p> <p>Get your COVID Vaccine & Be Safe to Play our Sports.</p>
<p><u>Community Giving Program</u></p> <p>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><u>Designate S4EA with United Way</u></p> <p>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, 9575 Aero Dr #B, SD 92123. Thanks for your support.</p>	<p>1</p>	<p>2</p> <ul style="list-style-type: none"> BB-NC 6-7pm B&G Vista IS-SR 3:45-4:45 SD Ice Arena 	<p>3</p> <ul style="list-style-type: none"> BB-Jr 4-5:30pm Kearny 	<p>4</p> <ul style="list-style-type: none"> BB-SB 4-5:30 Otay Rec Ctr 	<p>5 S4EA Prelim Track Meet - Sweetwater HS 9am-1pm</p> <p>S4EA Mardi Gras Dinner/Dance - Chula Vista Elks 5-9pm</p> <ul style="list-style-type: none"> BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl
<p>6</p> <ul style="list-style-type: none"> TF-C/EC 9-11am Helix HS 	<p>7</p> <ul style="list-style-type: none"> BB-C 6-8pm Park de la Cruz 	<p>8</p>	<p>9</p> <ul style="list-style-type: none"> BB-NC 6-7pm B&G Vista IS-SR 3:45-4:45 SD Ice Arena 	<p>10</p> <ul style="list-style-type: none"> BB-Jr 4-5:30pm Kearny 	<p>11</p> <ul style="list-style-type: none"> BB-SB 4-5:30 Otay Rec Ctr 	<p>12 S4EA Basketball Tourn. - Park de la Cruz 9am-5pm</p> <ul style="list-style-type: none"> BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
<p>13 Daylight Savings Begins</p> <ul style="list-style-type: none"> TF-C/EC 9-11am Helix HS 	<p>14</p>	<p>15</p>	<p>16</p> <ul style="list-style-type: none"> IS-SR 3:45-4:45 SD Ice Arena 	<p>17 St. Patrick's Day</p> <ul style="list-style-type: none"> BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30 Kearny 	<p>18</p>	<p>19</p> <ul style="list-style-type: none"> BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
<p>20 Spring Begins</p> <ul style="list-style-type: none"> TF-C/EC 9-11am Helix HS 	<p>21</p> <ul style="list-style-type: none"> VB-C 530-7pm Park de la Cruz BB-C 630-830 Park de la Cruz 	<p>22</p>	<p>23</p> <ul style="list-style-type: none"> CB-Practice 4:30-6pm Balboa IS-SR 3:45-4:45 SD Ice Arena 	<p>24</p> <ul style="list-style-type: none"> BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30 Kearny 	<p>25</p>	<p>26</p> <ul style="list-style-type: none"> BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CB-Cubs vs Royal 10-12 Balboa TF-SB 10am-12 Sweetwater HS
<p>27</p> <ul style="list-style-type: none"> TF-C/EC 9-11am Helix HS 	<p>28</p> <ul style="list-style-type: none"> VB-C 530-7pm Park de la Cruz BB-C 630-830 Park de la Cruz 	<p>29</p>	<p>30</p> <ul style="list-style-type: none"> CB-Practice 4:30-6pm Balboa IS-SR 3:45-4:45 SD Ice Arena 	<p>31</p> <ul style="list-style-type: none"> BB-EC 6-7:30pm Bostonia 	<p><u>Donate Stocks to S4EA</u></p> <p>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><u>Shop Online with AmazonSmile</u></p> <p>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>

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



Maintain Social Distancing & Wear Your Mask Indoor To Help Protect our Athletes with Disabilities!



Message from Exec. Dir. Walter Jackson

The Guacamole Bowl is back on Sat Feb 26 outside near the Balboa Park Club. Join S4EA at Mardi Gras Dinner Dance on Sat Mar 5 at Chula Vista Elks Lodge. S4EA has opened our winter/spring season with masks required to be worn at indoor practices. Get your vaccine & booster now to be safe to play our sports. Check out the rest of the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

S4EA Offices May Be Moving

Arc is finalizing selling North Shores in next few months. S4EA may need to move our offices by the end of May 2022. If you know any office/warehouse space (1,500+ sq. ft.) that S4EA could use in coming years please contact S4EA at 858-565-7432.



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, ice skating & track, as well as coaches for the upcoming spring sports. 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.