



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 - SEPTEMBER 2023

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

S4EA Pancake Breakfast Sat Sep 23 at S4EA Office



S4EA has scheduled an Outdoor Family [Pancake Breakfast](#) on Saturday, September 23 from 8-10am at [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111). The breakfast includes pancakes, scrambled eggs, sausage, milk, juice & coffee for \$10 per person. A raffle will be held. An Athlete Council meeting will be held at the end of the pancake breakfast to discuss upcoming Athlete Council Activities. Come join S4EA at our Pancake Breakfast. For more info, call S4EA at (858)565-7432.

Halloween SPORTS Camp October 13-15 at Green Oak Ranch in Vista



[S4EA SPORTS Camp](#) on October 13-15 at [Green Oak Ranch](#) in Vista offers a general program of camp & sports activities. Join in the fun trick-or-treating, visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show, and participating in various other camp 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 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 S4EA Camp Registration Form and Fee by September 13 and pay Early Bird Price of only \$280. A non-refundable deposit of \$95 will reserve your spot in S4EA SPORTS Camp. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*

For safety reasons, SPORTS Camp will be run as follows: Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals will be held outdoors. **Transportation will not be available.** Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. To help stop the spread of COVID-19, S4EA would like everyone participating in S4EA activities to have been vaccinated. Limited spots available.



A [Family Rate Special](#) is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at www.s4ea.org.

S4EA Administrative Assistant












SPORTS for Exceptional Athletes (S4EA) is creating a new [Administrative Assistant](#) position at the S4EA office. This person would be a part-time employee with an emphasis in assisting with Finances along with assisting with the administration of the S4EA program. If interested, please contact S4EA at 858-565-7432.

S4EA Event Dates

- August 27** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 10** S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
- September 23** S4EA Pancake Breakfast – S4EA Office at 8380 Vickers St. #E, SD 92111 (8-10am)
- October 13-15** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)
- October 21** S4EA Bocce & Flag Football Tournament – La Jolla Country Day School (9am-3:30pm)
- November 18** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 2** S4EA Floor Hockey Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)

S4EA Summer & Fall Season

| Sport-Practices | Day | Time | Location | Summer/Fall Season Sports, Call S4EA at 858-565-7432 For More Info |
|---|------------|---------------|--|---|
|  Bocce Tourn-Oct 21 | Tue | 5:30-7:00pm | Morley Bocce Ct (2221 Morley Field Dr, SD 92104) end Sep 12 [League Play](Code: 107977) | |
| | Thu | 5:30-7:00pm | Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084) ending Sep 21 | |
| | Sat | 9am-3:30pm | La Jolla Country Day School (9490 Genesee Ave, La Jolla 92037) | |
|  Bowling Register-Cathy Sturdivant | Sat | 11am-1pm | Bowlero Chula Vista (845 Lazo Ct, CV 91910) starting Sep 9-\$9 for 2 games [League Play] | |
| | Sat | 11:30am-2pm | Parkway Bowl (1280 Fletcher Pkwy, EC 92020) starting Sep 9-\$6 for 3 games [League Play] | |
| | | 949-922-3441 | Mira Mesa Lanes (8210 Mira Mesa Blvd., SD 92126) on Sun Sep 10 & 17 at 11am-cost \$8 | |
|  Cycling | Sat | 1:15-3:30pm | Sep 2-No Ride, Sep 9- Balboa Trolley Station take trolley (buy 1way ticket) to UCSD/ride back Sep 16- De Anza Cove to Fiesta Island, Sep 23- Plaza Bonita to So Bay, Sep 30- Crown Pt to S. Mission [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info] | |
|  Flag Football Tourn-Oct 21 | Wed | 5:45-7:15pm | Morley Field Athletic Fields (2221 Morley Field Dr., SD 92104) start Sep 13 (Code: 109774) | |
| | Sat | 9am-3:30pm | La Jolla Country Day School (9490 Genesee Ave, La Jolla 92037) | |
|  Floor Hockey Tourn-Dec 2 | Mon | 6:30-8:30pm | Park de la Cruz (3901 Landis St., SD 92105) start Sep 18 [League Play] (Code: 109773) | |
| | Thu | 4:00-5:30pm | Kearny Mesa Rec (3170 Armstrong, SD 92111) various sports start Sep 21 [Jr] (Code: 109775) | |
| | Thu | 6:00-7:30pm | Bostonia Rec Ctr (1049 Bostonia, El Cajon 92021) starting Sep 21 (floor hockey/volleyball) | |
| | Fri | 5:30-7:30pm | Parkway Com. Ctr. (373 Park Way, CV 91910) start Sep 22[Tm 1 5:30-6:30pm/Tm 2 6:30-7:30pm] | |
| | Sat | 9am-5pm | Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105) | |
|  Softball Tourn-Sep 10 | Wed | 5:45-8:30pm | Morley Softball Fd (2221 Morley Field Dr, SD 92104) ending Sep 6 (Code: 107978) | |
| | Tue | 5:00-6:30pm | Palomar Elementary (300 E Palomar St., Chula Vista 91911) ending Sep 5 | |
| | Sun | 6:00-7:30pm | Breeze Hill Park (645 S. Melrose, Vista 92081) ending August 27 | |
| | Sun | 9am-5pm | Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104) | |
|  Swimming | Sat | 10:00-11:30am | La Mesa Pool (5100 Memorial Dr, LM 91942) [The pool is open from Sat Aug 26-Sep 30] | |
|  Tennis Tourn-Sep 10 | Mon | 6:00-7:00pm | Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107) ending August 28 | |
| | Sun | 12noon-4pm | Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104) | |
|  Volleyball Tourn-Nov 18 | Mon | 5:30-7:00pm | Park de la Cruz (3901 Landis St., SD 92105) start Sep 18 [League Play] (Code: 109773) | |
| | Tue | 6:00-7:00pm | Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) starting October 3 | |
| | 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-Sep 30 & Oct 21

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 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 summer are Park de la Cruz-Soccer Mon (Code: [107976](#)), Morley Field Bocce Courts-Bocce Tue (Code: [107977](#)) & Morley Field Softball Fields/PDLC-Softball Wed (Code: [107978](#)). The facilities that S4EA uses in the fall are Park de la Cruz-Volleyball/Floor Hockey Mon (Code: [109773](#)), Morley Field-Flag Football Wed (Code: [109774](#)), and Kearny Mesa Rec Ctr-Floor Hockey Jr. Thu (Code: [109775](#)).



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ September 2023 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|---|--|
| Summer Season Sports - Bocce (BC) - Cycling (CY) - Softball (SB) - Swimming (SW) - Tennis (TE) | Fall Season Sports - Bowling (BO) - 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. Center Morley Field-Balboa Park Palomar Elementary Park de la Cruz | Facilities Bowlero Chula Vista Brengle Terrace Park La Mesa Pool Mira Mesa Lanes Parkway Bowl Parkway Com. Center | | 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. | 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. | 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. | 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 | 2 CY 1:15-3:30pm No Ride SW-EC 10-11:30am LM Pool |
| 3 | 4 Labor Day | 5 BC-C 5:30-7pm Morley Fd SB-SB 5-6:30pm Palomar | 6 SB-C 5:45-8:30pm Morley | 7 BC-NC 5:30-7 Brengle Ter | 8 | 9 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm Balboa Trolley Station take trolley (buy 1-way ticket) to UCSD & ride back SW-EC 10-11:30am LM Pool |
| 10 S4EA Softball/Tennis Tourn-Morley Fd-Balboa Park 9am-5pm BO-C/NC 11am-12:20 Mira Mesa | 11 | 12 BC-C 5:30-7pm Morley Fd | 13 FB-C 5:45-7:15pm Morley | 14 BC-NC 5:30-7 Brengle Ter | 15 Rosh Hashanah | 16 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm De Anza Cove to Fiesta Island SW-EC 10-11:30am LM Pool |
| 17 BO-C/NC 11am-12:20 Mira Mesa | 18 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz | 19 | 20 FB-C 5:45-7:15pm Morley | 21 BC-NC 5:30-7 Brengle Ter FH/Sports-Jr. 4-5:30pm Kearny FH/VB-EC 6-7:30pm Bostonia | 22 FH-SB 5:30-7:30 Pkwy Com Ctr | 23 Autumn Begins S4EA Pancake Breakfast – S4EA Office-8380 Vickers St. #E 8-10am BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm Plaza Bonita to South Bay SW-EC 10-11:30am LM Pool |
| 24 Yom Kippur | 25 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz | 26 | 27 FB-C 5:45-7:15pm Morley | 28 FH/Sports-Jr. 4-5:30pm Kearny FH/VB-EC 6-7:30pm Bostonia | 29 FH-SB 5:30-7:30 Pkwy Com Ctr | 30 Limitless Adventure Hike BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CY 1:15-3:30pm Crown Point to South Mission & Boardwalk SW-EC 10-11:30am LM Pool |

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

FALL SPORTS

Celebrate SPORTS by Joining a Fall SPORTS Program!



Message from Exec. Dir. Walter Jackson

Join S4EA at Pancake Breakfast on Sat Sep 23 at S4EA office. S4EA is running our summer season sports in bocce, cycling, softball, swimming & tennis, and fall season sports in bowling, flag football, floor hockey & volleyball. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 13-15 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up or get a [S4EA Camp Chaperone Application](#).



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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](#)) 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 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.

 Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA

[Volunteers](#) are needed as coaches for the summer season in bocce, cycling, softball, swimming, and tennis & the fall season in bowling, 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.

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.