



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 - JANUARY 2022

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

2021 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes would like to thank the following in-kind supporters for giving our athletes many Sports, Zoom, and socially distancing opportunities during the Coronavirus Pandemic in 2021:

Major In-Kind Supporters

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Cunningham, Mary
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Great Maple UTC
GUHSD-Helix Charter HS
Guillermo's-Pepe's Street Tacos
Hager, Barbara
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Henry Avocados
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Kelly Paper
Koji Morisaki
Lizano, Adrian
Los Tecolotes Band
Maina, Heather & Eliud
Martin, "Mad Mike"
Martin, Julie
McDonald, Samantha
McMahon, Ellen & Terry
Mimi's Kitchen
Misleh DDS, Anton F.

Mission Foods
Mohamed-Morgan, Mary
Mom's Pies
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Orfila Vineyards & Winery
Owens, Donnie
Pala Casino-Spa-Resort
Parkway Bowl/The Boardwalk
Peters, John
Pineda, Silvia
Rathbun, Matthew & Diana
Rockin' Jump San Diego
Roro's Cakes N Bakes
San Diego Botanic Garden
San Diego Natural History Mus.
San Diego Repertory Theatre
San Diego Zoo Wildlife Alliance
Screaming Pete's BBQ

SD Park & Rec-TRS
Snowdall, Myra
Sutherland Mgmt./McDonald's
Sycuan/Singing Hills Golf Resort
The Fish Market
Tyler, Marianne & Jani
USAopoly
USS Midway
Wahoo's Fish Taco
Walton, Bill
Wayfarer Bread
Yates, Angela
Yip Fitness

Volunteer Groups

Boys Teen Charity
Canyon Crest Acad. S4EA Club
FAV-Female Athlete Volunteers

NCL-San Dieguito
Teen Volunteers in Action-SD4
Volunteer Match

Special thanks to our Key Volunteers who help at tournaments and special events, and the office crew, especially Teresa Gillaspay & her group, who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

S4EA Bunco Brunch Saturday, January 22 at S4EA/North Shores



SPORTS for Exceptional Athletes presents [Bunco Brunch](#) on Saturday, January 22 at [S4EA/North Shores Courtyard](#) (9575 Aero Drive, San Diego 92123) from 10am-12noon. Because it's safer outside, we will eat brunch at 10am & start playing at 10:30am in the Courtyard. Tickets are \$20 to cover the cost of brunch (including James Downes' famous Egg McMuffins), soft drinks and two rounds of tournament play. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos), and supporting S4EA, call 858-565-7432.

"Guacamole Bowl" Is Back Saturday, February 26 to Benefit S4EA



The 19th Annual Law Enforcement Challenge "Guacamole Bowl" is scheduled for Saturday, February 26th from 10am-2pm to be held **outside at the Recital Hall Lawn by the Balboa Park Club** (BPC-2144 Pan American Road West, San Diego 92101). The Guacamole Bowl is expected to attract many S4EA guests who taste guacamole from more than 15 teams & help determine who makes the best guacamole. The proceeds benefit S4EA.

The Guacamole Bowl is open to members who are invited to come out & sample all the great guacamole. 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.

Teams compete in Law Enforcement, Champions & Open Divisions. To enter a team, the Entry Fee is \$25 (teams make guacamole in BPC). Each division has sponsorship opportunities, from \$50 for Entertainment Sponsor up to \$5,000 for Championship Round Sponsor.

Call 858-565-7432 or go to www.s4ea.org/guacamole-bowl for more info and to determine the status of the Coronavirus Pandemic.

S4EA Event Dates

- | | |
|--------------------|--|
| January 22 | S4EA Bunco Brunch – S4EA/North Shores Courtyard (10am-12noon) |
| February 5 | S4EA Winter Sports (Snowshoeing) Festival at Beach at Crown Point Shores (10am-1pm) |
| February 26 | S4EA Guacamole Bowl – 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) |
| April 30 | S4EA Final Track Meet – Sweetwater High School (9am-1pm) |

S4EA Winter Season

S4EA has opened our indoor winter 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 Sports Status, Call S4EA at 858-565-7432	
	Mon (?)	6:00-8:00pm	Park de la Cruz (3901 Landis St., San Diego 92105) starting Jan 3 (not Jan 17) [League Play]		
	Wed	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) starting January 5 (not Jan 26)		
	Thu (?)	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) start Jan 13 [Juniors]		
	Thu (?)	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting January 13		
	Fri (?)	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911) starting Jan 7 [or 5:30-7:15pm?]		
Tourn-Mar 13 (?)	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, SD 92111) [tentative date & location]		
	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910)-\$8 for 2 games (not Jan 1) [League Play]		
	Sat	11:30am-3pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games(must call Sue to first register)		
			Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126) [may replace Kearny Mesa Bowl-closed]		
	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) starting January 8		
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) starting January 9		
	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)	
	Mon (?)	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) start Jan 3 (not Jan 17) [Dry Land Conditioning]		
	Winter Festival Feb 5	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 Jan 22 & Hiking Feb 19

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)
- 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**
- **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.

What To Do To Get Vaccine

The Delta Variant of COVID-19 spread rapidly and now we have the Omicron Variant that is spreading 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 has opened up our outdoor sports that met all Guidelines.
S4EA has opened our indoor fall sports that met all Guidelines.



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org

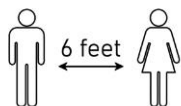
~ January 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Winter Season Sports - Basketball - 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 SR - Scripps Ranch	Facilities Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Otay Recreation Center Park de la Cruz Gym	Facilities Bowlero Chula Vista Helix High School Parkway Bowl Sweetwater High School	For Indoor Practices Masks Required. Get your COVID Vaccine & Be Safe to Play our Sports.	Vols Needed for Office Projects Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	1 New Year's Day
2	3 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	4	5 BB-NC 6-7pm B&G Vista	6	7 BB-SB 5-6:45 Otay Rec Ctr	8 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
9 TF-C/EC 9-11am Helix HS	10 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	11	12 BB-NC 6-7pm B&G Vista	13 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	14 BB-SB 5-6:45 Otay Rec Ctr	15 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
16 TF-C/EC 9-11am Helix HS	17 Martin Luther King Jr Day	18	19 BB-NC 6-7pm B&G Vista	20 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	21 BB-SB 5-6:45 Otay Rec Ctr	22 S4EA Bunco Brunch -Crown Point Shores Beach 10am-1pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl TF-SB 10am-12 Sweetwater HS Limitless Adventure Kayaking
23 TF-C/EC 9-11am Helix HS	24 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	25	26	27 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	28 BB-SB 5-6:45 Otay Rec Ctr	29 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl TF-SB 10am-12 Sweetwater HS
30 TF-C/EC 9-11am Helix HS	31 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	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, 9575 Aero Dr #B, SD 92123. Thanks for your support.	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 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.	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.

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

Join S4EA at Bunco Brunch on Sat Jay 22 at S4EA/North Shores. The Guacamole Bowl is back on Sat Feb 26 outside at the Recital Hall Lawn by the Balboa Park Club. S4EA has opened our winter 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 April/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.



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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 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, 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.