



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 - JULY 2020

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

Coronavirus (COVID-19)

The health & safety of the S4EA community is our top priority. In light of the daily changes in the news on the Coronavirus (COVID-19) Pandemic, we are hearing more and more of the dangers of having large numbers of people gathered in one location. Due to the medical conditions of some people with developmental disabilities, the nature of close and physical contact while playing sports, and the increased exposure to the virus, our athletes are at a higher risk of contracting the virus, including a severe case.

As decided at S4EA Board meeting of June 22, all S4EA practices & tournaments have been CANCELLED until at least July 12. We will then evaluate if we are ready to open at that time. Contact S4EA at www.s4ea.org or 858-565-7432 regarding updates on any activities.

The following S4EA activities have been cancelled or postponed:

- All S4EA Practices Cancelled Until At Least July 12th [or a later date]
- Spring S4EA Baseball, Basketball, Floor Hockey & Track Seasons Cancelled
- Summer S4EA SPORTS Camp #2 at Buckhorn Camp in Idyllwild Cancelled
- Summer S4EA Swim Meet & Day at the Beach Cancelled
- Summer S4EA Sports Practices and Tournaments still To Be Determined (TBD)

For more information on precautions and the Coronavirus, contact the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Take steps to protect yourself and others

- Wash hands often with soap and water for at least 20 seconds.
- Avoid close contact.
- Avoid giving handshakes, high fives, and hugs.
- Social distancing - stay at least 6' away from other people.
- Wear a face mask when need to go out in the public.
- Stay home whether you're sick or not (self-quarantine).
- Cover coughs and sneezes.
- Clean and disinfect.

As of March 21 California Governor Gavin Newsom issued an order for all 40 million Californians to stay at home due to the coronavirus outbreak.

Citizens are allowed to leave their homes to visit grocery stores or pharmacies but must "at all times practice social distancing."

Summer Sports – Soft Reopening in Limited Sports

At the S4EA Board meeting of June 22nd, the S4EA Board decided to have a **soft re-opening of the summer sports practices of cycling and tennis after July 12th if those sports meet the guidelines of the San Diego County Department of Health for reopening.** The numbers of people may be limited to insure that we can maintain social distancing of 6'. Athletes & coaches must wear a mask to practice and will have their temperature checked.

We are monitoring the situation and will continue to re-assess the possibility of other sports opening the latter half of July.

Exercising at Home

During the Coronavirus Pandemic, S4EA athletes, families, volunteers, and coaches should continue to do exercising at home as long as you are feeling well. If you want to take a walk, just maintain social distancing (at least 6 feet) from others and wear a facemask when out in the public. You should continue to communicate with others, including by phone, text, email, social media, etc. If you want to chart your progress in doing Exercising each day, then S4EA has a [S4EA Exercise Chart](#) or [Biggest Loser-Fitness Challenge](#). Visit the S4EA website at www.s4ea.org to find links to doing Sports and Exercises at Home during the Coronavirus Pandemic.

S4EA Tournament/Event Dates *TBD

~~Jul 31-Aug 2 Cancelled S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)~~

~~August 15 Cancelled S4EA Swim Meet – St. Madeleine Sophie's Center (8am-1pm)~~

August 30 TBD S4EA Soccer & Golf Tournament – Morley Field in Balboa Park (9am-5pm)

September 13 TBD S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)

October 9 TBD S4EA Golf Classic Fundraiser – Riverwalk Golf Club (11am-8pm)

October 23-25 TBD S4EA Halloween SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

S4EA Summer Season

Practices listed with a strike through? may possibly open after July 12th.

Practices/Tournaments are CANCELLED until at least July 12. Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Bocce TBD	Tue	5:30-7:00pm	Morley Field Bocce Courts (2221 Morley Field Dr., SD 92104) may start July 7 [League Play]
	Wed	5:30-7:00pm	Chula Vista Elks Lodge (901 Elks Lane, CV 91910) may start July 8
	Thu	5:30-7:00pm	Brengle Terrace Park (1200 Vale Terrace Dr., Vista 92084) may start July 9
Bowling TBD	Mon	3:30-5:00pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, SD 92111) may start July 13? \$3 for 2 game
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064) \$5.50/2 games (NOT Jul 4/11/18?/25?)
Cycling	Sat	1:15-3:30pm	Various Locations may start July 18-Lake Murray (Kiowa entrance parking lot near store) July 25-Hospitality Point to Sunset Cliffs [see calendar, S4EA website, coach for more info]
Ice Skating TBD	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, SD 92115) \$5 per session (NOT July 4/11/18?/25?)
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, SD 92126) (NOT July 1/8/15?/22?/29?)
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, SD 92122) (NOT July 2/9/16?/23?/30?)
Soccer TBD	Mon	6:00-8:00pm	Park de la Cruz (3901 Landis St, SD 92105) starting possibly in August [League Play]
	Tue	6:00-7:00pm	Palomar Elementary (300 E Palomar St., Chula Vista 91911) starting possibly in August
Tourn-Aug 30	TBD Sun	9am-5pm	Morley Field Soccer Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
Softball TBD	Wed	5:30-8:00pm	Park de la Cruz (3901 Landis St, SD 92105) may start July 15 [League Play]
	Tue	5:00-6:00pm	Palomar Elementary (300 E Palomar St., Chula Vista 91911) may start July 14
	Sun	3:30-5:30pm	Breeze Hill Park (645 S. Melrose, Vista 92081) may start July 19
Tourn-Sep 13	TBD Sun	9am-5pm	Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
Swimming TBD	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105) \$5/SES. [swim only] (NOT July 3/10/17?/24?/31?)
	Fri	5:00-7:00pm	Vista Terrace Pool (301 Athey, SD 92173) \$20/mo may start Jul 17 [Swim 1 st Hr/Non Swim 2 nd Hr]
	Sat	10:30-11:30am	La Mesa Pool (5100 Memorial Dr, La Mesa 91942) may start Jul 18 \$5 per ses. [swim only]
Day at Beach	Cancelled Sat Jul 25	9am-3pm	Windansea teach surfing La Jolla Shores Limited spots available Call Clara 858-565-7432
Meet-Aug 15	Cancelled Sat	8am-1pm	St. Madeleine Sophie's Ctr (2119 E. Madison Ave., EC 92019) [Harbor Kiwanis provide lunch]
Table Tennis TBD	Sun	12pm-1pm	After School Learning Tree (11525 Sorrento Valley Rd, SD92121) (NOT July 5/12/19?/26?)
Tennis	Mon	6:30-7:30pm	Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107) may start July 13
Tourn-Sep 13	TBD Sun	9am-3pm	Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104)

***TBD Dates To Be Determined Based on the Status of the Coronavirus (Call S4EA at 858-565-7432)**

S4EA Practices – New Guidelines During COVID-19

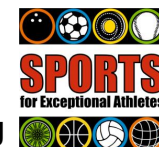
When S4EA practices resume, please do the following:

- 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, do not come to practice)
- Bring/wear a facemask
- Bring gloves (recommended, but not required)
- Bring your own filled water bottle (recommended)
- Bring your own sports equipment (highly recommended)
- Bring your own chair (recommended)
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Do not touch other people
- Only touch your own equipment
- Maintain Social Distancing of at least 6 feet
- **Avoid giving handshakes, high fives, and hugs**





S4EA Practices, Tournaments & Events Cancelled until at least July 12



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org

~ July 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Year Round Sports</u> - Bowling (BO) - Ice Skating (IS) - Swimming (SW) - Table Tennis (TT)	<u>Summer Season Sports</u> - Bocce (BC) - Cycling (CY) - Soccer (SO) - Softball (SB) - Tennis (TE)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<u>Facilities</u> Breeze Hill Park Brengle Terrace Park Chula Vista Elks Lodge Morley Field-Balboa Park Palomar Elementary Sch. Park de la Cruz TSA Kroc Center	<u>Facilities</u> Copley YMCA After School Learning Tree Barnes Tennis Center Kearny Mesa Bowl La Mesa Pool Poway Fun Bowl University Towne Center Vista Terrace Pool	<u>Facebook Birthday FR</u> For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	<u>Shop Online with AmazonSmile</u> 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.
Stay safe at home during Coronavirus Pandemic. Keep doing stretching, exercises & walking while maintaining social distancing (6' away from others).	<u>Vols Needed for Office Projects</u> Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	Practices listed with a strike through? may possibly open after July 12 th . Call starting July 13 th at S4EA at 858-565-7432 to check on status of practice.	1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13 BO-C 3:30-5pm KM Bowl? TE-C 6:30-8 Barnes Tennis Ctr	14 BC-C 5:30-7pm Morley Fd? SB-SB 5-6pm Palomar Elem?	15 BC-SB 5:30-7pm CV Elks? IS-SR 4-5pm SD Ice Arena? SB-C 5:30-8pm Park de la Cruz?	16 BC-NC 5:30-7 Brengle Ter? IS-SR 3:30-5pm UTC?	17 SW-C 3:30-5pm Copley Y? SW-SB 5-7 Vista Terrace?	18 BO-NC 1:30-3:30 Poway? CY 1:15-3:30pm Lake Murray IS-C 1-3pm TSA Kroc Center? SW-EC 10:30-11:30am LM Pool?
19 SB-NC 3:30-5:30 Breeze Hill? TT-C 12-1pm Sch. Learn Tree?	20 BO-C 3:30-5pm KM Bowl? TE-C 6:30-8 Barnes Tennis Ctr	21 BC-C 5:30-7pm Morley Fd? SB-SB 5-6pm Palomar Elem?	22 BC-SB 5:30-7pm CV Elks? IS-SR 4-5pm SD Ice Arena? SB-C 5:30-8pm Park de la Cruz?	23 BC-NC 5:30-7 Brengle Ter? IS-SR 3:30-5pm UTC?	24 SW-C 3:30-5pm Copley Y? SW-SB 5-7 Vista Terrace?	25 BO-NC 1:30-3:30 Poway? CY 1:15-3:30pm Hospitality Point IS-C 1-3pm TSA Kroc Center? SW-EC 10:30-11:30am LM Pool?
26 SB-NC 3:30-5:30 Breeze Hill? TT-C 12-1pm Sch. Learn Tree?	27 BO-C 3:30-5pm KM Bowl? TE-C 6:30-8 Barnes Tennis Ctr	28 BC-C 5:30-7pm Morley Fd? SB-SB 5-6pm Palomar Elem?	29 BC-SB 5:30-7pm CV Elks? IS-SR 4-5pm SD Ice Arena? SB-C 5:30-8pm Park de la Cruz?	30 BC-NC 5:30-7 Brengle Ter? IS-SR 3:30-5pm UTC?	31 S4EA SPORTS Camp #2 -Idyllwild CANCELLED SW-C 3:30-5pm Copley Y? SW-SB 5-7 Vista Terrace?	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.

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

**BLACK
LIVES
MATTER**

Printing courtesy of a grant from Las Patronas

Black Lives Matter!



Message from Executive Director Walter Jackson

I am very saddened by the passing of Kenyetta Pete on June 26th. Pete had been involved with S4EA as an athlete, officer on the S4EA Athlete Council, S4EA Board member, referee, and helped with set-up and take-down at practices and tournaments. He has been a big part of our family & the S4EA community. He will be missed by all.

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. We will have a soft opening of select S4EA practices using new [S4EA Guidelines](#) including social distancing, facemasks, etc. Please fill out & return the [S4EA Survey Regarding Reopening Sports during COVID-19](#).

We at S4EA are in support of the **Black Lives Matter** movement & the efforts to eliminate the injustices that persons of color have endured. We want everyone to feel welcome at our programs.



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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.

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, bowling, cycling, ice skating, soccer, softball, swimming, table tennis, and tennis. 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.