



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 - NOVEMBER 2020

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

S4EA Virtual Golf Classic

Because of COVID-19, S4EA cannot hold our S4EA Golf Classic at the Riverwalk Golf Club with over 100 golfers. Instead, S4EA is having a S4EA Virtual Golf Classic during the month of November, culminating on Friday, November 20th from 6-7:30pm. Participate in the [Ball Drop](#) for \$15 (winner receives \$500), Golf Challenge, Facebook Live & Interactive Postings. Donors have a chance to win a Door Prize. S4EA needs your support for this Virtual Fundraiser by donating. For more info, call S4EA at 858-565-7432, visit www.s4ea.org/golf-classic or www.facebook.com/s4eaqolf.



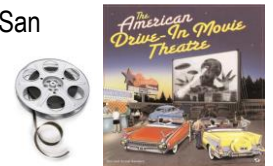
S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Trunk-or-Treat Sat Oct 31, Drive-In Movie Sat Nov 7 & Fun-A-Rama Sat Nov 21



The S4EA Drive-Thru [Halloween Trunk-or-Treat](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, October 31 from 3-4pm for free. Drive-Thru to see all the spooky decorated Trunk-or-Treat vehicles and open window to receive wrapped candy in zip-lock bags to treat on. Call S4EA at 858-565-7432 if you can be a host to decorate your Trunk-or-Treat vehicle.



The S4EA [Drive-In Movie Night](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, November 7 from 7-9pm for \$5.00 per person (includes movie, popcorn & drink). Park in the parking lot (every other space), eat popcorn & watch the movie in your lawn chair in the parking space next to your car. In this way you can social distance to see other S4EA families & friends.



The S4EA Social Distancing Parking Lot [Fun-A-Rama](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, November 21 from 2-3:30pm.

Park in the parking lot (every other space), eat snacks & participate in your lawn chair in the parking space next to your car. For \$5 join us for Dancing, Challenges, Games, Snacks & Fun while social distancing to see other S4EA families & friends.



The S4EA Drive-Thru [Holiday Lights](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, December 5 from 5-6:30pm for free. Drive-Thru to see all the Holiday Lights on decorated vehicles and open window to receive wrapped Holiday treats & cookies. We are hoping to even have a visit by Santa. Call S4EA at 858-565-7432 to reserve your time slot (5-5:30pm, 5:30-6pm, 6-6:30pm) for the Drive-Thru Holiday Lights or if you can decorate your vehicle.



For more info, to sign-up & determine the latest status on the Coronavirus Pandemic, call S4EA at 858-565-7432.

Please use bathroom at home before attending these activities. Wear a mask, bring your own lawn chair & social distance at all activities.

S4EA Zoom Athlete Council Activities – Halloween Scavenger Hunt Oct 30




S4EA has scheduled a [Zoom Halloween Scavenger Hunt](#) on Fri Oct 30 from 6-7:30pm. Wear a Halloween shirt or costume. Players find each item and show it to the camera. Each team receives one point for finding the correct item first. Call S4EA at 858-565-7432 or email sds4ea@gmail.com to RSVP and to get the Zoom password info.

S4EA Event Dates

- October 31** S4EA Drive-Thru Halloween Trunk-or-Treat – S4EA/North Shores Parking Lot (3-4pm)
- November 7** S4EA Drive-In Movie Night – S4EA/North Shores Parking Lot (7-9pm)
- November 20** S4EA Virtual Golf Classic – From Comfort & Safety of Home During Month of Nov (6-7:30pm)
- November 21** S4EA Fun-A-Rama – S4EA/North Shores Parking Lot (2-3:30pm)
- December 5** S4EA Drive-Thru Holiday Lights – S4EA/North Shores Parking Lot (5-6:30pm)

S4EA Fall Season

Cycling and Tennis had a soft opening as met SDC Dept of Health Guidelines.
Zoom Exercise & Sports Workouts are held from the comfort & safety of your home.
All other sports practices & tournaments are CANCELLED until further notice.
Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
	Sat	1:15-3:30pm	Various Locations [see calendar, S4EA website, coach for more info] ending Nov 28
			Oct 31 – De Anza Cove Park around Mission Bay
			Nov 7 – Robb Field to Cabrillo Monument
			Nov 14 - De Anza Cove Park to Fiesta Island and YMCA
			Nov 21 – Liberty Station around Liberty Station and Harbor Island
			Nov 28 – Mission Trails Visitors Center to Santee Lakes

Tennis	Mon	6:00-7:00pm	Barnes Tennis Center (4490 W. Point Loma Blvd, SD 92107) ending Oct 26
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	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort/safety of Home end Nov 30
	Wed	6:00-6:45pm	Zoom Yoga Workouts from comfort/safety of Home not Nov 25
	Tue	6:00-7:00pm	Zoom Bocce Workouts from comfort/safety of Home start Nov 3
	Thu	6:00-7:00pm	Zoom Sports Crater/Bean Bag Toss from comfort Home start Nov 5
	Tue	5:45-7:00pm	Zoom Soccer Workouts from comfort/safety of Home end Oct 27
	Thu	5:45-7:00pm	Zoom Basketball Workouts from comfort/safety of Home end Oct 29



Call S4EA at 858-565-7432 to get Zoom password info & if you need equipment (hacky sacks/pallina, bean bag board) for workout.

S4EA Practices – New Guidelines During COVID-19

For S4EA practices, 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)
- **Before & during practice, coaches clean various surfaces, sports equipment, etc. with HOCL to kill any COVID-19 virus**
- Wash hands often with soap & water for at least 20 seconds
- **Wear a facemask**
- **Maintain Social Distancing of at least 6 feet**
- 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
- **Avoid giving handshakes, high fives, and hugs**



Electrolyzed Water (HOCL)

Electrolyzed water (HOCL) is effective in killing bacteria & viruses, including the COVID-19 virus. S4EA has a machine that makes HOCL from water & salt. Coaches, volunteers, supporters, athletes & their families can pick-up a bottle of HOCL from S4EA to spray and disinfect various surfaces, equipment, etc. Call S4EA at 858-565-7432 for more info.

S4EA 'Bingo' Exercise Program

S4EA has started a new '[Bingo Exercise Program](#)' which can be done at home. To get a 'Bingo' each day, do 1 row or 1 column of activities and exercises on the 'Bingo' Exercise Program card. Mark off each activity after completion. By the end of each week, complete all the activities on the 'Bingo' Exercise Program (Blackout). Repeat doing the 'Bingo' Exercise Program weekly for 1 month (4 weeks). Win a Prize for completing & turning in your 'Bingo' Exercise Program to S4EA. If you want to do our 'Bingo' Exercise Program at home for a month and win prizes, print from S4EA website www.s4ea.org, or call S4EA at 858-565-7432.



Cycling & Tennis had a soft opening as met SDC Dept of Health Guidelines. Zoom Workouts at 6pm on weekdays.
All other sports practices & tournaments are CANCELLED until further notice.



858-565-7432

SPORTS for Exceptional Athletes

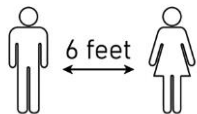
www.s4ea.org

~ November 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports</u></p> <ul style="list-style-type: none"> - Bocce (BC) [Zoom] - Cycling (CY) - Exercise [Zoom] - Sports Crater [Zoom] - Yoga [Zoom] 			<p><u>S4EA Facemasks</u></p> <p>S4EA has a limited supply of S4EA Facemasks for \$8 (multi-color) at S4EA office.</p>	<p><u>Shop Online during Holiday Season 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. Support S4EA and find all your holiday essentials including gifts, decorations, and more.</p>		<p>Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises & walking while maintaining social distancing (6' away from others).</p>
<p>1 Daylight Savings Ends</p>	<p>2</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p>3 Election Day</p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p>4</p> <p>Zoom Yoga Workout 6-6:45pm Home</p>	<p>5</p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p>6</p>	<p>7 S4EA Drive-In Movie Night 7-9pm North Shores Parking Lot CY 1:15-3:30pm Robb Field to Cabrillo Monument</p>
<p>8</p>	<p>9</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p>10</p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p>11 Veterans Day</p> <p>Zoom Yoga Workout 6-6:45pm Home</p>	<p>12</p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p>13</p>	<p>14</p> <p>CY 1:15-3:30pm De Anza Cove Park to Fiesta Island and YMCA</p>
<p>15</p>	<p>16</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p>17</p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p>18</p> <p>Zoom Yoga Workout 6-6:45pm Home</p>	<p>19</p> <p>Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p>20 S4EA Virtual Golf Classic 6-7:30pm From the Comfort & Safety of Home</p>	<p>21 S4EA Socially Distancing Fun-A-Rama 2-3:30pm North Shores Parking Lot CY 1:15-3:30pm Liberty Station around Liberty Station and Harbor Island</p>
<p>22</p>	<p>23</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p>24</p> <p>Zoom Bocce Workout 6-7pm Home</p>	<p>25</p>	<p>26 Thanksgiving</p>	<p>27</p>	<p>28</p> <p>CY 1:15-3:30pm Mission Trails Visitors Center to Santee Lakes</p>
<p>29</p>	<p>30</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<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>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><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>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>

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!



Message from Executive Director

Walter Jackson

SPORTS for Exceptional Athletes has been developing a new S4EA website. Check it out at www.s4ea.org and let us know if you like it.

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. We had a soft opening of select S4EA practices of cycling and tennis (season has completed) using new [S4EA Guidelines](#) including social distancing, facemasks, etc.

S4EA has a limited supply of S4EA Facemasks for \$8 (multi-color) at S4EA office.

S4EA has exciting activities of Zoom Sports (Bocce) & Exercise/Yoga Workouts at 6pm during the week. On select Saturdays, S4EA has socially distancing parking lot activities including Drive-In Movie on Nov 7, Fun-A-Rama on Nov 21 & Drive-Thru Holiday Lights on Dec 5. Please join us at these activities.

The S4EA Virtual Golf Classic features Ball Drop, Golf Challenge & culminates on Nov 20.



SPORTS

for Exceptional Athletes



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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](#) have been needed as coaches for the Summer/Fall Season in cycling and tennis (season has completed). 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.

