



## 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](http://www.s4ea.org) \* E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) \* Phone 858-565-S4EA (7432).

# SPORTS NEWS - DECEMBER 2019

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

## 2019 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes has grown tremendously during 2019. S4EA has 1,400 athletes with developmental disabilities competing in over 20 sports. S4EA would like to thank the following in-kind supporters for giving our athletes many SPORTS opportunities:

### Major In-Kind Supporters

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Luna Grill-Hillcrest  
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Mat Latos  
McDonald, Samantha  
McLaughlin, Clinton

Miguel's Restaurant  
Mimi's Kitchen  
Mira Mesa Youth Baseball Field  
Mish Mash  
Misleh, Anton F. DDS  
Mission Foods  
Montesquieu Winery  
Morisaki, Koji  
Mountain Mike's Pizza  
Nelson, Denise  
Ocean Beach Family Chiropractic  
Oggi's  
Olive Garden  
O'Ree, Willie  
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Panda Express  
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San Diego Gulls  
San Diego History Center  
San Diego Ice Arena  
San Diego Padres  
San Diego Repertory Theatre  
Sauce Goddess  
Save Our Heritage Org.  
Screaming Pete's BBQ  
SD Park & Rec-Therapeutic Rec Svcs  
SDCCU Holiday Bowl  
SDPR-TRS  
SDSU Aztec Football  
SDUSD-Hoover High School  
Slater 50/50  
Smith, Joseph  
Snow Valley  
Snowdall, Myra

Societe Brewing Company  
South Bay Kiwanis  
Sparks Gallery  
St. Madeleine Sophie's Center  
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Starbucks  
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Studio Diner  
Sturm, Kim  
Sutherland Mgmt Co/McDonald's  
Swami's  
Sweetwater High School  
Thayer, Jim  
The Brigantine Restaurant  
The Cheesecake Factory  
The Tipsy Crow  
Tiger Eye Hair  
Town Park Villas Golf Course  
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TSA Ray & Joan Kroc Community Ctr.  
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### S4EA Golf Classic Supporters

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Boy's Teen Charity-Del Norte Chapter  
Canyon Crest Academy Key Club  
Canyon Crest Academy S4EA Club  
Chula Vista Kiwanis  
East Co. Sprites  
FAV-Female Athlete Volunteers  
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La Jolla Country Day School  
National Charity League-San Dieguito  
National League of Young Men-LaJolla  
SD County Basketball Officials Assn  
SDSU Adaptive Fitness Clinic  
South Bay Kiwanis  
Sweetwater Lady Red Devil Softball  
Teen Volunteers In Action-SD1  
UCSD Circle K  
UCSD Nursing Program  
University of San Diego  
US Navy  
Volunteer Match  
  
Special thanks to our Key Volunteers who help at tournaments and special events and the office crew who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

## S4EA Tournament/Event Dates

- December 8** S4EA Floor Hockey Tournament – Francis Parker School (9am-5pm)
- December 12** S4EA Holiday Party – Eagles Aerie (5:30-8pm)
- December 15** S4EA Bowling Tournament – Bowlero Chula Vista (8:30am-4pm)
- December 26** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (2-4:30pm)
- January 24** S4EA Bunco Fundraiser – S4EA/North Shores (6-8pm)
- February 4-6** S4EA Winter Games (Downhill & CC Ski, Snowboard, Snowshoe) – Cedar Lake in Big Bear
- February 15** S4EA Valentine Dinner Dance – Chula Vista Elks Lodge (5-9pm)
- February 29** S4EA Guacamole Bowl - Balboa Park Club (10am-2pm)
- April 17-19** S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun-1pm)
- May 28** S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm)
- Jul 31-Aug 2** S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)

## S4EA Fall/Winter Season

*Athletes and volunteer coaches come join us in the following fall and winter season sports (also see calendar):*

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	<b>Holiday Break</b> Many sports are taking Holiday Breaks during parts of December.
<b>Basketball</b> (tentative info)	Mon	5:30-8:00pm	Mid-City Gym (4302 Landis St., SD 92105) <u>for Park de la Cruz</u> starting Jan 6 [League Play]	
	Sun	2:00-3:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) starting January 5	
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) start Jan 9 [Juniors]	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting January 9	
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911) starting January 10	
Tourn-Mar	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, SD 92111) [tentative location]	
<b>Bowling</b>	Mon	3:30-5:00pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, SD 92111) not Dec 16/23/30-\$3 for 2 games	
	Sat	11:00am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7.25 for 2 games [League Play]	
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes	
	Tourn-Dec 15	Sun	8:30am-4pm	
<b>Floor Hockey</b>	Mon	5:30-8:00pm	Mid-City Gym (4302 Landis St., San Diego 92105) ending Dec 2 [League Play]	
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) ending Dec 5 [Juniors]	
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021) ending Dec 5	
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911) ending Dec 6	
	Tourn-Dec 8	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, San Diego 92111) [Civitan provide lunch]
<b>Ice Skating</b>	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session	
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)	
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122)	
<b>Swimming</b>	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105) not Dec 20 & 27-\$5/ses.-\$15/mo. [swim only]	
<b>Table Tennis</b>	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)	
<b>Track</b> (tentative info)	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) starting January 4 [Athletes start at 10am in dance room W of old gym for exercises & then move out to track]	
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) starting January 5	
	Prelim Meet-Mar 7	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
	Final Meet-Apr 25	Sat	9:00am-1:00pm	Sweetwater HS (2900 Highland Ave, National City 91950) [Div. 11 SB Kiwanis provide lunch]
<b>Winter Sports</b>	Tue	5:45-7:15pm	Hoover High School (4474 El Cajon Blvd, SD 92115) start Jan 7 [Dry Land Conditioning]	
	Tourn-Feb 4-6	Tue-Thu	Snow Valley/Cedar Lake in Big Bear [Cross Country/Downhill Ski/Snowboard/Snowshoe]	

## Hoover Open Gym

Hoover Open Gym begins on Tuesday, January 7<sup>th</sup> from 6-7:30pm. Play a different sport (indoor soccer, lacrosse, pillo polo, kickball, volleyball, etc.) each week in the small gym at Hoover High School (4474 El Cajon Blvd., San Diego 92115).

## S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2019

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in making 2019 an exceptional year for the SPORTS for Exceptional Athletes sports program. We started our program 12 ½ years ago 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. We now offer over 20 sports in 4 sports seasons to 1,400 athletes with developmental disabilities. We have over 200 coaches helping our athletes at practices, league play, and tournaments. Over 350 meet volunteers assist with timing, scoring, buddies, lunch, set-up, take-down, first-aid . . . and everything else that needs to be done at tournaments. Over 1,000 donors have given financial support to help make this a great program. S4EA had 3 SPORTS Camps in 2019. Thank you for your support. Wishing you a Happy Holiday Season & I look forward to seeing you in 2020.



858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org



~ December 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><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.</p>	<p><u>Designate S4EA with United Way</u> United Way &amp; Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name &amp; address: S4EA, 9575 Aero Dr #B, SD 92123. Thanks for your support.</p>	<p><u>Community Giving Program</u> Please contact Clara at <a href="mailto:sds4ea@gmail.com">sds4ea@gmail.com</a> or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.</p>	<p><u>Fall Season Sports</u> - Bowling (BO) - Floor Hockey (FH) - Ice Skating (IS) - Swimming (SW) - Table Tennis (TT)</p>	<p><u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p>	<p><u>Facilities</u> Bostonia Recreation Center Boys &amp; Girls Clubs Vista Hoover High School Kearny Mesa Rec. Center Mid-City Gym Otay Recreation Center</p>	<p><u>Facilities</u> After School Learning Tree Bowlero Chula Vista Copley YMCA Kearny Mesa Bowl Poway Fun Bowl University Towne Center</p>
<p><b>1</b> TT-C 12-1pm Sch. Learn Tree</p>	<p><b>2</b> BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p><b>3</b></p>	<p><b>4</b> IS-SR 4-5pm SD Ice Arena</p>	<p><b>5</b> FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p><b>6</b> FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p><b>7</b> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV IS-C 1-3pm TSA Kroc Center</p>
<p><b>8</b> S4EA Floor Hockey Tourn Francis Parker Sch. 9am-5pm TT-C 12-1pm Sch. Learn Tree</p>	<p><b>9</b> BO-C 3:30-5pm KM Bowl</p>	<p><b>10</b></p>	<p><b>11</b> IS-SR 4-5pm SD Ice Arena</p>	<p><b>12</b> S4EA Holiday Party - Eagles Aerie 5:30-8pm IS-SR 3:30-5pm UTC</p>	<p><b>13</b> SW-C 3:30-5pm Copley Y</p>	<p><b>14</b> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV IS-C 1-3pm TSA Kroc Center</p>
<p><b>15</b> S4EA Bowling Tourn - Bowlero CV 8:30am-4pm TT-C 12-1pm Sch. Learn Tree</p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b> IS-SR 4-5pm SD Ice Arena</p>	<p><b>19</b> IS-SR 3:30-5pm UTC</p>	<p><b>20</b></p>	<p><b>21</b> Winter Begins BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV IS-C 1-3pm TSA Kroc Center</p>
<p><b>22</b> Hanukkah Begins TT-C 12-1pm Sch. Learn Tree</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b> Christmas</p>	<p><b>26</b> Kwanza Begins Holiday Bowl Parade – Harbor Dr/Grape 2-4:30pm</p>	<p><b>27</b></p>	<p><b>28</b> BO-NC 1:30-3:30 Poway IS-C 1-3pm TSA Kroc Center</p>
<p><b>29</b> TT-C 12-1pm Sch. Learn Tree</p>	<p><b>30</b></p>	<p><b>31</b> New Year's Eve</p>	<p><u>Shop Online during Holiday Season with AmazonSmile</u> By registering S4EA at <a href="https://www.amazon.com/smile">smile.amazon.com</a>, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices &amp; selection as on Amazon.com. Support S4EA and find all of your holiday essentials including gifts, decorations, and more.</p>	<p><u>Vols Needed in S4EA Office</u> 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>Donate Stocks to S4EA</u> Tax season has arrived &amp; if you would like to donate appreciated securities, stocks, or real estate to S4EA, call attorney Jerry Harris at 619-282-4415.</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



**Wishing you Happy Holidays!**



### Holiday Party Dec 12 at Eagles Aerie

Come join in the festivities at the S4EA Holiday Party sponsored by Eagles Aerie & Sempra Energy Foundation 'Season of Giving' on Thursday, December 12<sup>th</sup> from 5:30-8pm at the [Eagles Aerie](#) (3848 Centre St. at University Ave., San Diego 92103). Activities include music, dancing, caroling, dinner, visit by Santa & a gift exchange (please bring a gift-max. value \$10). No cost. RSVP to S4EA at 858-565-7432 by December 5<sup>th</sup>.

S4EA athletes are marching in the Holiday Bowl Parade on Thu Dec 26<sup>th</sup> from 2-4:30pm on [Harbor Dr.](#) in San Diego.

The S4EA Athlete Council has the following 2020 activities planned: Bunco Fri Jan 24 from 6-8pm at [S4EA/North Shores](#), Valentine Dinner Dance on Sat Feb 15<sup>th</sup> at [CV Elks](#) & Guacamole Bowl on Sat Feb 29.



**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 directly from the SPORTS for Exceptional Athletes website at [www.s4ea.org](http://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.



[Volunteers](#) are needed as coaches for the Fall/Winter Season in basketball, bowling, ice skating, swimming, table tennis, track, and winter sports (cross country & downhill skiing, snowboarding & snowshoeing). 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.