



**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).

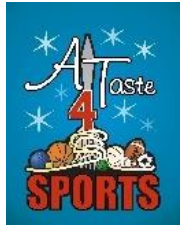
# SPORTS NEWS - MAY 2022

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

## "A Taste 4 SPORTS" Gala Fundraiser June 2 at Balboa Park Club



S4EA is hosting for our members the 15<sup>th</sup> Annual "A Taste 4 SPORTS" Gala Fundraiser on Thursday, June 2nd from 6-9pm at the Balboa Park Club (2144 Pan American Road West, SD 92101) featuring food & wine from 20 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, including NBA Hall of Fame player Bill Walton & Mad Mike from MTVs "Pimp My Ride", enjoy music & bid on an exquisite array of auction items. S4EA will be honoring "The Fastest Cyclist on Earth" Denise Mueller-Korenek as our 2022 'SPORTS Woman of the Year'. Reservations are \$60 per person.



Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. Please donate gift certificates, trips, autographed sports memorabilia to enhance the auction. For more info, call 858-565-7432 or visit [www.s4ea.org/taste4sports](http://www.s4ea.org/taste4sports).

## S4EA Thanks "A Taste 4 SPORTS" Event Sponsors

SPORTS for Exceptional Athletes thanks the Event Sponsors at "A Taste 4 SPORTS" June 2nd at the Balboa Park Club in Balboa Park:


### Gold Level

Nick Brumbach  
Idy Land Surveying

### Bronze Level

Alvarez Family  
Benavidez Family  
Colors Gourmet Pizza  
Mary & Rick Cunningham Family  
Clara Downes  
Teresa Gillaspay  
Goldbaum Family  
Brian Miller  
Kathy Nelson  
Peters Family  
Rathbun Family  
Screaming Pete's BBQ  
Sonnenberg & Company, CPAs  
Super Wash/Dry Laundromat-CV  
Triad Components Group

### Bronze Level

Gibson Family  
HME  
Jerry & Mary Ellen Harris Family  
Richard Harris Family  
Jackson/Snowdall Family  
The Arc of San Diego  
Yates/Julius Family  


### "A Taste 4 SPORTS" Food & Drink Sponsors

... & many more

### "A Taste 4 SPORTS" Auction & Raffle Items

**Getaways** to a variety of exciting locations.  
**Sports Memorabilia**—baseball, golf, football, soccer, basketball, etc.  
**Gift Certificates/Tickets** to local restaurants, museums, theatres, hotels, spa treatments, fun & games, whale watching, and more.  
**Artwork, Jewelry & many more items.**  
For more items: [www.s4ea.org/taste4sports](http://www.s4ea.org/taste4sports)

## San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



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 ended in March. 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](http://SDRecConnect.com) or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the spring include Park de la Cruz-Basketball/Volleyball (Code: [100106](#)), Kearny Mesa Recreation Center-Junior Open Sports (Code: [100107](#)), and Mt. Acadia/Balboa-Baseball (Code: [100149](#)).

## S4EA Athlete Council Elects New Officers for 2022-2023

The S4EA Athlete Council had elections at the S4EA Pancake Breakfast in April. Congratulations to the following officers: President-Joe Alvarez-Salas, Vice Pres.-Evan Perrero, Secretary-Rachel Goldbaum, Treasurer-Michael Stein, Sgt. At Arms-James Johnsen.

## S4EA Event Dates

April 30  
June 2

**S4EA Final Track Meet – Sweetwater High School (9am-1pm)**  
**S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm)**

# S4EA Spring Season

S4EA has opened up our indoor & outdoor sports that met all Guidelines (depends on COVID-19 status)

Contact S4EA at [www.s4ea.org](http://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 S4EA activities to have been vaccinated & boosted.

**Athletes, families & volunteers should 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>	<b>For Spring Season Sports Status, Call S4EA at 858-565-7432</b>
<b>Baseball</b> 	Sat	9:00am-11:00am	<a href="#">Balboa</a> (3900 Mt. Acadia, SD 92111) [practice on Tue from 4:30-6pm] (Code: <a href="#">100149</a> )	
	Sat	9:00am-11:00am	<a href="#">Chollas Lake</a> (6005 College Grove Dr, SD 92115) [see calendar or coach for game schedule]	
	Sat	9:00am-11:00am	<a href="#">Mira Mesa Youth Baseball Fd.</a> (Camino Ruiz Park, 11489 Camino Ruiz, SD 92126) end 5/21	
	Game Schedule Location	9:00am-11:00am	May 7-Chollas Lake, May 14-Balboa, May 21-MMYB	
<b>Basketball</b> 	Mon	6:45-8:45pm	<a href="#">Park de la Cruz</a> (3901 Landis St, San Diego 92105) end May 9 [League Play] (Code: <a href="#">100106</a> )	
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec Ctr</a> (3170 Armstrong, SD 92111) end 5/12 [ <b>Jr Open Gym</b> ](Code: <a href="#">100107</a> )	
	Thu	6:00-7:30pm	<a href="#">Bostonia Recreation Center</a> (1049 Bostonia, El Cajon 92021) ending May 12	
	Fri	4:00-5:30pm	<a href="#">Otay Recreation Ctr</a> (3554 Main St., CV 91911) ending May 13 [also floor hockey]	
<b>Bowling</b> 	Sat	11am-1pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, Chula Vista 91910)-\$8 for 2 games [League Play]	
	Sat	11:30am-3pm	<a href="#">Parkway Bowl</a> (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games(must call Sue to first register)	
<b>Cycling</b> 	Sat	1:15-3:30pm	May 7- <a href="#">Liberty Station</a> to Coronado, May 14- <a href="#">Miramar Lake</a> , May 21- <a href="#">Plaza Bonita</a> to CV Marina May 28-No Ride-Memorial Day Weekend [see calendar, S4EA website, coach for more info]	
<b>Ice Skating</b> 	Wed	3:45-4:45pm	<a href="#">San Diego Ice Arena</a> (11048 Ice Skate Place, San Diego 92126) Put skates on at 3:30pm [New athletes call Terry Poletto at 858-349-7388 before starting]	
<b>Swimming</b> 	TBD	To Be Determined	<a href="#">Vista Terrace Pool</a> (301 Athey Ave, SD 92173)-\$20/month [To Be Determined]	
<b>Volleyball</b> 	Mon	5:45-7:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St, San Diego 92105) end May 2 [League Play] (Code: <a href="#">100106</a> )	
<b>Workouts-Hikes/Exercise</b>			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: <a href="https://www.limitless-adventures.org/">https://www.limitless-adventures.org/</a> - Upcoming events: Field Day-May 28	

## 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 the Omicron Variant spread 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.





858-565-7432

S4EA has opened up our indoor and outdoor sports that met all Guidelines.  
Once you are ready, athletes & volunteer coaches come join us in the following sports.

# SPORTS for Exceptional Athletes

www.s4ea.org



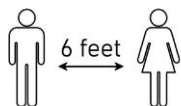
~ May 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Spring Sports-Cycling (CY)</b> - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Floor Hockey (FH) - Ice Skating (IS) - Swimming (SW) - Volleyball (VB)	<b>San Diego Co. Location</b> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<b>Facilities</b> Bostonia Recreation Center Kearny Mesa Rec. Center Otay Recreation Center Park de la Cruz Gym	<b>Facilities</b> Balboa/Mt. Acadia Bowlero Chula Vista Chollas Lake Mira Mesa Youth Baseball Field Parkway Bowl San Diego Ice Arena Vista Terrace Pool	<b>Community Giving Program</b> 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.	<b>Designate S4EA with United Way</b> 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.	<b>Facebook Birthday FR</b> For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.
<b>1</b>	<b>2</b> VB-C 545-7pm <a href="#">Park de la Cruz</a> BB-C 645-845 <a href="#">Park de la Cruz</a>	<b>3</b> CB-Practice 4:30-6pm <a href="#">Balboa</a>	<b>4</b> IS-SR 3:45-4:45 <a href="#">SD Ice Arena</a>	<b>5</b> BB-EC 6-7:30pm <a href="#">Bostonia</a> Open Gym-Jr 4-5:30 <a href="#">Kearny</a>	<b>6</b> BB-SB 4-5:30 <a href="#">Otay Rec Ctr</a> FH-SB 4-5:30 <a href="#">Otay Rec Ctr</a>	<b>7</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> BO-EC 11:30-3pm <a href="#">Parkway Bowl</a> CB-Game 9-11am <a href="#">Chollas Lake</a> CY 1:15-3:30pm <a href="#">Liberty Station to Coronado</a>
<b>8 Mother's Day</b>	<b>9</b> BB-C 545-845 <a href="#">Park de la Cruz</a>	<b>10</b> CB-Practice 4:30-6pm <a href="#">Balboa</a>	<b>11</b> IS-SR 3:45-4:45 <a href="#">SD Ice Arena</a>	<b>12</b> BB-EC 6-7:30pm <a href="#">Bostonia</a> Open Gym-Jr 4-5:30 <a href="#">Kearny</a>	<b>13</b> BB-SB 4-5:30 <a href="#">Otay Rec Ctr</a> FH-SB 4-5:30 <a href="#">Otay Rec Ctr</a>	<b>14</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> BO-EC 11:30-3pm <a href="#">Parkway Bowl</a> CB-Game 9-11am <a href="#">Balboa</a> CY 1:15-3:30pm <a href="#">Miramar Lake</a>
<b>15</b>	<b>16</b>	<b>17</b> CB-Practice 4:30-6pm <a href="#">Balboa</a>	<b>18</b> IS-SR 3:45-4:45 <a href="#">SD Ice Arena</a>	<b>19</b>	<b>20</b>	<b>21</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> BO-EC 11:30-3pm <a href="#">Parkway Bowl</a> CB-Game 9-11am <a href="#">MMYB</a> CY 1:15-3:30pm <a href="#">Plaza Bonita to Chula Vista Marina</a>
<b>22</b>	<b>23</b>	<b>24</b> CB-Practice 4:30-6pm <a href="#">Balboa</a>	<b>25</b> IS-SR 3:45-4:45 <a href="#">SD Ice Arena</a>	<b>26</b>	<b>27</b>	<b>28</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> BO-EC 11:30-3pm <a href="#">Parkway Bowl</a> <a href="#">Limitless Adventure Field Day</a>
<b>29</b>	<b>30 Memorial Day</b>	<b>31</b> CB-Practice 4:30-6pm <a href="#">Balboa</a>	<b>Vols Needed for Office Projects</b> 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.	<b>For Indoor Practices</b> <b>Masks Highly Recommended.</b> <b>Get your COVID Vaccine &amp; Be Safe to Play our Sports.</b>	<b>Donate Stocks to S4EA</b> 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.	<b>Shop Online with AmazonSmile</b> <b>By registering S4EA at <a href="https://smile.amazon.com">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.</b>

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 “A Taste 4 SPORTS” on Thursday, June 2 at the Balboa Park Club. S4EA has opened our spring season with masks highly recommended 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](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.

### Help S4EA Find New Office!

Arc has finalized selling North Shores. S4EA will need to move our offices by the end of May/June 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 right away.



ADDRESS SERVICE REQUESTED

SPORTS for Exceptional Athletes  
9575 Aero Drive Suite B  
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Website: [www.s4ea.org](http://www.s4ea.org)  
Phone: 858-565-S4EA (7432)  
Fax: 858-565-7431

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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](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 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 over 450 athletes with developmental disabilities ages 5 through adult in San Diego County during the pandemic.

### 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 spring season in baseball, basketball, bowling, cycling, ice skating, swimming, 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.

