



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. 8380 Vickers Street Suite E, San Diego, CA 92111 | Website: www.s4ea.org | E-mail: sds4ea@gmail.com | Phone 858-565-S4EA (7432).

SPORTS NEWS - MARCH 2024

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

S4EA Athlete Council Activities-S4EA Bunco Mar 23 & S4EA Pancake Breakfast Apr 13



SPORTS for Exceptional Athletes presents [Bunco](#) on Saturday, March 23 outside by the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) from 1-3pm. Tickets are \$20 - which includes hors d'oeuvres, soft drinks and two rounds of tournament play. Bunco is a dice game of chance. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos) & supporting S4EA, call 858-565-7432.

The [S4EA Pancake Breakfast Fundraiser](#) is being held at the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Sat April 13 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, juice & coffee.



S4EA SPORTS Camp May 3-5 at Camp Marston in Julian

S4EA has scheduled [SPORTS Camp](#) for May 3-5 at [Camp Marston](#) in Julian. Camp Marston offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga-Ga, talent show, campfire). Campers spend 2 nights in new group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, a camper using a wheelchair may be limited to certain activities (cabins & dining hall are accessible). Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp. Transportation will not be available. Campers must be brought directly to Camp Marston in Julian which is approximately a 1 hour drive from San Diego.



The S4EA SPORTS Camp Registration Fee is \$300 per camper to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](#) as soon as possible to S4EA (8380 Vickers St. #E, SD, CA 92111). Turn in Camp Registration Form & Fee by April 3 and pay Early Bird Price of only \$280 (\$95 advance deposit will lock in the lower rate). S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.

Partial scholarships & [Family Rate Specials](#) are available. For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.

"A Taste 4 SPORTS" Gala Fundraiser June 26 at Balboa Park Club

S4EA is hosting for our members the 17th Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser on Wednesday, June 26th 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 from the band 'Beatle Trax' & bid on an exquisite array of auction items. Reservations are \$60 per person.



S4EA will be honoring San Diego Padres Pitching Legend Randy Jones as our 2024 'SPORTS Man of the Year'. Randy Jones won the Cy Young Award with the San Diego Padres in 1976 and was inducted into the San Diego Padres Hall of Fame.

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.



S4EA Event Dates

- March 2 S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
- March 16 S4EA Basketball Tournament–Park de la Cruz & Mid-City Gym (9am-5pm)
- March 23 S4EA Bunco – S4EA Office (1-3pm)
- April 13 S4EA Pancake Breakfast – S4EA Office (8-10am)
- April 20 S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 3-5 S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
- June 26 "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



S4EA Winter/Spring Season

Sport-Practices Day Time Location Winter/Spring Season Sports, Call S4EA at 858-565-7432 For More Info

Baseball Sat 10am-12noon [Balboa](#) (3900 Mt. Acadia, SD 92111) start Mar 2 (Code: [113292](#))



Basketball Mon 6:00-8:30pm [Park de la Cruz](#) (3901 Landis St., SD 92105) ending Mar 11 [Winter League] (Code: [111442](#))



Mon 6:00-8:30pm [Park de la Cruz](#) (3901 Landis St., SD 92105) start Mar 18 [Spring League] (Code: [113290](#))
 Tue 6:00-7:00pm [Boys & Girls Club-Vista](#) (410 W. California Ave, Vista 92083) ending Mar 12
 Thu 4:00-5:30pm [Kearny Mesa Rec Ctr](#) (3170 Armstrong, SD 92111) end Mar 14 [Winter Jr] (Code: [111443](#))
 Thu 4:00-5:30pm [Kearny Mesa Rec Ctr](#) (3170 Armstrong, SD 92111) start Apr 11 [Spring Open Jr] (Code: [113291](#))
 Thu 6:00-7:30pm [Bostonia Recreation Center](#) (1049 Bostonia, El Cajon 92021) ending Mar 14
 Fri 5:30-7:30pm [Parkway Com. Ctr.](#) (373 Park Way, CV 91910) end Mar 15[Tm #1 5:30-6:30/Tm #2 6:30-7:30]
 Tourn-Mar 16 Sat 9:00am-5:00pm [Park de la Cruz](#) (3901 Landis St., SD 92105) & [Mid-City Gym](#) (4302 Landis St., SD 92105)

Bowling Sat 11am-1pm [Bowlero Chula Vista](#) (845 Lazo Ct, Chula Vista 91910)-\$9 for 2 games [League Play]
 1-2 Sundays/month Sun Mar 3/17 11am [Mira Mesa Lanes](#) (8210 Mira Mesa Blvd., SD 92126)-\$8 for 1 game(call Cathy 949-922-3441)



Cycling Sat 1:15-3:30pm Mar 2-[Tidelands Park, Coronado](#)-Parking lot nearest bay-Cyclists ride once a month in winter. [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]



Swimming Fri 5:00-7:00pm [Las Palmas Pool](#) (1800 E 22nd St, National City 91950) starting March 22
 (Non-Swimmers 5-6pm, Swimmers 6-7pm)



Track Sat 10:00am-12noon [Sweetwater High School](#) (2900 Highland Ave, National City 91950)
 Sun 9:00-11:00am [Helix High School](#) (7323 University Ave., La Mesa 91941) not Mar 3
 Prelim Meet-Mar 2 Sat 9:00am-1:00pm [Sweetwater High School](#) (2900 Highland Ave, National City 91950)
 Final Meet-Apr 20 Sat 9:00am-1:00pm [Sweetwater High School](#) (2900 Highland Ave, National City 91950)



Volleyball Mon 5:30-6:30pm [Park de la Cruz](#) (3901 Landis St., SD 92105) from Mar 4-25 (Code: [113290](#))



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: Ski-Mar 1, Hike-Mar 23

S4EA Practices & Tournaments – Guidelines

- Download [Athlete Registration 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)
- If have COVID, isolate at least 5 days & wear mask 10 days
- Wear a facemask indoors in large groups to help protect everyone & especially our athletes with disabilities
- Get the new COVID vaccine & be safe to play our sports



San Diego Parks & Recreation-Therapeutic Recreation Services

The City of **SAN DIEGO** Parks and Recreation Department 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 has ended. 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](#) or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the winter are Park de la Cruz-Basketball/Futsal Mon (Code: [111442](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [111443](#)). The facilities that S4EA uses in the spring are Park de la Cruz-Basketball/Pickleball/Volleyball Mon (Code: [113290](#)), Balboa/Mt. Acadia-Baseball Sat (Code: [113292](#)) & Kearny Mesa Rec Ctr-Basketball/Open Gym Jr. (Code: [113291](#)).


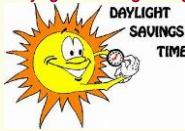








Dance Interest



“Dancers with Heart” is a new dance group. Some of our tournament volunteers have started a dance group and are interested in teaching our athletes dance. If you are interested in participating in this new dance program, please call S4EA at 858-565-7432.



~ March 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Winter/Spring Sports - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Cycling (CY) - Swim (SW) - Track (TF) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center	Facilities Balboa/Mt. Acadia Bowlero Chula Vista Helix High School Las Palmas Pool Mira Mesa Lanes Sweetwater High School	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.	1 BB-SB 5:30-7:30 Pkwy Com Ctr Limitless Adventure Ski	2 S4EA Prelim Track Meet – Sweetwater HS 9am-1pm  BO-SB 11am-1pm Bowlero CV CB-Game 10-12 Balboa CY 1:15-3:30pm Tidelands Park
3 BO-C/NC 11-12:20 Mira Mesa	4 BB-C 6-8:30pm Park de la Cruz VB-C5:30-6:30 Park de la Cruz	5 BB-NC 6-7pm B&G Vista	6	7 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	8 BB-SB 5:30-7:30 Pkwy Com Ctr	9 BO-SB 11am-1pm Bowlero CV CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS
10 Daylight Savings Begins  TF-C/EC 9-11am Helix HS	11 BB-C 6-8:30pm Park de la Cruz VB-C5:30-6:30 Park de la Cruz	12 BB-NC 6-7pm B&G Vista	13	14 BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny	15 BB-SB 5:30-7:30 Pkwy Com Ctr	16 S4EA Basketball Tourn. - Park de la Cruz /Mid-City 9a-5p  BO-SB 11am-1pm Bowlero CV CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS
17 St. Patrick's Day  TF-C/EC 9-11am Helix HS BO-C/NC 11-12:20 Mira Mesa	18 BB-C 6-8:30pm Park de la Cruz VB-C5:30-6:30 Park de la Cruz	19 Spring Begins 	20	21	22 SW-SB 5-7pm Las Palmas	23 S4EA Bunco-S4EA Office 1-3p  BO-SB 11am-1pm Bowlero CV CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS Limitless Adventure Hike
24 Palm Sunday  TF-C/EC 9-11am Helix HS	25 BB-C 6-8:30pm Park de la Cruz VB-C5:30-6:30 Park de la Cruz	26	27	28	29 Good Friday  SW-SB 5-7pm Las Palmas	30 BO-SB 11am-1pm Bowlero CV CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS
31 Easter 	Donate to S4EA 	Board of Directors Elections If you are interested in helping run our non-profit sports organization by becoming a board member, then call S4EA at 858-565-7432 by March 6.	Vol's Needed for Office Projects 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.	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.	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, 8380 Vickers St. #E, SD 92111. 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.

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



Remember to Wear Green on St. Patrick's Day!



Message from Exec. Dir. Walter Jackson

Join S4EA at Bunco on Sat Mar 23 at S4EA Office. S4EA is running our winter & spring sports in baseball, basketball, bowling, cycling, swimming, track, and volleyball. SPORTS Camp takes place May 3-5 at Camp Marston in Julian. "A Taste 4 SPORTS" is scheduled for Wed Jun 26 at the Balboa Park Club. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



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SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp May 3-5 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up.

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](#)) 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/spring season in baseball, basketball, bowling, cycling, swimming, track & 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.