



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 - AUGUST 2022

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

2022 Halloween SPORTS Camp October 7-9 at Green Oak Ranch in Vista

[S4EA SPORTS Camp](#) on October 7-9 at [Green Oak Ranch](#) in Vista offers a general program of camp & sports activities. Join in the fun trick-or-treating, visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show, and participating in various other camp activities. Athletes spend 2 nights in cabins under the guidance of chaperones/camp counselors. Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp.

The S4EA SPORTS Camp Registration Fee is \$195 per person 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 S4EA Camp Registration Form and Fee by September 7 and pay Early Bird Price of only \$180. A non-refundable deposit of \$75 will reserve your spot in S4EA SPORTS Camp. Everyone attending SPORTS Camp must turn in a COVID-19 Waiver of Liability Form. To help stop the spread of COVID-19, S4EA would like everyone participating in S4EA activities to have been vaccinated.

Because of COVID-19 restrictions, SPORTS Camp will be run a little differently. Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals may be held outdoors. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. Limited spots available because of the pandemic.

A [Family Rate Special](#) is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at www.s4ea.org.



SPORTS for Exceptional Athletes

S4EA Bunco Saturday August 13 at New S4EA Office (8380 Vickers St. #E, SD 92111)



SPORTS for Exceptional Athletes presents [Bunco](#) on Saturday, August 13 at our new S4EA Office/Warehouse (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 4-6pm. Because it's safer outside, we will eat at 4pm & start playing at 4:30pm outside by our S4EA Office. Tickets are \$20 - which includes hors d'oeuvres, soft drinks and two rounds of tournament play. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos), and supporting S4EA, call S4EA at 858-565-7432.

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 or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the summer are Park de la Cruz-Soccer Mon (Code: [101431](#)), Morley Field Bocce Courts-Bocce Tue (Code: [101430](#)), and Morley Field Softball Fields/Park de la Cruz -Softball Wed (Code: [101432](#)).

S4EA Event Dates

- August 13** S4EA Bunco – New S4EA Office at 8380 Vickers St. #E, SD 92111 (4-6pm)
- August 28** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 11** S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
- October 7-9** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

S4EA Summer Season

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

Contact S4EA at 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):

CDC Sports Recommendations

Based on CDC recommendations to help stop the spread of COVID-19 & especially the Delta & Omicron variants, S4EA would like everyone participating in S4EA activities to have been vaccinated & boosted.

Sport-Practices	Day	Time	Location	Summer Season Sports, Call S4EA at 858-565-7432 For More Info
Bocce 	Tue	5:30-7:00pm	Morley Bocce Ct (2221 Morley Field Dr, SD 92104) end Sep 13 [League Play](Code: 101430)	
	Thu	5:30-7:00pm	Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084)	
Cycling 	Sat	1:15-3:30pm		Aug 6-No Ride, Aug 13-Lake Murray, Aug 20- DeAnza Cove to Fiesta Island/YMCA, Aug 27- Liberty Station to Seaport Village [see calendar, S4EA website, coach for more info]
Ice Skating 	Wed	3:45-4:45pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126) Put skates on at 3:30pm [New athletes call Terry Poletto at 858-349-7388 before starting]	
Soccer 	Mon	5:30-8:00pm	Park de la Cruz (3901 Landis St., SD 92105) ending Aug 22 [League Play] (Code: 101431)	
	Thu	6:00-7:00pm	Palomar Elementary (300 E Palomar St., CV 91911) from Aug 4-25 (moved from Cottonwood)	
	Tourn-Aug 28	Sun	9am-5pm	Morley Field Soccer Fields (2221 Morley Field Dr. near Texas & Upas, SD 92104)
Softball 	Wed	5:30-8:30pm	Morley Field Softball Fields (2221 Morley Field Dr, SD 92104) from Aug 3-Sep 7 Practices moved to Park de la Cruz (3901 Landis St., SD 92105) in July [League Play] (Code: 101432)	
	Thu	5:00-6:00pm	Palomar Elementary (300 E Palomar St., Chula Vista 91911) from Aug 4-Sep 8 <i>South Bay softball & soccer practices moved from Cottonwood Park Ballfield to Palomar Elementary in August</i>	
	Sun	3:30-5:30pm	Breeze Hill Park (645 S. Melrose, Vista 92081) ending August 28	
	Tourn-Sep 11	Sun	9am-5pm	Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas., SD 92104)
Swimming 	Sat	10:30-11:30am	La Mesa Pool (5100 Memorial Dr, La Mesa 91942)-\$5 per session (swim only)	
Tennis 	Mon	6:30-7:30pm	Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107) end Aug 29 except Aug 1 & 8	
	Tourn-Sep 11	Sun	9am-4pm	Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas., SD 92104)

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: Hike/Walk-Aug 27

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 Variants 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 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



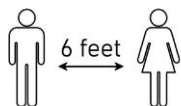
~ August 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports - Bocce (BC) - Cycling (CY) - Ice Skating (IS) - Soccer (SO) - Softball (SB) - Swimming (SW) - Tennis (TE)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	Facilities - La Mesa Pool Barnes Tennis Center Breeze Hill Park Brengle Terrace Park Morley Field-Balboa Park Palomar Elementary Park de la Cruz San Diego Ice Arena	<u>Vols Needed for Office Projects</u> 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.	<u>CDC Recommendations</u> Get your COVID Vaccines/Booster & Be Safe to Play our Sports.	<u>Donate Stocks to S4EA</u> 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.	<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.
	1 SO-C 5:30-8pm Park de la Cruz	2 BC-C 5:30-7pm Morley Fd	3 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Morley Fd	4 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Palomar SO-SB 6-7pm Palomar	5	6 CY 1:15-3:30pm No Ride SW-EC 10:30-11:30am LM Pool
7 SB-NC 3:30-5:30 Breeze Hill	8 SO-C 5:30-8pm Park de la Cruz	9 BC-C 5:30-7pm Morley Fd	10 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Morley Fd	11 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Palomar SO-SB 6-7pm Palomar	12	13 S4EA Bunco – S4EA Office-8380 Vickers St #E 4-6pm CY 1:15-3:30pm Lake Murray SW-EC 10:30-11:30am LM Pool
14 SB-NC 3:30-5:30 Breeze Hill	15 SO-C 5:30-8pm Park de la Cruz TE-C 6:30-7:30 Barnes Tennis Ctr	16 BC-C 5:30-7pm Morley Fd	17 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Morley Fd	18 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Palomar SO-SB 6-7pm Palomar	19	20 CY 1:15-3:30pm De Anza Cove to Fiesta Island/YMCA SW-EC 10:30-11:30am LM Pool
21 SB-NC 3:30-5:30 Breeze Hill	22 SO-C 5:30-8pm Park de la Cruz TE-C 6:30-7:30 Barnes Tennis Ctr	23 BC-C 5:30-7pm Morley Fd	24 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Morley Fd	25 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Palomar SO-SB 6-7pm Palomar	26	27 CY 1:15-3:30pm Liberty Station to Seaport Village SW-EC 10:30-11:30am LM Pool Limitless Adventure Hike/Walk
28 S4EA Soccer Tourn- Morley Fd-Balboa Park 9am-5pm SB-NC 3:30-5:30 Breeze Hill	29 TE-C 6:30-7:30 Barnes Tennis Ctr	30 BC-C 5:30-7pm Morley Fd	31 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Morley Fd	<u>Community Giving Program</u> Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.	<u>Designate S4EA with United Way</u> 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.	<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.

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!

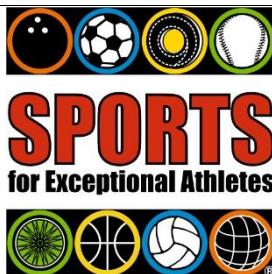


Message from Executive Director Walter Jackson

Based on CDC Guidelines, S4EA opened our summer sports season in June/July. If conditions are still all right, S4EA plans on starting our fall sports (bowling, flag football, floor hockey, and volleyball) in September. S4EA Bunco is scheduled for Sat Aug 13 at the new S4EA office. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 7-9 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed. Call S4EA at 858-565-7432 to sign-up.



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8380 Vickers St. Suite E
San Diego, CA 92111
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-496-7309

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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 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 summer season in bocce, cycling, ice skating, soccer, softball, swimming, 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.

