



# 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 - JANUARY 2021

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

### 2020 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes would like to thank the following in-kind supporters for giving our athletes many Sports, Zoom, and socially distancing opportunities during the Coronavirus Pandemic in 2020:

#### Major In-Kind Supporters

After School Learning Tree  
Arc of San Diego  
Brumbach, Nick  
CA Conservation Corps-SD  
Chula Vista Elks Lodge  
Creative Ideas  
Cunningham, Mary  
Daley, Trish  
Daly, Tim  
David, Harriet & Carl

Downes, Clara  
GUHSD-Helix Charter HS  
Henry Avocados  
Ice Town @ UTC  
Ice-O-Plex  
LDS-Mira Mesa Youth Grp  
McDonald, Sammantha  
Mountain Mike's Pizza  
Pineda, Silvia  
San Diego Fire Department  
San Diego Ice Arena

SD Park & Rec-TRS  
SDUSD-Hoover HS  
Snow Valley  
Snowdall, Myra  
Sweetwater High School  
TSA Ray/Joan Kroc Com Ctr.  
Tyler, Marianne & Jani  
US Border Patrol Explorers  
USAopoly  
UTC Ice Rink  
Yates, Angela

#### Volunteer Groups

Bonita Kiwanis  
Canyon Crest Acad. Key Club  
Canyon Crest Acad S4EA Club  
Chula Vista Kiwanis  
Imperial Beach Kiwanis  
NCL-San Diegoito  
South Bay Kiwanis  
Sweetwater Lady Red Devil SB  
Teen Volunteers In Action-SD4  
Volunteer Match

#### Zoom Volunteer Hosts

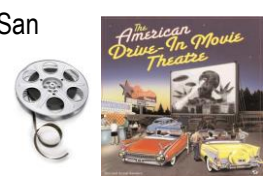
Alvarez, Nicole  
Baranowski, Mary Lou  
Castro, Joe  
Glicksman, Jay  
Kalantarian, Aik  
Maina, Heather  
Stein, Angie

**Special thanks** to our Key Volunteers who help at tournaments and special events, and the office crew, especially Teresa Gillaspay & her group, who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

### S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Drive-In Movie Night Friday January 29 & Bingo Bash Saturday February 27



The S4EA [Drive-In Movie Night](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Friday, January 29 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 Bingo Bash at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, February 27 from 2:30-4pm. For \$5.00 per set of 5 Bingo Cards, you can play Bingo while social distancing to see other S4EA families & friends. Bingo winners will receive prizes. Park in the parking lot (every other space) & play Bingo in your lawn chair in the parking space next to your car.



Please use bathroom at home before attending these activities. Wear a mask & social distance at all activities. Call S4EA at 858-565-7432 to RSVP & to determine the latest status on the Coronavirus Pandemic.

### S4EA Zoom Scavenger Hunt Fri Jan 15 & Zoom Valentine Dance Fri Feb 12



S4EA has scheduled a Zoom Scavenger Hunt on Fri Jan 15 from 6-7:30pm. Players find each item and show it to the camera. Each team receives one point for finding the correct item first.

Dress-up for the Zoom Valentine Dance on Fri February 12 from 6-7:30pm from the comfort/safety of home. Be ready to party & dance the night away.

Call S4EA at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to RSVP and to get the Zoom password info.





### S4EA Event Dates

**January 15** S4EA Zoom Scavenger Hunt – From the Comfort & Safety of Home (6-7:30pm)  
**January 29** S4EA Drive-In Movie Night – S4EA/North Shores Parking Lot (7-9pm)  
**February 12** S4EA Zoom Valentine Dance – From the Comfort & Safety of Home (6-7:30pm)  
**February 27** S4EA Bingo Bash – S4EA/North Shores Parking Lot (2:30-4pm)

## S4EA Winter 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](http://www.s4ea.org) or 858-565-7432 for more updates.*

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<b>Workouts</b>	Mon	6:00-6:45pm	Zoom Exercise-Winter Sports Workouts from Home starting Jan 4
	Tue	6:00-7:00pm	Zoom Golf Workouts from comfort of Home starting Jan 5
	Thu	6:00-7:00pm	Zoom Bowling Workouts from comfort of Home starting Jan 7

Call S4EA at 858-565-7432 to get Zoom password info & if you need golf & bowling equipment 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](http://www.s4ea.org), or call S4EA at 858-565-7432.

## Support S4EA – Shop Online with AmazonSmile

By registering S4EA at [smile.amazon.com](http://smile.amazon.com), Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices and selection as on Amazon.com. This past quarter SPORTS for Exceptional Athletes made \$119.33 from AmazonSmile for a total of \$1,253.18. Please use AmazonSmile to keep bringing in more money for SPORTS for Exceptional Athletes.

## S4EA Volunteer Needed As Zoom Exercise or Yoga Coach

S4EA has been running Zoom Exercise and Yoga Workouts since last summer. We are now in need of a person who can lead the Zoom Exercise and/or the Zoom Yoga Workouts (or dancing, Zumba, jazzercise, etc.) . Please call S4EA at 858-565-7432 if interested.

## S4EA to Move – Need to Find New Location for S4EA Office

Because The Arc of San Diego is selling the North Shores Building where S4EA is located, S4EA needs to find a new location for our offices in the next few months. If you have any contacts that may help S4EA find a new office location in the city of San Diego, please 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

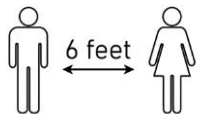
www.s4ea.org

~ January 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sports</b> - Bowling (BO) [Zoom] - Golf (GO) [Zoom] - Exercise Winter Sports [Zoom]	<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>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>Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises &amp; walking while maintaining social distancing (6' away from others).</b>		<b>1 New Year's Day</b>	<b>2</b>
<b>3</b>	<b>4</b> Zoom Exercise (Winter Sports) Workout 6-6:45pm Home	<b>5</b> Zoom Golf Workout 6-7pm Home	<b>6</b>	<b>7</b> Zoom Bowling Workout 6-7pm Home	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> Zoom Exercise (Winter Sports) Workout 6-6:45pm Home	<b>12</b> Zoom Golf Workout 6-7pm Home	<b>13</b>	<b>14</b> Zoom Bowling Workout 6-7pm Home	<b>15 S4EA Zoom Scavenger Hunt 6-7:30pm From the Comfort &amp; Safety of Home</b>	<b>16</b>
<b>17</b>	<b>18 Martin Luther King Jr Day</b>	<b>19</b> Zoom Golf Workout 6-7pm Home	<b>20</b>	<b>21</b> Zoom Bowling Workout 6-7pm Home	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Zoom Exercise (Winter Sports) Workout 6-6:45pm Home	<b>26</b> Zoom Golf Workout 6-7pm Home	<b>27</b>	<b>28</b> Zoom Bowling Workout 6-7pm Home	<b>29 S4EA Drive-In Movie Night 7-9pm North Shores Parking Lot</b>	<b>30</b>
<b>31</b>		<b>S4EA Facemasks</b> S4EA has a limited supply of S4EA Facemasks for \$8 at S4EA office.	<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>Vols Needed for Office Projects</b> Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	<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>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!



#### Message from Executive Director

Walter Jackson

SPORTS for Exceptional Athletes has been developing a new S4EA website. Check it out at [www.s4ea.org](http://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 new activities of Zoom Sports (Golf-Tue & Bowling-Thu) & Exercise (Winter Sports-Mon) Workouts at 6pm during the week. S4EA also has Zoom Scavenger Hunt on Jan 15 & the socially distancing parking lot activity Drive-In Movie Night on Jan 29. Please join us at these activities.



**SPORTS**  
for Exceptional Athletes



SPORTS for Exceptional Athletes

9575 Aero Drive Suite B

San Diego, CA 92123

E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com)

Website: [www.s4ea.org](http://www.s4ea.org)

Phone: 858-565-S4EA (7432)

Fax: 858-565-7431

NONPROFIT ORG.

US POSTAGE

PAID

SAN DIEGO, CA

PERMIT NO. 1781

ADDRESS SERVICE REQUESTED



## 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 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](#) had 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.