



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 - NOVEMBER 2025

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

2025 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following supporters for giving our athletes many SPORTS opportunities in 2025:

Platinum (\$10,000+)

Brumbach, James 'Nick'
Cox, Brian
Hervey Family Fund @ SDF

Gold Medal (\$5,000+)

SD Firefighters Local 145
Tipple, Bill
United Domestic Workers
Webb, Vonda

Silver Medal (\$1,000+)

Ahrens, Greg
Buckley, Russell
Flam, Garry
Gillaspy, Teresa
Harris, Richard
HM Electronics
Jackson, Walter A.
Jensen, Keiko
JMH Fund-Jewish Com Fnd

Job Options

Lowry, Deborah
Mejia-Powell, Beda
Randall, William
Rathbun, Diana
Rotary Club of La Mesa
SD Retired Fire & Police Fnd
Sempra Energy Foundation
Yates/Julius III, Angela/John

Bronze Medal (\$500+)

Alm, Karen & Bob
Alvarez, Nicole
Anonymous
Arc of San Diego
Daly, Tim
Downes, Clara M.
Emlen, Mary
Glicksman, Jay
Glinatsis, Cheri
Goldbaum, Michael

Harris, Michael

Hern, Eric
MacNeilan, Duane
Martin, Calvin
Miller, Brian
Miscellaneous
Peters, John
Super Wash/Dry Laundromat
Triad Components Group
Wolfsheimer, Marc
Young, Eric

Blue Ribbon (\$100+)

Anderson, Matt
Baker, Claudia
Bardwell, Steve
Bellenfant, Kathleen
Bradshaw, Michael
Brault, Kathleen & Michael
Brault, Martha
Bricnet, Martial
Cale, David

Cameron, Ed

Catano, Robert
Choularton, Ron
Cook, David
Cordova, Joe
Crampton, Nona
Demos, Rosemarie
Duarte, Rose
Dutcher, Michael
Farmer, Aaron J.
Fotinos, Patricia
Fuentes, Joe
Gable, Mike
Gibson, David
Gray, Daniel
Gregorio, Randi
Grisafi, Pamela
Guinea, Enrique
Hager, Barbara
Hansen, Gerald
Hetheru, Clara
Hovland, Eric
Hubecky, Cathy

Jackson, David

Jackson, Richard & Cheryl
Juengst, Michael
Kawamoto, Robert
Khambata, Suzanne
Kline, James
Krachon, Dan
Loo, Andra
Lovato, Carmen
Lyons, Steven
Mason, Editha
McKee, John
Nelson, Kathy
Ongley, Marilyn
Parker, Gloria
PayPal Giving Fund
Penczar, Peter
Perrero, Steve
Peterson, Dr/Mrs. Raymond M
Plowman, Dana
Post-Ladd, Carolyn
Poutous, Jean
Provost, Carolyn

Robles, Jovita

Roskies, Ralph
Ryerson, Kerry
Schrader, Steven
Schreiber, Robert
Silva, Manuel
Simpson, Kathryn
Staberg, Dan
Swartout, Michael
Tyler, Marianne
Uyeda, Scott & Martha
Valeri, Karla
Vessel, Richard D.
Vinson, Christine
Wahlmann, Joy
Weydt, Robert
Williams, Cameron

Thank you to the 2025 Sponsors and the 50 additional donors who contributed this year.



TRS Turkey Trot Saturday November 15 from 8:30-11am at Park de la Cruz

Join TRS at the Turkey Trot on Saturday, November 15 from 8:30-11am at Park de la Cruz (3901 Landis St., SD 92105). For \$10 – roll, walk, trot, or run. There will be a marked course, along with activity booths, refreshments, entertainment, kids' sprint, medal, snack bag, and more! Register at SDRecConnect.com using the code [125849](https://www.s4ea.org/125849) or call TRS at 619-525-8247. For more info or to register through S4EA, call S4EA at 858-565-7432.



S4EA Holiday Party Sunday December 14th from 4-6:30pm at Eagles Aerie



Come join in the festivities at the [S4EA Holiday Party](http://www.s4ea.org/S4EA-Holiday-Party) sponsored by Eagles Aerie and SDGive 'Season of Giving' on Sunday, December 14th from 4-6:30pm at the [Eagles Aerie](http://www.eaglesaerie.com) (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, Mexican dinner, visit by Santa & a gift exchange (please bring a gift-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by December 9th.



S4EA Event Dates

- November 9** SNAP Flag Football Tournament – Valencia HS, Santa Clarita (8:30am-3pm)
- November 15** TRS Turkey Trot – Park de la Cruz (8:30-11am)
- November 22** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 7** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 13** S4EA Bowling Tournament – Lucky Strike/Bowlero Chula Vista (8am-12:30pm)
- December 14** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- March 21** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- June 27** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



S4EA Fall Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Fall Season Sports, Call S4EA at 858-565-7432 for more Info
Bowling	Sat	11am-1pm	Lucky Strike/Bowlero CV (845 Lazo Ct, CV 91910)	Sep 6-Apr 25-\$9 for 2 games [League]
Nov 9 & 23	Sun	10:45-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)	-\$5 per hour+, cathysturdivant@yahoo.com to confirm
Tourn-Dec 13	Sat	8am-12:30pm	Lucky Strike/Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)	
Cycling	Sat	1:15-3:30pm	Nov 1-No Ride, Nov 8- Liberty Station	"Ride The Point"-Meet at 6:30am & picnic at 11am
		End of Season		[see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]
Flag Football	Wed	5:45-7:15pm	Morley Field Athletic Fields (2221 Morley Field Dr., SD 92104)	Sep 10-Oct 15 (Code: 126513)
Santa Clarita-Nov 9	Sun	8:30am-3:00pm	SNAP Flag Football Tourn. at Valenica H.S. (27801 Dickason Dr., Santa Clarita 91355)	
Floor Hockey	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., SD 92105)	Sep 15-Dec 1 [League Play] (Code: 126512)
	Thu	4:00-5:30pm	Kearny Mesa Rec (3170 Armstrong, SD 92111)	Sep 18-Dec 4 [Jr] (Code: 126514)
Tourn-Dec 7	Sun	9am-5pm	Park de la Cruz (3901 Landis St., San Diego 92105)	
Pickleball	Mon	5:30-6:45pm	Park de la Cruz (3901 Landis St., San Diego 92105)	on Nov 24, Dec 1 (Code: 126512)
Volleyball	Mon	5:30-7:00pm	Park de la Cruz (3901 Landis St., SD 92105)	Sep 15-Nov 17 [League Play] (Code: 126512)
	Thu	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083)	from Sep 25-Nov 20
	Thu	6:00-7:30pm	Bostonia Rec Ctr (1049 Bostonia, El Cajon 92021)	from Sep 18-Nov 20
	Fri	4:30-5:30pm	Otay Recreation Center (3554 Main St., CV 91911)	Sep 19-Nov 21 [Note New Time in Nov]
Tourn-Nov 22	Sat	9am-4pm	Balboa Park Activity Center (2145 Park Blvd., San Diego 92101)	

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: Martial Arts-November 22

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. SDP&R-TRS is co-sponsoring S4EA 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 fall are Park de la Cruz-Floor Hockey/Volleyball Mon (Code: [126512](#)), Morley Field Softball Fields-Flag Football Wed (Code: [126513](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [126514](#)).

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



S4EA Fall Sports Need Volunteer Coaches

S4EA needs volunteer coaches this fall for the following:

- South Bay Bowling on Sat 11am-1pm at Lucky Strike/Bowlero Chula Vista Sep 6-Apr 25
- South Bay Volleyball on Fri 5-6pm at Otay Recreation Center Sep 19-Nov 21
- East County Volleyball on Thu 6-7:30pm at Bostonia Recreation Center Sep 18-Nov 20
- North County Volleyball on Thu 6-7pm at Boys & Girls Club-Vista Sep 25-Nov 20
- Bowling, Flag Football, Floor Hockey & Volleyball at various other practice site locations

If interested in volunteer coaching or to get a [Volunteer Application](#), call S4EA at 858-565-7432.

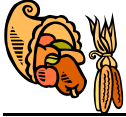


~ November 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Ctr Park de la Cruz	Facilities Lucky Strike/Bowlero CV Mira Mesa Lanes Otay Recreation Center			1 BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm No Ride
2 Daylight Savings Ends 	3 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	4 Election Day 	5	6 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	7 VB-SB 430-530 Otay Rec Ctr	8 CY 6:30am Liberty Station "Ride the Point", picnic following
9 SNAP Flag Football Tourn-Valencia HS, Santa Clarita 8:30am-3pm  BO-C/NC 10:45a-12:20 Mira Mesa	10 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	11 Veterans Day 	12	13 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	14 VB-SB 430-530 Otay Rec Ctr	15 TRS Turkey Trot-Park de la Cruz 8:30-11am  BO-SB 11am-1pm Bowlero CV
16	17 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	18	19	20 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	21 VB-SB 430-530 Otay Rec Ctr	22 S4EA Volleyball Tourn-Balboa Park Activity Center 9am-4pm  BO-SB 11am-1pm Lucky Strike Limitless Adventure Martial Arts
23 BO-C/NC 10:45a-12:20 Mira Mesa	24 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-7pm Park de la Cruz	25	26	27 Thanksgiving 	28	29
30	Donate to S4EA 	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	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.	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	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

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



Enjoy your Thanksgiving Feast on November 27th!



Message from Exec. Dir. Walter Jackson

Join S4EA at Holiday Party on Sun Dec 14 at Eagles Aerie. S4EA is running our fall sports in bowling, cycling, flag football, floor hockey, and volleyball. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



S4EA Bowling Tourn. Dec 13 Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn. is scheduled for Sat Dec 13 from 8am-12:30pm at Lucky Strike Chula Vista. S4EA athletes that have a bowling average can enter Bowling Tourn. by calling S4EA at 858-565-7432.

Support S4EA and find your holiday gifts by buying S4EA merchandise (hats, t-shirts, hoodies, bags, etc.) at the Bowling Tournament.



SPORTS
for Exceptional Athletes



SPORTS for Exceptional Athletes
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

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 send 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: basketball, bocce, bowling, cross country/ downhill skiing, cycling, flag football, floor hockey, golf, ice skating, pickleball, 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.



Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA



[Volunteers](#) are needed as coaches for the fall season in bowling, cycling, flag football, floor hockey, 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.