



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 * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - MARCH 2021

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Guacamole Bowl *On Wheels* March 6 – Drive-Thru 10am-2pm by Balboa Park Club

Over the last 17 years the Law Enforcement Challenge “Guacamole Bowl” has raised over \$160,000 of needed operating funds for SPORTS for Exceptional Athletes. During this time, some 20,000 San Diegans have enjoyed sampling guacamole made by nearly 300 competitive teams.

In light of the Pandemic, and keeping with tradition, this year’s event is going mobile. The 2021 Law Enforcement Challenge Guacamole Bowl *on Wheels* on Saturday, March 6 from 10am-2pm will be a drive-thru event featuring guacamole making kits. Each kit or box includes everything needed to make your own award winning guacamole from the comfort of your own home. Items in each box includes avocados, tomatoes, lemons, onions, cilantro, jalapenos, and a bag of Mission tortilla chips. And, as an added bonus, a Guacamole Recipe Book which includes many past Guacamole Bowl champions. The drive-thru to pick-up your guacamole kit is located in Balboa Park near the Balboa Park Club (2144 Pan American Rd West, SD 92101) on Presidents Way. Minimum donation of \$25.00 is requested for each guacamole kit.

Go to <https://www.s4ea.org/events-1/guacamole-bowl-on-wheels> for tickets to support SPORTS for Exceptional Athletes.

For more information, call S4EA at 858-565-7432 or visit our website: www.s4ea.org/guacamole-bowl

2021 GUACAMOLE BOWL ON WHEELS!!!

Drive By & Pick Up
Your Guacamole
Making Kit

Sat March 6
10am-2pm

Benefits



In Historic Balboa Park...

2144 Pan American Rd. West (Park Blvd & Presidents Way)

S4EA Zoom Game Night Friday March 19 from Comfort of Home



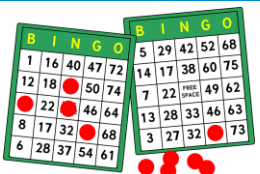
The S4EA Zoom Game Night is scheduled for Friday, March 19 from 6-7:30pm from the comfort and safety of home. We will play a variety of games and will get a chance to socialize with friends and other S4EA athletes.

Call S4EA at 858-565-7432 or email sds4ea@gmail.com to RSVP and to get the

Zoom password information.



S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Bingo Bash Saturday February 27



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 Event Dates

February 27

March 6

March 19


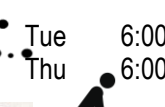

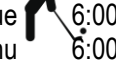
S4EA Bingo Bash – S4EA/North Shores Parking Lot (2:30-4pm)

S4EA Guacamole Bowl *On Wheels* – Drive-Thru Near Balboa Park Club (10am-2pm)

S4EA Zoom Game Night – From the Comfort & Safety of Home (6-7:30pm)

S4EA Winter/Spring 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 or 858-565-7432 for more updates.

Sport-Practices	Day	Time	Location
Workouts	Mon	6:00-6:45pm	Zoom Exercise Workouts from Home
	Tue	6:00-7:00pm	Zoom Bocce Workout from comfort of Home starting Mar 2
	Thu	6:00-7:00pm	Zoom Sports Crater/Bean Bag Toss Workout at Home start Mar 4
	Tue	6:00-7:00pm	Zoom Golf Workouts from comfort of Home ending Feb 23
	Thu	6:00-7:00pm	Zoom Bowling Workouts from comfort of Home ending Feb 25

Call S4EA at 858-565-7432 to get Zoom password info & if you need bocce & sports crater equipment (pallina, hacky sacks, bean bag board) 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, or call S4EA at 858-565-7432.

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 Board of Director Elections

S4EA will be having elections for our new Board of Directors in a couple of months. 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 31.



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

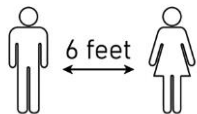
www.s4ea.org

~ March 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports - Bocce (BC) [Zoom] - Sports Crater [Zoom] - Exercise [Zoom]	<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>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.	Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises & walking while maintaining social distancing (6' away from others).	<u>S4EA Facemasks</u> S4EA has a limited supply of S4EA Facemasks for \$8 at S4EA office.	<u>Vols Needed for Office Projects</u> Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	<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, 9575 Aero Dr #B, SD 92123. Thanks for your support.
	1 Zoom Exercise Workout 6-6:45pm Home	2 Zoom Bocce Workout 6-7pm Home	3	4 Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home	5	6 S4EA Guacamole Bowl <i>On Wheels</i> – Balboa Park Club 10am-2pm
7	8 Zoom Exercise Workout 6-6:45pm Home	9 Zoom Bocce Workout 6-7pm Home	10	11 Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home	12	13
14 Daylight Savings Begins	15 Zoom Exercise Workout 6-6:45pm Home	16 Zoom Bocce Workout 6-7pm Home	17 St. Patrick's Day	18 Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home	19 S4EA Zoom Game Night 6-7:30pm From the Comfort & Safety of Home	20 Spring Begins
21	22 Zoom Exercise Workout 6-6:45pm Home	23 Zoom Bocce Workout 6-7pm Home	24	25 Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home	26	27 Passover
28 Palm Sunday	29 Zoom Exercise Workout 6-6:45pm Home	30 Zoom Bocce Workout 6-7pm Home	31		<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.	<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!



Message from Executive Director

Walter Jackson

SPORTS for Exceptional Athletes has been developing a new S4EA website. Check it out at 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 new S4EA Facemasks for \$8 (multi-color) at S4EA office.

S4EA has exciting new activities of Zoom Sports (Bocce-Tue & Sports Crater/Bean Bag Toss-Thu) & Exercise (Mon) Workouts at 6pm during the week. S4EA also has Zoom Game Night on Mar 19, the socially distancing parking lot activity Bingo Bash on Feb 27 & Guacamole Bowl *On Wheels* on Mar 6.

Please join us at these activities.



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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 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 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.



WWW.FACEBOOK.COM/SPORTS4EA

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.