



# 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](http://www.s4ea.org) | E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) | Phone 858-565-S4EA (7432).

## SPORTS NEWS - OCTOBER 2024

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

### Halloween SPORTS Camp October 11-13 at Green Oak Ranch in Vista



[S4EA SPORTS Camp](#) on October 11-13 at [Green Oak Ranch](#) (1237 Green Oak Rd, Vista 92081) 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 & 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. Transportation will not be available. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego.



The S4EA SPORTS Camp Registration Fee is \$300 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). A non-refundable deposit of \$95 will reserve your spot in S4EA SPORTS Camp. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*



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

### S4EA Bingo Bash Saturday November 2 at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, November 2 at our S4EA Office (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-4:30pm. We will play bingo outside to enjoy the nice fall weather (Nov 2 is the last day of Daylight Savings Time – enjoy). For \$10.00 per set of 5 Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes. Snacks will be provided. Call S4EA at 858-565-7432 to reserve your spot.



### 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. 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](http://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: [118020](#)), Morley Field Softball Fields-Flag Football Wed (Code: [118023](#)), and Kearny Mesa Recreation Center-Floor Hockey Thu (Code: [118025](#)).

### S4EA Event Dates

- October 11-13** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)
- November 2** S4EA Bingo Bash – S4EA Office (3-4:30pm)
- November 10** SNAP Flag Football Tournament – Valencia HS, Santa Clarita (8:30am-3pm)
- November 16** TRS Turkey Trot – Park de la Cruz (8:30-11am)
- November 23** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 7** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 8** S4EA Bowling Tournament – Bowlero Chula Vista (8am-12:30pm)
- December 14** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 27** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
- February 8** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)



# 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
<b>Bowling</b>	Sat	11am-1pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, CV 91910)	from Sep 7-Apr 26-\$9 for 2 games [League]
Oct 6 & 20	Sun	11am-12:20pm	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd., SD 92126)	-\$8 for 1 game(call Cathy 949-922-3441)
Tourn-Dec 8	Sun	8am-12:30pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, Chula Vista 91910)	
<b>Cycling</b>	Sat	1:15-3:30pm	Oct 5- <a href="#">Plaza Bonita</a> to South Bay, Oct 12- <a href="#">Liberty Station</a> around SD Bay (meet at 12:15pm)	
			Oct 19-No Ride, Oct 26- <a href="#">Lake Murray</a> around lake X 2	
			[see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
<b>Flag Football</b>	Wed	5:45-7:15pm	<a href="#">Morley Field Athletic Fields</a> (2221 Morley Field Dr., SD 92104)	Sep 4-Oct 16 (Code: <a href="#">118023</a> )
Santa Clarita-Nov 10	Sun	8:30am-3:00pm	SNAP Flag Football Tournament at Valenica High School in Santa Clarita	
<b>Floor Hockey</b>	Mon	6:30-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105)	Sep 16-Dec 9 [League Play] (Code: <a href="#">118020</a> )
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec</a> (3170 Armstrong, SD 92111)	from Sep 19-Dec 5 [Jr] (Code: <a href="#">118025</a> )
Tourn-Dec 14	Sat	9am-5pm	<a href="#">Park de la Cruz</a> (3901 Landis St., San Diego 92105)	
<b>Volleyball</b>	Mon	5:30-7:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105)	Sep 16-Nov 18 [League Play] (Code: <a href="#">118020</a> )
	Tue	6:00-7:30pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W. California Ave, Vista 92083)	from Sep 24-Nov 19
	Thu	6:00-7:30pm	<a href="#">Bostonia Rec Ctr</a> (1049 Bostonia, EC 92021)	not Oct 31 [6:30-7:30pm starting Oct 10]
	Fri	6:00-8:00pm	<a href="#">Parkway Community Center</a> (373 Park Way, Chula Vista 91910)	from Sep 20-Nov 22
Tourn-Nov 23	Sat	9am-4pm	<a href="#">Balboa Park Activity Center</a> (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: Swim Obstacle Course-Oct 19

## 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 Code of Conduct

In order for SPORTS for Exceptional Athletes (S4EA) to help safeguard and promote the well-being of athletes, coaches, volunteers and others that participate in any S4EA activities, S4EA would like to follow Safe Sports guidelines, including;

1. All S4EA coaches, chaperones, staff, and board members should have passed a background check.
2. At all S4EA activities with S4EA athletes present, at least 2 adults should be present at the activity.
3. When driving an S4EA athlete, at least 2 other people should be in the vehicle.

\*Exceptions may be made with parents & S4EA Executive Committee approval such as emergencies when an athlete left after practice with no ride, etc.

At practices, tournaments, social activities, and special events, the coach to athlete ratio varies considerably. Parents and/or guardians of athletes that need a higher level of supervision will be expected to help supervise their athlete.

In order to be a part of S4EA, all participants will be expected to observe and adhere to the following code of conduct:

1. Follow all sports rules of S4EA.
2. Follow the S4EA Fair Play Guidelines.
3. Follow all laws of local, state, and federal government.
4. Illegal drugs will not be tolerated.
5. S4EA is a sports organization. Smoking should be avoided. Alcohol must be avoided at sports practices, tournaments, and SPORTS Camps (including Winter Games & other overnight events).
6. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, sexual orientation, or religion.
7. Inappropriate or illegal acts by participants will warrant S4EA to take action appropriate to the offense.

Report any violations of Code of Conduct to Executive Director or Associate Director at S4EA.



**FairPlay**



~ October 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Fall Season Sports</b> - Bowling (BO) - Cycling (CY) - Flag Football (FB) - Floor Hockey (FH) - Volleyball (VB)	<b>San Diego Co. Location</b> C - San Diego City EC - East County NC - North County SB - South Bay	<b>Facilities</b> Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Center Morley Field-Balboa Park Park de la Cruz	<b>Facilities</b> Bowlero Chula Vista Mira Mesa Lanes Parkway Com. Center		<a href="#">Donate to S4EA</a> 	<a href="#">Designate S4EA with United Way</a> 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
<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>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>1</b> VB-NC 6-7:30pm <a href="#">B&amp;G Vista</a>	<b>2 Rosh Hashanah</b>  FB-C 5:45-8:30pm <a href="#">Morley</a>	<b>3</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> VB-EC 6-7:30pm <a href="#">Bostonia</a>	<b>4</b> VB-SB 6-8pm <a href="#">Parkway Com Ctr</a>	<b>5</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm <a href="#">Plaza Bonita</a> to South Bay
<b>6</b> BO-C/NC 11am-12:20 <a href="#">Mira Mesa</a>	<b>7</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>8</b> VB-NC 6-7:30pm <a href="#">B&amp;G Vista</a>	<b>9</b> FB-C 5:45-7:15pm <a href="#">Morley</a>	<b>10</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> VB-EC 6:30-7:30 <a href="#">Bostonia</a>	<b>11 Yom Kippur</b>  Halloween SPORTS Camp - Green Oak Ranch, Vista  VB-SB 6-8pm <a href="#">Parkway Com Ctr</a>	<b>12 Halloween SPORTS Camp</b> - Green Oak Ranch, Vista  BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 12:15-3:30pm <a href="#">Liberty Station</a> around SD Bay
<b>13 Halloween SPORTS Camp</b> - Green Oak Ranch, Vista 	<b>14 Columbus Day</b>  FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>15</b> VB-NC 6-7:30pm <a href="#">B&amp;G Vista</a>	<b>16</b> FB-C 5:45-7:15pm <a href="#">Morley</a>	<b>17</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> VB-EC 6:30-7:30 <a href="#">Bostonia</a>	<b>18</b> VB-SB 6-8pm <a href="#">Parkway Com Ctr</a>	<b>19</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm No Ride <a href="#">Limitless Adventure</a> Swim Obstacle Course
<b>20</b> BO-C/NC 11am-12:20 <a href="#">Mira Mesa</a>	<b>21</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>22</b> VB-NC 6-7:30pm <a href="#">B&amp;G Vista</a>	<b>23</b>	<b>24</b> FH-Jr. 4-5:30pm <a href="#">Kearny</a> VB-EC 6:30-7:30 <a href="#">Bostonia</a>	<b>25</b> VB-SB 6-8pm <a href="#">Parkway Com Ctr</a>	<b>26</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm <a href="#">Lake Murray</a> around lake X 2
<b>27</b>	<b>28</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>29</b> VB-NC 6-7:30pm <a href="#">B&amp;G Vista</a>	<b>30</b>	<b>31 Halloween</b>  FH-Jr. 4-5:30pm <a href="#">Kearny</a>	<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>Vols Needed for Office Projects</b> 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.



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



# Happy Halloween on October 31<sup>st</sup>!



### Message from Exec. Dir. Walter Jackson

Join S4EA at Halloween SPORTS Camp on Oct 11-13. S4EA is running our fall sports in bowling, flag football, floor hockey & volleyball. Browse through the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.



### Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 11-13 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 or get [S4EA Volunteer Application for SPORTS Camp Chaperone](#).



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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](#)) 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](#) are needed as coaches for the fall season in bowling, 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.