



**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).

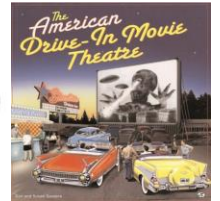
# SPORTS NEWS - MAY 2021

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

## S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Drive-In Movie Night Friday May 7



The S4EA [Drive-In Movie Night](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Friday, May 7 from 7:30-9:30pm 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.



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 Athlete Council Activities – Scavenger Hunt May 21 from Comfort of Home



S4EA has scheduled a Zoom Scavenger Hunt on Fri May 21 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.

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

## Drive-Thru “A Taste 4 SPORTS” June 17 Benefits S4EA

SPORTS for Exceptional Athletes would normally be hosting our 14th annual “A Taste 4 SPORTS” gala fundraiser at the Balboa Park Club in beautiful Balboa Park for 350-400 guests. However, because of the Coronavirus (COVID-19) Pandemic, S4EA cannot hold an indoor fundraising event with several hundred guests. Instead, **S4EA is having a Drive-Thru “A Taste 4 SPORTS” on Thursday, June 17<sup>th</sup> from 5-8pm at S4EA/North Shores.** For a \$50 donation, guests will drive-thru to pick-up various menu and drink items in to-go containers, listen to great music, see pictures of our S4EA athletes, and participate in the raffle. Participate in our online auction with great getaways, sports memorabilia, gift certificates, tickets, etc. Because “A Taste 4 SPORTS” is our largest fundraiser, S4EA needs your support now more than ever, so that S4EA can provide the same high level programming once the Pandemic is over.



## What To Do To Get Vaccine

Anyone 16 and up 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://www.sandiegocounty.gov/>

<https://vaccinefinder.org/>

<https://healthy.kaiserpermanente.org/>

Because there is a high demand for vaccines & supplies are limited, keep trying these websites and refreshing until eventually you should be able get a vaccine appointment.

If you need help getting the vaccine, contact S4EA at 858-565-7432 to get COVID vaccine at Vincent Pharmacy.

Everyone must continue to social distance and wear a mask when out in public or near other people. Get your vaccine when it becomes available. We want to all stay healthy until the vaccine is widely distributed and we can once again start playing SPORTS and seeing our friends and relatives. S4EA is hoping that we can offer our outdoor summer sports by June/July. Stay tuned for updates!

## S4EA Event Dates

**May 7**

**S4EA Drive-In Movie Night – S4EA/North Shores Parking Lot (7:30-9:30pm)**

**May 21**





**S4EA Zoom Scavenger Hunt – From the Comfort of Home (6-7:30pm)**

**June 17**

**S4EA Drive-Thru “A Taste 4 SPORTS” Gala Fundraiser–S4EA/North Shores Parking Lot (5-8pm)**

## S4EA 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](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>Cycling</b> 	Sat	1:15-3:30pm	Various Locations: May 1-No Ride, May 8-Plaza Bonita, May 15-Lake Murray, May 22-Hospitality Point, May 29-No Ride [see calendar, S4EA website, coach for more info]
<b>Tennis</b> 	Mon	6:30-8pm	<a href="#">Barnes Tennis Center</a> (4490 W. Point Loma Blvd., SD 92107) starting June 21 (tentative)
<b>Workouts</b> 	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort & safety of Home 
	Tue	6:00-7:00pm	Zoom Soccer Workout from comfort of Home starting May 4
	Thu	6:00-7:00pm	Zoom Basketball Workout from comfort of Home starting May 6
	Tue	6:00-7:00pm	Zoom Bocce Workout from comfort of Home ending Apr 27
	Thu	6:00-7:00pm	Zoom Sports Crater Workout at Home ending Apr 29

Call S4EA at 858-565-7432 to get Zoom password info & if you need soccer & basketball 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.

## Ride Along with our Cycling Program

Because cycling is an outdoor & socially distancing sport, S4EA is able to offer cycling during the Pandemic. Remember, though, cyclists must wear face masks anytime they cannot maintain the social distancing of at least 6 feet.

Athletes are encouraged to join the cycling program as cycling is a fun way to spend a Saturday afternoon enjoying the sights of San Diego while also a great way to get exercise to keep in shape. Families and caregivers are welcome to ride along with the group. Rides are generally about 12 miles. Must wear helmets and provide own bikes and transportation to the meeting site. If you would like to join the cycling program, call S4EA at 858-565-7432.

The cyclists ride on Saturdays from 1:15-3:30pm at various locations: May 1-No Ride, May 8-Plaza Bonita, May 15-Lake Murray, May 22-Hospitality Point, May 29-No Ride.

Rides are posted on the S4EA website [www.s4ea.org](http://www.s4ea.org), calendar, or call head coach Russ Buckley at 619-992-0164 for more information.

## 2021-2022 Athlete Council Elections

The following S4EA athletes have been elected to the 2021-2022 Athlete Council: Kelly Choularton (President), Evan Perrero (Vice President), Sean Stevenson (Treasurer), Rachel Goldbaum (Secretary), Tom Alvarez (Sergeant-At-Arms). Congratulations!



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

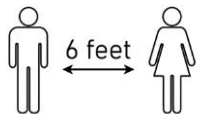
www.s4ea.org

~ May 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sports</b> - Cycling (CY) - Basketball (BB) [Zoom] - Soccer (SO) [Zoom] - Exercise [Zoom]	<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.	<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>Community Giving Program</u> 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.	<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.		<b>1</b> CY No Ride
<b>2</b>	<b>3</b> Zoom Exercise Workout 6-6:45pm Home	<b>4</b> Zoom Soccer Workout 6-7pm Home	<b>5</b>	<b>6</b> Zoom Basketball Workout 6-7pm Home	<b>7</b> S4EA Drive-In Movie Night 7:30-9:30pm S4EA/ North Shores Parking Lot	<b>8</b> CY 1:15-3:30pm <a href="#">Plaza Bonita</a> (parking by Outback steakhouse) to Chula Vista Marina
<b>9</b> Mother's Day	<b>10</b> Zoom Exercise Workout 6-6:45pm Home	<b>11</b> Zoom Soccer Workout 6-7pm Home	<b>12</b>	<b>13</b> Zoom Basketball Workout 6-7pm Home	<b>14</b>	<b>15</b> CY 1:15-3:30pm <a href="#">Lake Murray</a> (parking at Kiowa St. entrance) Around Lake x 2
<b>16</b>	<b>17</b> Zoom Exercise Workout 6-6:45pm Home	<b>18</b> Zoom Soccer Workout 6-7pm Home	<b>19</b>	<b>20</b> Zoom Basketball Workout 6-7pm Home	<b>21</b> S4EA Zoom Scavenger Hunt 6-7:30pm From Comfort & Safety of Home	<b>22</b> CY 1:15-3:30pm <a href="#">Hospitality Point</a> (parking near Harbor Police Station) to Sunset Cliffs
<b>23</b>	<b>24</b> Zoom Exercise Workout 6-6:45pm Home	<b>25</b> Zoom Soccer Workout 6-7pm Home	<b>26</b>	<b>27</b> Zoom Basketball Workout 6-7pm Home	<b>28</b>	<b>29</b> CY No Ride
<b>30</b>	<b>31</b> Memorial Day	<u>S4EA Thanks Autism Speaks</u> S4EA thanks Autism Speaks for your grant to support running our programs to enhance the lives of our S4EA athletes in the Autism Spectrum.	<u>Stay safe at home during</u> Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises & walking while maintaining social distancing (6' away from others) & wearing masks in public.	<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>Shop Online with AmazonSmile</u> 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 & 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

S4EA has started to reopen our sports as cycling started in April & S4EA will continue to monitor the COVID guidelines to open other sports. S4EA is offering Zoom Sports (Soccer-Tue & Basketball-Thu) & Exercise (Mon) Workouts at 6pm during the week. S4EA also has Zoom Scavenger Hunt on May 21, the socially distancing parking lot activity Drive-In Movie Night on May 7, and the Drive-Thru "A Taste 4 SPORTS" on June 17. Please join us at these activities.

#### S4EA Board of Director Elections

S4EA will be having elections for our new Board of Directors. 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 May 10.



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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](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.

 Find us on  
**Facebook**  
WWW.FACEBOOK.COM/SPORTS4EA

[Volunteers](#) are needed as coaches in cycling. S4EA is hoping that we can offer our outdoor summer sports by June/July so that we would then need coaches in bocce, soccer, softball, tennis, and track. 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.