



**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 - MARCH 2020

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

## S4EA Athlete Council Activities –Pancake Breakfast Apr 4<sup>th</sup> & Bunco May 1<sup>st</sup>

The [S4EA Pancake Breakfast Fundraiser](#) is being held at [S4EA/North Shores](#) (9575 Aero Dr., San Diego 92123) on Saturday, April 4 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, milk, juice and coffee. A raffle will be held. The S4EA Athlete Council elections will be held at the Pancake Breakfast for the following S4EA Athlete Council Officers: President, Vice President, Treasurer, Secretary, and Sergeant-At-Arms. Bring the family and friends to the delicious breakfast and support S4EA. For more information or to order your Pancake Breakfast tickets, call S4EA at 858-565-7432.

Bunco is scheduled on Friday, May 1 from 6-8pm at [S4EA/North Shores](#) (9575 Aero Dr., San Diego 92123).

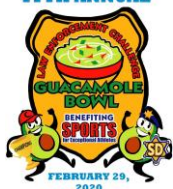
## S4EA Surf Camp April 17-19 at YMCA Camp Surf

[S4EA Surf Camp Session #1](#) on April 17-19 at [YMCA Camp Surf in Imperial Beach](#) offers surfing & other beach 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 the Camp. Session #1 is not wheelchair accessible.

The S4EA Surf Camp Registration Fee is \$195 per session to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](#) ASAP to S4EA (9575 Aero Dr. #B, SD, CA 92123). A non-refundable deposit of \$75 reserves your spot in S4EA Surf Camp. Early Bird Special \$180 by Mar 27. For more info, call S4EA at (858)565-7432 or go to the S4EA website at [www.s4ea.org](http://www.s4ea.org).

## 17<sup>th</sup> Annual Law Enforcement Challenge “Guacamole Bowl” Feb 29<sup>th</sup> to Benefit S4EA

17<sup>TH</sup> ANNUAL



Join S4EA at the 17<sup>th</sup> Annual Law Enforcement Challenge “Guacamole Bowl” on Saturday, February 29<sup>th</sup> from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). The Guacamole Bowl is expected to attract more than 1,500 guests who taste guacamole from more than 20 teams & help determine who makes the best guacamole. The proceeds benefit S4EA.

The Guacamole Bowl is open to members who are invited to come out & sample all the great guacamole. Bring family and friends as the \$8 admission pays membership fee and gets you a bag of Mission Tortilla chips & all the guacamole you can eat. You also have the opportunity to vote for your favorite recipe and select the finalists in each division.

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, the Entry Fee is \$25. Each division has sponsorship opportunities, from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. Last year's Guacamole Bowl made over \$14,000 for S4EA.

Call 858-565-7432 for more information or go to the Guacamole Bowl Website at [www.guacamolebowl.com](http://www.guacamolebowl.com).

## S4EA Tournament/Event Dates

- February 29** S4EA Guacamole Bowl - Balboa Park Club (10am-2pm)
- March 7** S4EA Preliminary Track Meet – Sweetwater High School (9am-1pm)
- March 15** S4EA Basketball Tournament – Francis Parker School (9am-5pm)
- April 4** S4EA Pancake Breakfast/Athlete Council Elections – S4EA/North Shores (8-10am)
- April 17-19** S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun-1pm)
- April 25** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 1** S4EA Bunco Fundraiser – S4EA/NorthShores (6-8pm)
- May 28** S4EA “A Taste 4 SPORTS” Gala Fundraiser – Balboa Park Club (6-9pm)
- Jul 31-Aug 2** S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)
- August 15** S4EA Swim Meet – St. Madeleine Sophie’s Center (8am-1pm)
- October 9** S4EA Golf Classic Fundraiser –Riverwalk Golf Club (1-8pm)
- October 23-25** S4EA Halloween SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

## S4EA Winter/Spring Season

*Athletes and volunteer coaches come join us in the following winter and spring season sports (also see calendar):*

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	
<b>Baseball</b>	Sat	10:00am-12noon	Balboa (3900 Mt. Acadia, San Diego 92111) [see calendar or coach for game schedule]	
	Sat	9:00am-11:00am	Chollas Lake (6005 College Grove Dr, SD 92115) [see calendar or coach for game schedule]	
	Sat	9:00am-11:00am	Mira Mesa Youth Baseball Field (Camino Ruiz Park, 11489 Camino Ruiz, San Diego 92126)	
<b>Basketball</b>	Mon	6:00-8:45pm	Mid-City Gym (4302 Landis, SD 92105) ending March 9 [League Play]	
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) ending Mar 12 [Juniors]	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending March 12	
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., Chula Vista 91911) ending March 13	
	Sun	2:00-3:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) ending March 8	
	Tourn-Mar 15 [Spring League]	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, SD 92111)[Bonita/Harbor Kiwanis provide lunch]
	Tue	6:00-8:00pm	Hoover High School (4474 El Cajon Blvd., SD 92115) start Mar 17 (not Mar 31) [League Play]	
<b>Bowling</b>	Mon	3:30-5:00pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, SD 92111) ending March 16-\$3 for 2 games	
	Sat	11:00am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7.25 for 2 games [League Play]	
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes	
<b>Floor Hockey</b>	Mon	6:00-8:00pm	Mid-City Gym (4302 Landis St, San Diego 92105) starting March 16 [League Play]	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting April 2	
<b>Ice Skating</b>	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session	
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)	
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122)	
<b>Swimming</b>	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/session-\$15/month [swimmers only]	
	Fri	5:00-7:00pm	Vista Terrace Pool (301 Athey, SD 92173) starting in April-\$20/mo. [tentative]	
	Day at the Beach Meet-Aug 15	Sat Jul 25	9am-3pm	Windansea teach surfing La Jolla Shores-Limited spots available-Call Clara 858-565-7432
	Sat	8:00am-1:00pm	St. Madeleine Sophie's Ctr (2119 E. Madison Ave., EC 92019) [Harbor Kiwanis provide lunch]	
<b>Table Tennis</b>	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)	
<b>Track</b>	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) [Athletes start at 10am in dance room W of old gym for exercises & then move out to track]	
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) not March 8	
	Prelim Meet-Mar 7	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
	Final Meet-Apr 25	Sat	9:00am-1:00pm	Sweetwater HS (2900 Highland Ave, National City 91950) [Div. 11 SB Kiwanis provide lunch]

## Ride Along with our Cycling Program

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 starting the end of April or beginning of May.

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.

## Hoover Gym - Volleyball Until March 10th/Spring Basketball Starting March 17th

Volleyball is scheduled on Tuesdays from 6-8pm at Hoover H.S. (4474 El Cajon Blvd., SD 92115) on March 3 & 10.

Spring basketball is held Tuesdays from 6-8pm at Hoover HS (4474 El Cajon Blvd., SD 92115) from March 17-May 5 (not Mar 31).

## Kearny Mesa Rec Center Open Gym for Juniors

S4EA has open gym for Juniors ages 5-18 on Thursdays starting April 9<sup>th</sup> from 4-5:30pm at Kearny Mesa Recreation Center (3170 Armstrong, SD 92111). Each week the junior athletes will play a variety of sports such as indoor soccer, lacrosse, kickball & pillo polo.



858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org



~ March 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Winter Season Sports</u> - Basketball (BB) - Bowling (BO) - Ice Skating (IS) - Track (TF)	<u>Spring Season Sports</u> - Challenger Baseball (CB) - Floor Hockey - Swimming (SW) - Table Tennis (TT)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<u>Facilities</u> Bostonia Recreation Center Boys & Girls Clubs Vista Hoover High School Kearny Mesa Rec. Center Mid-City Gym Otay Recreation Center	<u>Facilities</u> After School Learning Tree Bowlero Chula Vista Copley YMCA Kearny Mesa Bowl Poway Fun Bowl University Towne Center	<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.	<u>Challenger Baseball (CB)</u> Balboa-Mt. Acadia Sat 10am Cubs (Cub) & Royals (Roy) Chollas Lake (Chollas) Sat 9am Padres (Pads) Mira Mesa Youth Baseball (MMYB) Sat 9am
<b>1</b> BB-NC 2-3pm B&G Vista TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree	<b>2</b> BB-C 6-8:45pm Mid-City BO-C 3:30-5pm KM Bowl	<b>3</b> Open Gym 5:45-7:30 Hoover	<b>4</b> IS-SR 4-5pm SD Ice Arena	<b>5</b> BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	<b>6</b> BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y	<b>7</b> S4EA Prelim Track Meet - <u>Sweetwater High School 9am-1pm</u> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cubs vs Royal 10-12 Balboa CB-Pads vs MMYB 9-11 Chollas IS-C 1-3pm TSA Kroc Center
<b>8</b> Daylight Savings Begins BB-NC 2-3pm B&G Vista TT-C 12-1pm Sch. Learn Tree	<b>9</b> BB-C 6-8:45pm Mid-City BO-C 3:30-5pm KM Bowl	<b>10</b> Open Gym 5:45-7:30 Hoover	<b>11</b> IS-SR 4-5pm SD Ice Arena	<b>12</b> BB-EC 6-7:30pm Bostonia BB-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	<b>13</b> BB-SB 5-6:45 Otay Rec Ctr SW-C 3:30-5pm Copley Y	<b>14</b> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Pads Practice 9-11 Chollas CB-MMYB vs Cub/Roy 9-11 MMYB IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS
<b>15</b> S4EA Basketball Tour - Francis Parker School 9-5 TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree	<b>16</b> BO-C 3:30-5pm KM Bowl FH-C 6-8pm Mid-City	<b>17</b> St. Patrick's Day BB-C 6-8pm Hoover	<b>18</b> IS-SR 4-5pm SD Ice Arena	<b>19</b> Spring Begins IS-SR 3:30-5pm UTC	<b>20</b> SW-C 3:30-5pm Copley Y	<b>21</b> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cub/Roy vs Pads 10-12 Balboa IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS
<b>22</b> TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree	<b>23</b> FH-C 6-8pm Mid-City	<b>24</b> BB-C 6-8pm Hoover	<b>25</b> IS-SR 4-5pm SD Ice Arena	<b>26</b> IS-SR 3:30-5pm UTC	<b>27</b> SW-C 3:30-5pm Copley Y	<b>28</b> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cubs vs Royal 10-12 Balboa CB-MMYB vs Pads 9-11 MMYB IS-C 1-3pm TSA Kroc Center TF-SB 10am-12 Sweetwater HS
<b>29</b> TF-C/EC 9-11am Helix HS TT-C 12-1pm Sch. Learn Tree	<b>30</b> FH-C 6-8pm Mid-City	<b>31</b>	<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>Vols Needed in S4EA Office</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



**Remember to Wear Green on St. Patrick's Day!**



### **"A Taste 4 SPORTS" May 28th**

S4EA is hosting the 13th Annual "[A Taste 4 SPORTS](#)" Gala Fundraiser on Thursday, May 28th from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 25 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, enjoy music & bid on an exquisite array of auction items. S4EA will be honoring our 2020 'SPORTS Man of the Year'. [Reservations](#) are \$60 per person.

Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. We are in need of trips, autographed sports memorabilia, gift certificates to enhance the silent auction. For more info, call 858-565-7432 or visit [www.taste4sports.com](http://www.taste4sports.com).



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ADDRESS SERVICE REQUESTED



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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 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.

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 Winter/Spring Season in baseball, basketball, bowling, floor hockey, ice skating, swimming, table 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.