



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 - MAY 2020

Published Monthly for Athletes, Families, Friends, Volunteers, Coaches & Other Supporters of SPORTS for Exceptional Athletes. Editor: Walter Jackson.
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Coronavirus (COVID-19)

The health & safety of the S4EA community is our top priority. In light of the daily changes in the news on the Coronavirus (COVID-19) Pandemic, we are hearing more and more of the dangers of having large numbers of people gathered in one location. Due to the medical conditions of some people with developmental disabilities, the nature of close and physical contact while playing sports, and the increased exposure to the virus, our athletes are at a higher risk of contracting the virus, including a severe case.

As of April 8, all S4EA practices, tournaments, and events have been CANCELLED until at least May 31. We will then evaluate if we are ready to open at that time. Contact S4EA at www.s4ea.org or 858-565-7432 regarding updates on scheduled activities.

The following S4EA activities have been cancelled or postponed:

- All S4EA Practices Cancelled Until At Least May 31st [or a later date]
- Spring S4EA Baseball, Basketball, Floor Hockey & Track Seasons Cancelled
- Spring Bunco Postponed

For more information on precautions and the Coronavirus, contact the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Take steps to protect yourself and others

- Wash hands often with soap and water for at least 20 seconds.
- Avoid close contact.
- Avoid giving handshakes, high fives, and hugs.
- Social distancing - stay at least 6' away from other people.
- Wear a face mask when need to go out in the public.
- Stay home whether you're sick or not (self-quarantine).
- Cover coughs and sneezes.
- Clean and disinfect.

As of March 21 California Governor Gavin Newsom issued an order for all 40 million Californians to stay at home due to the coronavirus outbreak. Citizens are allowed to leave their homes to visit grocery stores or pharmacies but must "at all times practice social distancing."

As of March 29, President Trump said federal guidance urging social distancing will stay in place through April 30.

Exercising at Home

During the Coronavirus Pandemic, S4EA athletes, families, volunteers, and coaches should continue to do exercising at home as long as you are feeling well. If you want to take a walk, just maintain social distancing (at least 6 feet) from others and wear a facemask when out in the public. You should continue to communicate with others, including by phone, text, email, social media, etc. Visit the S4EA website at www.s4ea.org to find links to doing Sports and Exercises at Home during the Coronavirus Pandemic.

S4EA Tournament/Event Dates *TBD

May 1 POSTPONED

All of May thru May 28 S4EA Alternative Fundraiser to "A Taste 4 SPORTS" – From Comfort & Safety of Home

July 31-August 2

S4EA Bunco Fundraiser – S4EA/NorthShores (6-8pm)

S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)

August 15

S4EA Swim Meet – St. Madeleine Sophie's Center (8am-1pm)

August 30

S4EA Soccer & Golf Tournament – Morley Field in Balboa Park (9am-5pm)

September 13

S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)

October 9

S4EA Golf Classic Fundraiser –Riverwalk Golf Club (11am-8pm)

October 23-25

S4EA Halloween SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

S4EA Spring Season

Practices/Tournaments are CANCELLED until at least May 31. Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

Sport-Practices Day Time Location Meet

Baseball Cancelled Sat 10am-12noon Balboa (3900 Mt. Acadia, SD 92111) {CANCELLED}
Sat 9:00am-11:00am Chollas Lake (6005 College Grove Dr, SD 92115) {CANCELLED}
Sat 9:00am-11:00am Mira Mesa Youth BB Fd (Camino Ruiz Park, 11489 Camino Ruiz, SD 92126) {CANCELLED}

Basketball Cancelled Tue 6-9pm Hoover HS (4474 El Cajon Blvd., SD 92115) ending May 5 [League Play] {CANCELLED}

Bowling TBD Sat 11:00am-1pm Bowlero Chula Vista (845 Lazo Ct, CV 91910) end May 16-\$7.25/2 games {NOT May 2/9/16}
Sat 1:30-3:30pm Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50/2 games {NOT May 2/9/16/23/30}

Cycling TBD Sat 1:15-3:30pm Various Locations starting in June [see calendar, S4EA website, coach for more info]

Floor Hockey Cancelled Mon 6-8pm Mid-City Gym (4302 Landis St, San Diego 92105) end May 11 [League Play] {CANCELLED}
Thu 4:00-5:30pm Kearny Mesa Rec Ctr (3170 Armstrong, SD 92111) end May 14 [Jrs Open Gym] {CANCELLED}
Thu 6:00-7:30pm Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending May 14 {CANCELLED}

Ice Skating TBD Sat 1:00-3:00pm TSA Kroc Center (6845 University Ave, SD 92115)-\$5 per session {NOT May 2/9/16/23/30}
Wed 4:00-5:00pm San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126) {NOT May 6/13/20/27}
Thu 3:30-5:00pm University Towne Center (4545 La Jolla Village Dr, SD 92122) {NOT May 7/14/21/28}

Swimming TBD Fri 3:30-5:00pm Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/SES. [swim only] {NOT May 1/8/15/22/29}
Fri 5:00-7:00pm Vista Terrace Pool (301 Athey, SD 92173)-\$20/mo. start June [Swim 1st Hr/Non-Swim 2nd Hr]
Day at the Beach Sat Jul 25 9am-3pm Windansea teach surfing La Jolla Shores-Limited spots available-Call Clara 858-565-7432
Meet-Aug 15 Sat 8:00am-1:00pm St. Madeleine Sophie's Ctr (2119 E. Madison Ave., EC 92019) [Harbor Kiwanis provide lunch]

Table Tennis TBD Sun 12pm-1pm After School Learning Tree (11525 Sorrento Valley Rd, SD 92121) {NOT May 3/10/17/24/31}

***TBD Dates To Be Determined Based on the Status of the Coronavirus (Call S4EA at 858-565-7432)**

S4EA Summer Sports Season - Bocce, Soccer, Softball, Tennis

If the Coronavirus Pandemic has diminished enough to play sports safely, then the S4EA Summer Sports Season will be starting in June with practices and league play in soccer, bocce, softball & tennis tentatively scheduled as follows: Soccer on Mondays from 6-8pm at Park de la Cruz (3901 Landis St., SD 92105-NEW LOCATION) starting June 15; Bocce on Tuesdays from 5:30-7pm at Morley Field Bocce Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104) starting July 7; Softball on Wednesdays from 5:30-8:00pm at Park de la Cruz (3901 Landis St., SD 92105-NEW LOCATION) starting June 10; South Bay Soccer & Softball tentatively every Tuesday from 3-6pm at Palomar Elementary (300 E. Palomar St., Chula Vista 91911) starting June 2 with Softball the first half of practice; Bocce practices in South Bay; Softball and Bocce practices in North County; and Tennis on Mondays from 6:30-8pm at Barnes Tennis Center (4490 W. Point Loma Blvd, San Diego 92106) starting June 1; See June Newsletter for more information.

Alternative Fundraiser to "A Taste 4 SPORTS"

SPORTS for Exceptional Athletes would normally be hosting our 13th annual "A Taste 4 SPORTS" gala fundraiser on Thursday, May 28 from 6-9pm at the Balboa Park Club in beautiful Balboa Park for 350-400 guests. However, because of the Coronavirus (COVID-19) Pandemic, S4EA cannot hold a fundraising event with several hundred guests. Therefore, S4EA is having an [Alternative Fundraiser to "A Taste 4 SPORTS"](#) during the month of May. Because "A Taste 4 SPORTS" is our largest fundraiser, S4EA needs your support now more than ever for this Alternative Fundraiser by making a straight donation so that S4EA can provide the same high level programming once the Pandemic is over. Donations to the Taste Alternative Fundraiser will give donors a chance to win a variety of Door Prizes on May 28.

S4EA is honoring our 'SPORTS Heroes of the Year' by watching videos of our SPORTS Celebrities on ["A Taste 4 SPORTS" website](#) and [Facebook](#). Participate in Interactive Postings on [Facebook](#) during May, culminating on May 28. Post what you are eating that evening, show-off what you are wearing, give positive thoughts, etc.

For more information, please call S4EA at 858-565-7432 or visit www.taste4sports.com.



S4EA Practices, Tournaments & Events Cancelled until at least May 31

858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ May 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Spring Season Sports</u> - Basketball (BB) - Bowling (BO) - Cycling (CY) - Ice Skating (IS)	<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 Hoover High School Kearny Mesa Rec. Center Mid-City Gym	<u>Facilities</u> After School Learning Tree Bowlero Chula Vista Copley YMCA Poway Fun Bowl University Towne Center Vista Terrace Pool	1 S4EA Bungee-Postponed North Shores 6-8pm SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	2 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cubs/Roy vs Pads 10-12 Balboa IS-C 1-3pm TSA Kroc Center
3 TT-C 12-1pm Sch. Learn Tree	4 FH-C 6-8pm Mid-City	5 BB-C 6-9pm Hoover	6 IS-SR 4-5pm SD Ice Arena	7 FH-EC 6-7:30pm Bostonia Open Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	8 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	9 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
10 Mother's Day TT-C 12-1pm Sch. Learn Tree	11 FH-C 6-8pm Mid-City	12	13 Passover IS-SR 4-5pm SD Ice Arena	14 FH-EC 6-7:30pm Bostonia Open Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	15 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	16 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Padres Practice 9-11 Chollas CB-MMYB vs Cub/Roy 9-11 MMYB IS-C 1-3pm TSA Kroc Center
17 TT-C 12-1pm Sch. Learn Tree	18	19	20 IS-SR 4-5pm SD Ice Arena	21 IS-SR 3:30-5pm UTC	22 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	23 BO-NC 1:30-3:30 Poway IS-C 1-3pm TSA Kroc Center
24 TT-C 12-1pm Sch. Learn Tree	25 Memorial Day	26	27 IS-SR 4-5pm SD Ice Arena	28 "A Taste 4 SPORTS" Alternative Fundraiser IS-SR 3:30-5pm UTC	29 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	30 BO-NC 1:30-3:30 Poway CB-Cubs vs Royal 10-12 Balboa IS-C 1-3pm TSA Kroc Center
31 TT-C 12-1pm Sch. Learn Tree	<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 sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.	Stay safe at home during Coronavirus Pandemic. Keep doing stretching, exercises & walking while maintaining social distancing (6' away from others).	<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>Vol's 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 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

Mother's Day

Happy Mother's Day – May 10th!



Message from Executive Director Walter Jackson

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. Our routine of going to work/school, entertaining ourselves in the community at sporting events and shows with friends and family, and playing sports at S4EA practices and tournaments has been eliminated. The new routine is staying at home, trying to work from home (if your job still exists), get enough food to feed your family, order groceries online, pay the bills whether you are working or not, and get some exercise (we have some exercise tips that you can do at home on the S4EA website www.s4ea.org).

I miss so much seeing our S4EA athletes & volunteers at S4EA practices & tournaments. It is frustrating for all of us not to get out of the house to see our friends and relatives. But until we get through this Pandemic, we must all stay safe by staying at home and maintaining social distancing. We will let you know when we are able to resume certain S4EA practices & events.



SPORTS

for Exceptional Athletes



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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. 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 Spring Season in baseball, basketball, bowling, cycling, floor hockey, ice skating, swimming, table tennis, and track. [Volunteers](#) are needed as coaches for the Summer Season in bocce, soccer, softball, and tennis. 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.