



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

SPORTS NEWS - NOVEMBER 2026

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

2026 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes thanks the following supporters for giving our athletes many SPORTS opportunities in 2026:

Platinum (\$10,000+)

Brumbach, James 'Nick'
Cox, Brian
Hervey Family Fund @ SDF
Rotary Club of La Mesa

Gold Medal (\$5,000+)

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Sempra Energy Foundation
Teen Volunteers in Action SD2
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Young, Eric

Blue Ribbon (\$100+)

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Fuentes, Joe
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Grisafi, Pamela
Guinea, Enrique
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Heft, Robert
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Powers, Tammy
Randall, William
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Ryerson, Kerry
Schreiber, Robert

Sofka, Jeff
Teen Volunteers in Action SD3
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Tseng, Ben
Tyler, Marianne
Uyeda, Scott & Martha
Vessel, Richard D.
Vinson, Christine
Wahlmann, Joy
Walker, James
Weydt, Robert
White, Robert
Williams, Cameron
Winnard, Syd

Thank you to the 2026 Sponsors and the 53 additional donors who contributed this year.



Row-A-Thon November 14 at CrossFit Trifecta-Vista to Benefit S4EA

The Row-A-Thon fundraiser is scheduled for Saturday, November 14th from 9am-1pm at CrossFit Trifecta (2588 Progress St Suite #2, Vista, CA 92081) – Registration 8-9am. The cost is \$50 per person or \$500 for a 10 person team. Teams are made up of S4EA athletes, volunteers, or community members. Sponsors are needed to help pay for S4EA athletes. **S4EA athletes – come join the Row-A-Thon for free.** The Row-A-Thon covers 42,195 meters (26.2 miles). S4EA is the 2026 beneficiary of the Hope Horizon Foundation Row-A-Thon. Support S4EA by entering the Row-A-Thon. Register at www.hopehorizonfoundation.com, or call S4EA at (858)565-7432 for more information.

S4EA Holiday Party Sunday December 6th from 4-6:30pm at Eagles Aerie



Come join in the festivities at the S4EA Holiday Party sponsored by Eagles Aerie and SDGive 'Season of Giving' on Sunday, December 6th from 4-6:30pm at the Eagles Aerie (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, dinner, visit by Santa & a gift exchange (please bring a gift-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by Dec 1st.



S4EA Event Dates

- November 8** SNAP Flag Football Tournament – Valencia HS, Santa Clarita (8:30am-3pm)
- November 14** Row-A-Thon to Benefit S4EA – CrossFit Trifecta-Vista (8am-1pm)
- November 21** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 5** S4EA Bowling Tournament – Lucky Strike-Chula Vista (10am-2pm)
- December 6** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 13** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- January 23** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- June 3** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



S4EA Fall Season

Sport-Practices Day Time Location Call S4EA at 858-565-7432 to confirm or for more Info

Bowling

Sat 11am-1pm [Lucky Strike](#) (845 Lazo Ct, CV 91910) Sep 12-Apr 24 not 11/7&28-\$10 for 2 gms [League]
 As of beginning of October, league is full so new bowlers will be listed as substitutes
 Nov 8 & 22 Sun 10:45-12:20pm [Mira Mesa Lanes](#) (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, cathysturdivant@yahoo.com to confirm
 Tourn-Dec 5 Sat 10am-2pm [Lucky Strike-Chula Vista](#) (845 Lazo Ct, Chula Vista 91910)

Cycling



Sat 6:30-11:30am Nov 7-[Liberty Station](#) "Ride the Point", Meet at 6:30am & picnic following at about 11am
 Season End [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]

Flag Football

Wed 5:45-7:15pm [Morley Field Athletic Fields](#) (2221 Morley Field Dr., SD 92104) Sep 16-Oct 21 (Code: [135739](#))
 Santa Clarita-Nov 8 Sun 8:30am-3:00pm SNAP Flag Football Tournament at Valenica HS-Santa Clarita (27801 N Dickason Dr 91355)

Floor Hockey

Mon 6:30-8:00pm [Park de la Cruz](#) (3901 Landis St., SD 92105) Sep 14-Dec 7 [League Play] (Code: [135738](#))
 Thu 4:00-5:30pm [Kearny Mesa Rec](#) (3170 Armstrong, SD 92111) from Sep 17-Dec 10 [Jr] (Code: [135740](#))
 Tourn-Dec 13 Sun 9am-5pm [Park de la Cruz](#) (3901 Landis St., San Diego 92105)

Pickleball

Mon 5:30-6:45pm [Park de la Cruz](#) (3901 Landis St., San Diego 92105) on Nov 23 & 30, Dec 7 (Code: [135738](#))

Swimming

Fri 7:00-8:00pm [Copley YMCA](#) (4300 El Cajon Blvd, SD 92105) Apr 10-Dec 18 [swimmers only]

Volleyball

Mon 5:30-7:00pm [Park de la Cruz](#) (3901 Landis St., SD 92105) Sep 14-Nov 16 [League Play] (Code: [135738](#))
 Thu 6:00-7:00pm [Boys & Girls Club-Vista](#) (410 W. California Ave, Vista 92083) from Sep 24-Nov 19
 Thu 6:00-7:30pm [Bostonia Rec Ctr](#) (1049 Bostonia, El Cajon 92021) from Sep 24-Nov 19
 Fri 5:30-7:00pm [Parkway Full Gymnasium](#) (373 Park Way, CV 91910) from Sep 18-Nov 20
 Tourn-Nov 21 Sat 9am-4pm [Balboa Park Activity Center](#) (2145 Park Blvd., San Diego 92101)

Also see Calendar for Practices, Tournaments, and Events.

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 or register at first practice with SDP&R-TRS. The facilities that S4EA uses in the fall are Park de la Cruz-Floor Hockey/Volleyball Mon (Code: [135738](#)), Morley Field Sports Complex-Flag Football Wed (Code: [135739](#)), Kearny Mesa Rec Ctr Gym-Floor Hockey Thu (Code: [135740](#)).

S4EA Fall Sports – Need Volunteer Coaches

S4EA needs volunteer coaches this fall for the following sports:

- South Bay Bowling on Sat 11am-1pm at Lucky Strike Chula Vista Sep 12-Apr 24
- South Bay Volleyball on Fri 5:30-7pm at Parkway Full Gymnasium Sep 18-Nov 20
- East County Volleyball on Thu 6-7:30pm at Bostonia Recreation Center Sep 24-Nov 19
- North County Volleyball on Thu 6-7pm at Boys & Girls Club-Vista Sep 24-Nov 19
- Bowling, Flag Football, Floor Hockey & Volleyball at various other practice site locations

If interested in volunteer coaching or to get a [Volunteer Application](#), call S4EA at 858-565-7432.



Guacamole Bowl – Saturday January 23 at the Balboa Park Club



Taste delicious guacamole from 15-20 teams at the 24th annual Law Enforcement Challenge "Guacamole Bowl" fundraiser on Saturday, January 23, 2027 from 10:00am until 2:00pm at the [Balboa Park Club](#) (2150 Pan American Road West, San Diego 92101). Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) & Entry Fee of \$25. Sponsorship opportunities are available from \$50 for Entertainment Sponsor up to \$5,000 for Championship Round Sponsor. Proceeds benefit S4EA.

Bring family and friends as the \$10 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. For more information, visit www.s4ea.org/guacamole-bowl or call S4EA at 858-565-7432.

~ November 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Swimming (SW) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Ctr Park de la Cruz	Facilities Copley YMCA Lucky Strike Chula Vista Mira Mesa Lanes Parkway Full Gymnasium	Donate to S4EA 	Community Giving Program Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program	Designate S4EA with United Way 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
1 Daylight Savings Ends 	2 FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	3 Election Day 	4	5 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	6 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	7 CY 6:30-11:30am Liberty Station "Ride the Point" & Picnic Following
8 SNAP Flag Football Tourn-Valencia HS, Santa Clarita 8:30am-3pm  BO-C/NC 10:45a-12:20 Mira Mesa	9 FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	10	11 Veterans Day 	12 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	13 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	14 Row-A-Thon Fundraiser at CrossFit Trifecta  from 8am-1pm Benefits S4EA BO-SB 11am-1pm Lucky Strike
15	16 FH-C 6:30-8pm Park de la Cruz VB-C 5:30-7pm Park de la Cruz	17	18	19 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	20 SW-C 7-8pm Copley YMCA VB-SB 5:30-7 Parkway Gym	21 S4EA Volleyball Tourn-Balboa Park Activity Center 9am-4pm  BO-SB 11am-1pm Lucky Strike
22 BO-C/NC 10:45a-12:20 Mira Mesa	23 FH-C 6:30-8pm Park de la Cruz PB-C 5:30-7pm Park de la Cruz	24	25	26 Thanksgiving 	27 SW-C 7-8pm Copley YMCA	28
29	30 FH-C 6:30-8pm Park de la Cruz PB-C 5:30-7pm Park de la Cruz			Donate Stocks to S4EA 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.	Facebook Birthday FR For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	Vols Needed for Office Projects 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



Enjoy your Thanksgiving Feast on November 26th!



Message from Exec. Dir. Walter Jackson

Join S4EA at the Row-A-Thon on Nov 14. S4EA is running our fall sports in bowling, flag football, floor hockey, and volleyball. Browse thru Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



SPORTS
for Exceptional Athletes



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S4EA Bowling Tourn. Dec 5 Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn.is scheduled for Sat Dec 5 from 10am-2pm at Lucky Strike Chula Vista. S4EA athletes that have a bowling average can enter Bowling Tourn. by calling S4EA at 858-565-7432.

Support S4EA and find your holiday gifts by buying S4EA merchandise (hats, t-shirts, hoodies, bags, etc.) at the Bowling Tournament.



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 send 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. The Registration Fee is \$20 per sport (scholarships available). S4EA offers over 20 sports: basketball, bocce, bowling, cross country/ downhill skiing, cycling, flag football, floor hockey, golf, ice skating, pickleball, 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.



Donate to S4EA



[Volunteers](#) are needed as coaches for the fall season in bowling, flag football, floor hockey & 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.