

S4EA Fall 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 or 858-565-7432 for more updates.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Cycling 	Sat	1:15-3:30pm	Various Locations [see calendar, S4EA website, coach for more info] ending Nov 28 Nov 28 – Liberty Station to Harbor Island (end of season picnic following the ride)
Workouts 	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort of Home ending Nov 30
	Wed	6:00-6:45pm	Zoom Yoga Workouts from comfort of Home ending Nov 18
	Tue	6:00-7:00pm	Zoom Bocce Workouts from comfort of Home ending Dec 15
	Thu	6:00-7:00pm	Zoom Sports Crater/Bean Bag Toss from Home ending Dec 17
			Zoom Golf Workouts to be offered from comfort of Home in Jan

Call S4EA at 858-565-7432 to get Zoom password info & if you need equipment (hacky sacks/pallina, bean bag board) 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.

S4EA 'Bingo' Exercise Program

S4EA has started a new '[Bingo Exercise Program](#)' which can be done at home. To get a 'Bingo' each day, do 1 row or 1 column of activities and exercises on the 'Bingo' Exercise Program card. Mark off each activity after completion. By the end of each week, complete all the activities on the 'Bingo' Exercise Program (Blackout). Repeat doing the 'Bingo' Exercise Program weekly for 1 month (4 weeks). Win a Prize for completing & turning in your 'Bingo' Exercise Program to S4EA. If you want to do our 'Bingo' Exercise Program at home for a month and win prizes, print from S4EA website www.s4ea.org, or call S4EA at 858-565-7432.

S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2020

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in getting us through 2020 during the Coronavirus Pandemic. We learned to keep 6 ft apart, wear masks when near other people & wash our hands frequently. We had to come up with different type of activities during the Pandemic. We did Zoom Sports and Exercise Workouts Monday through Thursday. We did many Zoom social activities on weekends including Zoom dances, Talent Shows & Scavenger Hunts. On weekends we did a variety of Socially Distancing Parking Lot activities, including Drive-Thru Pancake Breakfast, Bingo Bash, Drive-Thru Halloween Trunk-or-Treat, Drive-In Movie Night, Fun-A-Rama, and Drive-Thru Holiday Lights. Volunteers and coaches helped at these various Socially Distancing and Zoom activities. Over 1,000 donors have given financial support to help make this a great program. Thank you for your support during these challenging times. Wishing you a Happy Holiday Season & I hope that we can see each other in person in 2021.



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

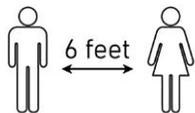
www.s4ea.org

~ December 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports</u> - Bocce (BC) [Zoom] - Sports Crater [Zoom]</p>	<p><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.</p>	<p><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.</p>	<p><u>S4EA Facemasks</u> S4EA has a limited supply of S4EA Facemasks for \$8 at S4EA office.</p>	<p><u>Shop Online during Holiday Season 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. Support S4EA and find all your holiday essentials including gifts, decorations, and more.</p>	<p>Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises & walking while maintaining social distancing (6' away from others).</p>	
<p><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.</p>	<p><u>Giving Tuesday-Support S4EA</u> On Tuesday, December 1 is Giving Tuesday to Support non-profits. Please feel free to donate to S4EA to help S4EA survive the Pandemic & continue to offer programs.</p>	<p>1 Zoom Bocce Workout 6-7pm Home #GIVING TUESDAY</p>	<p>2</p>	<p>3 Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p>4</p>	<p>5 S4EA Drive-Thru Holiday Lights 5-6:30pm North Shores Parking Lot</p>
<p>6</p>	<p>7</p>	<p>8 Zoom Bocce Workout 6-7pm Home</p>	<p>9</p>	<p>10 Hanukkah Begins Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p>11 S4EA Zoom Holiday Sing-Along 6-7pm From the Comfort & Safety of Home</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15 Zoom Bocce Workout 6-7pm Home</p>	<p>16</p>	<p>17 Zoom Sports Crater/Bean Bag Toss Workout 6-7pm Home</p>	<p>18</p>	<p>19</p>
<p>20</p>	<p>21 Winter Begins</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25 Christmas</p>	<p>26 Kwanza Begins</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31 New Year's Eve</p>	<p><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.</p>	<p><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.</p>

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

SPORTS for Exceptional Athletes has been developing a new S4EA website. Check it out at www.s4ea.org and let us know if you like it.

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. We had a soft opening of select S4EA practices of cycling and tennis (season has completed) using new [S4EA Guidelines](#) including social distancing, facemasks, etc.

S4EA has a limited supply of S4EA Facemasks for \$8 (multi-color) at S4EA office.

S4EA has exciting activities of Zoom Sports (Bocce-Tue & Sports Crater/Bean Bag Toss-Thu) & Exercise-Mon/Yoga-Wed Workouts at 6pm during the week. On select weekends, S4EA has socially distancing parking lot activities including Drive-Thru Holiday Lights on Dec 5 & Zoom Holiday Sing-Along on Dec 11. Please join us at these activities.



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 ([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. 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](#) had been needed as coaches for the Summer/Fall Season in cycling and tennis (season has completed). 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.