



**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. 8380 Vickers Street Suite E, San Diego, CA 92111 | Website: [www.s4ea.org](http://www.s4ea.org) | E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) | Phone 858-565-S4EA (7432).

# SPORTS NEWS - APRIL 2026

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

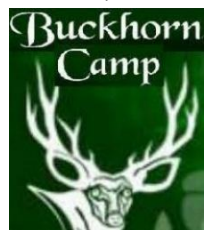
## S4EA Pancake Breakfast/Athlete Council Elections Saturday April 18 at S4EA Office

The [S4EA Pancake Breakfast Fundraiser](#) is being held at the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Saturday, April 18 from 8-10am for \$10 per person. The breakfast includes pancakes, scrambled eggs, sausage, juice & 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 & Sergeant-At-Arms. Bring family & friends to the delicious breakfast and support S4EA. For more info or tickets, call S4EA at 858-565-7432.



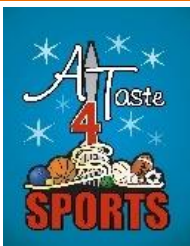
## S4EA SPORTS Camp May 15-17 at Buckhorn Camp in Idyllwild

S4EA SPORTS Camp Session #1 on May 15-17 at [Buckhorn Camp in Idyllwild](#) (24641 Hwy 243, Idyllwild 92549) offers sports (bocce, Ga-Ga, human foosball, swimming, and an indoor gymnasium to play basketball, floor hockey, soccer, and volleyball) and traditional camp activities (crafts, hiking, dance, talent show) at a camp in the mountains in Idyllwild. Campers spend 2 nights in cabins under the guidance of camp counselors/chaperones. Persons with developmental disabilities, families, friends, volunteers, coaches, and supporters are all welcome to join S4EA at SPORTS Camp.



The S4EA SPORTS Camp Registration Fee is \$400 per person to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](#) as soon as possible to S4EA (8380 Vickers St. #E, SD, CA 92111). \$100 advance deposit guarantees a spot at camp. If camper needs 1-on-1 chaperone, a Supplemental Staffing Fee of \$200 is charged. Transportation is available for \$100 or campers may be brought directly to Buckhorn Camp in Idyllwild which is a little over a 2 hour drive from San Diego. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp. Please contact your Regional Center worker to apply & get approval for Registration Fee, Supplemental Staffing Fee &/or Transportation Fee.* For more info, call S4EA at (858)565-7432 or go to website at [www.s4ea.org](http://www.s4ea.org).

## "A Taste 4 SPORTS" Gala Fundraiser June 27 at Balboa Park Club



S4EA is hosting for our members the 19<sup>th</sup> Annual "[A Taste 4 SPORTS](#)" Gala Fundraiser on Saturday, June 27th from 6-9pm at the [Balboa Park Club](#) (2150 Pan American Road West, SD 92101) featuring food & wine from 15-20 restaurants, personal chefs, caterers & wineries. S4EA is honoring the 2026 'SPORTS Person of the Year'. Mingle with notable local & celebrity figures, including Mad Mike from MTVs "Pimp My Ride", enjoy music from the band 'Kenny & the Jets' & bid on an exquisite array of auction items. Reservations are \$60 per person.

Sponsorship opportunities available at following levels: Platinum-\$10,000, Gold-\$5,000, Silver-\$1,000 & Bronze-\$500. Please donate gift certificates, trips, autographed sports memorabilia to enhance the auction. For more info, call

858-565-7432 or visit [www.s4ea.org](http://www.s4ea.org).

## S4EA Event Dates

- April 11** S4EA Basketball Tourn—Park de la Cruz/St. Augustine/Mid-City (9-5)
- April 18** S4EA Pancake Breakfast/Ath Council Elections—S4EA Office (8-10am)
- April 25** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 15-17** S4EA SPORTS Camp-Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm)
- May 30** S4EA Bingo Bash – S4EA Office (3:30-5pm)
- June 27** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)
- August 8** S4EA Swim Meet – St. Madeleine Sophie's Center, El Cajon (8am-1pm)



## S4EA Spring Season

Sport-Practices	Day	Time	Location	Spring Season Sports, Call S4EA at 858-565-7432 for more Info
	<b>Basketball</b>	Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Jan 5-Apr 6 [Winter League] (Code: <a href="#">127432</a> )
	Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Apr 13-May 4 [Spring League] (Code: <a href="#">129819</a> )	
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec Ctr</a> (3170 Armstrong, SD 92111) Jan 15-Apr 9 not Apr 2 [Jr](Code: <a href="#">127433</a> )	
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec Ctr</a> (3170 Armstrong, SD 92111) Apr 16-May 7 [Spring Open Jr] (Code: <a href="#">129820</a> )	
	Thu	6:00-7:30pm	<a href="#">Bostonia Recreation Center</a> (1049 Bostonia, El Cajon 92021) January 22-April 9	
	Thu	6:00-7:00pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W. California Ave, Vista 92083) January 15-April 9	
	Fri	5:30-7:00pm	<a href="#">Parkway Community Center Gymnasium</a> (373 Park Way, CV 91910) Jan 16-Apr 10	
Tourn-Apr 11	Sat	9:00am-5:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105), <a href="#">St. Augustine HS</a> & <a href="#">Mid-City Gym</a>	
	<b>Bowling</b>	Sat	11am-1pm	<a href="#">Lucky Strike CV</a> (845 Lazo Ct, CV 91910) Jan 10-Apr 25, \$9 for 2 games [League]
	Apr 12 & 26	Sun	10:45-12:20pm	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd, SD 92126)-\$5 per hour+, <a href="mailto:cathysturdivant@yahoo.com">cathysturdivant@yahoo.com</a> to confirm
	<b>Cycling</b>	Sat	1:15-3:30pm	Apr 11- <a href="#">Tidelands Park, Coronado</a> (parking lot nearest bay), Apr 25-Regular Season Rides Begin [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]
	<b>Pickleball</b>	Mon	5:30-6:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) Mar 30-May 4 (Code: <a href="#">129819</a> )
	<b>Swimming</b>	Fri	7:00-8:00pm	<a href="#">Copley YMCA</a> (4300 El Cajon Blvd, SD 92105) Apr 10-Dec 18 [swimmers only]
	Day at the Beach-Sat Jul 18	9am-3pm	Windansea teach surfing <a href="#">La Jolla Shores</a> -Limited spots available-Call Clara 858-565-7432	
	Meet-Aug 8	Sat	8:00am-1:00pm	<a href="#">St. Madeleine Sophie's Center</a> (2119 E. Madison Ave., El Cajon 92019)
	<b>Track</b>	Sat	10:00am-12noon	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950) January 3-April 25
		Sun	9:00-11:00am	<a href="#">Helix High School</a> (7323 University Ave., La Mesa 91941) January 11-April 19
	Final Meet-Apr 25	Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)

**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](http://SDRecConnect.com) or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the spring are Park de la Cruz-Basketball/Pickleball Mon (Code: [129819](#)) and Kearny Mesa Recreation Center-Junior Open Sports Thu (Code: [129820](#)).

## Volunteer Appreciation Week April 19-25



Volunteers are the backbone of the SPORTS for Exceptional Athletes program. Our volunteer coaches organize practices and teach athletes various sports skills. At tournaments – volunteers are referees, scorekeepers, timers, help with set-up, take-down, Nerve Center, meals . . . and everything else that needs to be done. At SPORTS Camps – volunteers are chaperones, helping our athletes at sports and camp activities, as well as at meals and in the cabin. Our volunteers become friends of our athletes. Volunteers also help with office projects, fundraisers, as committee members, and as S4EA Board members.

Join S4EA in thanking our coaches and volunteers for all of their efforts in providing sports programs to our very special athletes during Volunteer Appreciation Week April 19-25.

## S4EA Celebrates our 19<sup>th</sup> Anniversary

SPORTS for Exceptional Athletes (S4EA) was founded in April 2007 by a group of coaches, parents, volunteers & community members who found a need for a community based inclusive sports program for athletes with & without disabilities in San Diego County. Thank you to all of our athletes, families, friends, volunteers, coaches & supporters for making our first 19 years a great success!



~ April 2026 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Spring Season</u></p> <ul style="list-style-type: none"> <li>- Basketball (BB)</li> <li>- Bowling (BO)</li> <li>- Cycling (CY)</li> <li>- Pickleball (PB)</li> <li>- Swimming (SW)</li> <li>- Track (TF)</li> </ul>	<p><u>San Diego Co. Location</u></p> <p>C - San Diego City EC - East County NC - North County SB - South Bay</p>	<p><u>Facilities</u></p> <p>Bostonia Recreation Center Boys &amp; Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Com. Center Gym</p>	<p><u>Facilities</u></p> <p>Copley YMCA Helix High School Lucky Strike Chula Vista Mira Mesa Lanes Sweetwater High School</p>	<p>Donate to S4EA</p> 	<p><u>Vols Needed for Office Projects</u></p> <p>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</p>	<p><u>Facebook Birthday FR</u></p> <p>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>Community Giving Program</u></p> <p>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</p>	<p><u>Donate Stocks to S4EA</u></p> <p>Tax season has arrived &amp; if you would like to donate appreciated securities, stocks, or real estate to S4EA, call attorney Jerry Harris at 619-282-4415.</p>		<p><b>1</b> April Fools' Day</p>  <p>Passover</p> 	<p><b>2</b></p> <p>BB-EC 6-7:30pm <u>Bostonia</u> BB-NC 6-7pm <u>B&amp;G Vista</u></p>	<p><b>3</b> Good Friday</p>  <p>BB-SB 5:30-7pm <u>Pkwy Gym</u></p>	<p><b>4</b></p> <p>BO-SB 11am-1pm <u>Lucky Strike</u> TF-SB 10-12 <u>Sweetwater HS</u></p>
<p><b>5</b> Easter</p> 	<p><b>6</b></p> <p>BB-C 6-8pm <u>Park de la Cruz</u> PB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<b>7</b>	<b>8</b>	<p><b>9</b></p> <p>BB-Jr 4-5:30pm <u>Kearny</u> BB-EC 6-7:30pm <u>Bostonia</u> BB-NC 6-7pm <u>B&amp;G Vista</u></p>	<p><b>10</b></p> <p>BB-SB 5:30-7pm <u>Pkwy Gym</u> SW-C 7-8pm <u>Copley YMCA</u></p>	<p><b>11</b> S4EA Basketball Tourn. - </p> <p><u>Park de la Cruz / St. Augustine HS/ Mid-City 9am-5pm</u> BO-SB 11am-1pm <u>Lucky Strike</u> CY 1:15-3:30pm <u>Tidelands Park</u> TF-SB 10-12 <u>Sweetwater HS</u></p>
<p><b>12</b></p> <p>BO-C/NC 10:45a-12:20 <u>Mira Mesa</u> TF-C/EC 9-11am <u>Helix HS</u></p>	<p><b>13</b></p> <p>BB-C 6-8pm <u>Park de la Cruz</u> PB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<b>14</b>	<b>15</b>	<p><b>16</b></p> <p>Open Gym-Jr 4-5:30pm <u>Kearny</u></p>	<p><b>17</b></p> <p>SW-C 7-8pm <u>Copley YMCA</u></p>	<p><b>18</b> S4EA Pancake Breakfast/ </p> <p><u>Ath Council Elections S4EA Office 8-10am</u> BO-SB 11am-1pm <u>Lucky Strike</u> TF-SB 10-12 <u>Sweetwater HS</u></p>
<p><b>19</b></p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>  <p>National Volunteer Week--&gt;</p>	<p><b>20</b></p> <p>BB-C 6-8pm <u>Park de la Cruz</u> PB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<b>21</b>	<b>22</b>	<p><b>23</b></p> <p>Open Gym-Jr 4-5:30pm <u>Kearny</u></p>	<p><b>24</b></p> <p>SW-C 7-8pm <u>Copley YMCA</u></p>	<p><b>25</b> S4EA Final Track Meet - </p> <p><u>Sweetwater HS 9am-1pm</u></p> <p>BO-SB 11am-1pm <u>Lucky Strike</u> CY 1:15-3:30pm</p>
<p><b>26</b></p> <p>BO-C/NC 10:45a-12:20 <u>Mira Mesa</u></p>	<p><b>27</b></p> <p>BB-C 6-8pm <u>Park de la Cruz</u> PB-C 5:30-6:30 <u>Park de la Cruz</u></p>	<b>28</b>	<b>29</b>	<p><b>30</b></p> <p>Open Gym-Jr 4-5:30pm <u>Kearny</u></p>	<p><u>Board of Directors Elections</u></p> <p>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 April 7.</p>	<p><u>Designate S4EA with United Way</u></p> <p>United Way &amp; Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name &amp; address: S4EA, 8380 Vickers St. #E, SD 92111. Thanks for your support</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



### S4EA is Celebrating our 19th Anniversary in April!



#### Message from Exec. Dir. Walter Jackson

Join S4EA at Pancake Breakfast on Sat Apr 18 at S4EA Office and "A Taste 4 SPORTS" gala fundraiser on Sat Jun 27 at Balboa Park Club. S4EA is running our spring sports (basketball, bowling, cycling, pickleball, swimming, and track). Browse thru Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.



# SPORTS

for Exceptional Athletes



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#### SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp May 15-17 at Buckhorn Camp in Idyllwild. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432.



## 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](http://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.
- To [donate a vehicle to S4EA](#), call toll free 855-500-7433; free pick-up; tax receipt provided; and no smog certificate required.

SPORTS for Exceptional Athletes is a non-profit 501(c)(3) organization (ID # 20-8886536). Contributions are tax deductible as allowed by law.

**Volunteers** are needed as coaches for the spring season in basketball, bowling, cycling, pickleball, swimming, 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.



[www.facebook.com/sports4ea](http://www.facebook.com/sports4ea)

Donate to S4EA



#### 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.