



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 - NOVEMBER 2021

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

2021 SPORTS Camp November 12-14 at Green Oak Ranch in Vista

[S4EA SPORTS Camp](#) on November 12-14 at [Green Oak Ranch](#) (1237 Green Oak Rd, Vista 92081) offers a general program of camp & sports activities. Join in the fun visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show, and participating in various other camp 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 camp.

The S4EA SPORTS Camp Registration Fee is \$195 per person to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](#) as soon as possible to S4EA (9575 Aero Drive #B, SD, CA 92123). A non-refundable deposit of \$75 will reserve your spot in S4EA SPORTS Camp. Everyone attending SPORTS Camp must turn in a [COVID-19 Waiver of Liability Form](#). To help stop the spread of COVID-19, S4EA would like everyone (age 12 & above) participating in S4EA activities to have been vaccinated. Unvaccinated people must submit a negative PCR test taken after November 9th.

Because of COVID-19 restrictions, SPORTS Camp will be run a little differently. Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals & activities will be held outdoors. Less people will be put in each cabin. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. Limited spots available because of the pandemic.

A [Family Rate Special](#) is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at www.s4ea.org.



SPORTS for Exceptional Athletes

S4EA Holiday Party Saturday, December 11th at S4EA/North Shores



Come join in the festivities at the S4EA Holiday Party sponsored by SDGive 'Season of Giving' on Saturday, December 11th from 1-3:30pm at [S4EA/North Shores Courtyard](#) (9575 Aero Dr., SD 92123). For COVID-19 precautions, we are having all of the activities outside in the courtyard. Activities include music, dancing, caroling, Mexican dinner by Pepe, visit by Santa & a gift exchange (please bring a gift-max. value \$10). No cost. RSVP to S4EA at 858-565-7432 by December 6th.



What To Do To Get Vaccine

The Delta Variant of COVID-19 spread rapidly. Getting the vaccine is the best way to keep from getting the virus & going to the hospital. Anyone 12 and up can now get a vaccine. COVID-19 vaccines are safe, effective and 100% free. Sign up for your appointment today and join the millions who are putting an end to this pandemic. Some websites to help find vaccines:

<https://myturn.ca.gov/>

<https://vaccinefinder.org/>

<https://www.sandiegocounty.gov/>



If you need help getting the vaccine, contact S4EA at 858-565-7432 to get COVID vaccine at Vincent Pharmacy.

To keep our athletes & others safe, please continue to social distance & wear a mask when indoors. We want to all stay healthy until vaccine is widely distributed & we can once again start playing SPORTS & seeing our friends and relatives. S4EA has opened our indoor sports. Get your vaccine now & be safe to play our sports.

S4EA Event Dates

- Nov 12-14** S4EA SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)
- November 20** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 4** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 11** S4EA Holiday Party – S4EA/North Shores Courtyard (1-3:30pm)
- December 12** S4EA Bowling Tournament – Parkway Bowl (11am-3pm)
- February 26** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)

S4EA Fall Season

S4EA has opened our indoor fall sports that meet all Guidelines (depends on Delta variant status)





Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.


Once you are ready, athletes/volunteer coaches come join us in the following sports (also see calendar):

Indoor Sports

Based on CDC recommendations to help stop the spread of COVID-19 & especially the Delta variant, S4EA would like everyone (age 12 & above) participating in indoor S4EA activities to have been vaccinated.

Athletes, families & volunteers must wear masks to indoor practices with further guidance given at indoor practice.

| Sport-Practices | Day | Time | Location | For Fall Indoor Sports Status, Call S4EA at 858-565-7432 |
|---|--------------|-------------|---|--|
|  Bowling | Sat | 11am-1pm | Bowlero Chula Vista (845 Lazo Ct, CV 91910)-\$8 for 2 games [League Play] | |
| | Sat | 11:30am-3pm | Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games(must call Sue to first register) | |
| | Tourn-Dec 12 | Sun | 11am-3pm | Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126) [may replace Kearny Mesa Bowl-closed] Parkway Bowl (1280 Fletcher Pkwy, El Cajon 92020) |
|  Cycling | Sat | 1:15-3:30pm | Nov 6- Lake Murray around lake, Nov 13-- Liberty Station Ride the Point, End of Season [see calendar, S4EA website, coach for more info] | |
|  Floor Hockey | Mon | 6:30-8:30pm | Park de la Cruz (3901 Landis St., San Diego 92105) ending Nov 29 [League Play] | |
| | Thu | 4:00-5:30pm | Kearny Mesa Rec Center (3170 Armstrong, SD 92111) Canceled until kids get vaccinated [Jr] | |
| | Thu | 6:00-7:30pm | Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021) ending Dec 2 [not Nov 11 & 25] | |
| | Tourn-Dec 4 | Sat | 9am-5pm | Park de la Cruz (3901 Landis St., San Diego 92105) |
|  Volleyball | Mon | 5:30-7:00pm | Park de la Cruz (3901 Landis St., San Diego 92105) ending November 15 [League Play] | |
| | Fri | 6:30-7:30pm | Boys & Girls Club-Vista (410 W California Ave, Vista 92083) ending November 19 | |
| | Tourn-Nov 20 | Sat | 9am-4pm | Balboa Park Activity Center (2145 Park Blvd., San Diego 92101) |

Workouts-Hikes/Exercise  Limitless Adventures is a volunteer-led, 501(c)(3) nonprofit organization that provides outdoor recreational experiences for people with disabilities. Their current programming consists of hikes and other activities & operates within the Greater San Diego Area. For more info, go to: <https://www.limitless-adventures.org/> - Upcoming events: Hiking Nov 6 & Dec 4

No Practices or Tournaments During Thanksgiving. Enjoy the Thanksgiving Holidays with Family. Wear Masks & Social Distance.

S4EA Practices & Tournaments – Guidelines During COVID-19

- 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, don't come to practice)
- Before & during practice, coaches clean various surfaces & sports equipment with disinfectant to kill COVID-19 virus
- Wash hands often with soap & water for at least 20 seconds
- **Avoid giving handshakes, high fives, and hugs**
- **Wear a facemask & practice social distancing of at least 6 ft. indoor to help protect our athletes with disabilities**
- Bring your own filled water bottle (recommended)
- Bring your own sports equipment (recommended)
- Bring your own chair (recommended)
- Do not touch other people
- Only touch your own equipment
- Avoid touching eyes/nose/mouth with unwashed hands

Get your vaccine now & be safe to play our sports.

Shop Online During Holiday Season with AmazonSmile

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. AmazonSmile has raised over \$1,700 for S4EA.

Support S4EA and find all your holiday essentials including gifts, decorations, and more.





S4EA has opened up our outdoor sports that met all Guidelines.
S4EA has opened our indoor fall sports that met all Guidelines.



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org

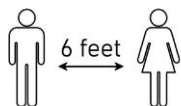
~ November 2021 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|---|---|
| <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>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>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>Volunteers 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> | <p>For Indoor Practices Masks Required. Get your COVID Vaccine & Be Safe to Play our Sports.</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>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.</p> |
| | <p>1 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz</p> | <p>2 Election Day</p> | <p>3</p> | <p>4 FH-EC 6-7:30pm Bostonia</p> | <p>5 VB-NC 6:30-7:30 B&G Vista</p> | <p>6 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CY 1:15-3:30pm Lake Murray around lake Limitless Adventure Hike</p> |
| <p>7 Daylight Savings Ends</p> | <p>8 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz</p> | <p>9</p> | <p>10</p> | <p>11 Veterans Day</p> | <p>12 SPORTS Camp - Green Oak Ranch, Vista VB-NC 6:30-7:30 B&G Vista</p> | <p>13 SPORTS Camp - Green Oak Ranch, Vista BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CY 1:15-3:30pm Liberty Station Ride the Point</p> |
| <p>14 SPORTS Camp - Green Oak Ranch, Vista</p> | <p>15 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz</p> | <p>16</p> | <p>17</p> | <p>18 FH-EC 6-7:30pm Bostonia</p> | <p>19 VB-NC 6:30-7:30 B&G Vista</p> | <p>20 S4EA Volleyball Tourn-Balboa Park Activity Center 9am-4pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl</p> |
| <p>21</p> | <p>22 FH-C 6:30-8:30 Park de la Cruz</p> | <p>23</p> | <p>24</p> | <p>25 Thanksgiving</p> | <p>26</p> | <p>27</p> |
| <p>28 Hanukkah</p> | <p>29 FH-C 6:30-8:30 Park de la Cruz</p> | <p>30</p> | | <p><u>Fall Season Sports</u> - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Volleyball (VB)</p> | <p><u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch</p> | <p><u>Facilities</u> Bostonia Recreation Center Bowlero Chula Vista Boys & Girls Clubs Vista Mira Mesa Lanes Park de la Cruz Gym Parkway Bowl</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 Indoor To Help Protect our Athletes with Disabilities!



Message from Executive Director Walter Jackson

Join S4EA at Holiday Party on Sat Dec 11 at S4EA/North Shores. S4EA has opened our indoor fall sports with masks required to be worn at practice. Get your vaccine now & be safe to play our sports & go to SPORTS Camp November 12-14 at Green Oak Ranch in Vista. Check out the rest of the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more information.

SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp November 12-14 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up.



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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](#) are needed as coaches for the fall season in bowling, cycling, floor hockey, and 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.

 Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA

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.