



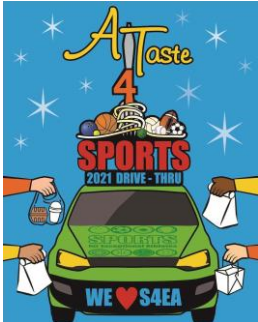
SPORTS
for Exceptional Athletes

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 - JUNE 2021

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

Drive-Thru "A Taste 4 SPORTS" June 17 Benefits S4EA



SPORTS for Exceptional Athletes would normally be hosting our 14th annual "A Taste 4 SPORTS" gala fundraiser at the Balboa Park Club in beautiful Balboa Park for 350-400 guests. However, because of the Coronavirus (COVID-19) Pandemic, S4EA cannot hold an indoor fundraising event with several hundred guests. Instead, **S4EA is having a Drive-Thru "A Taste 4 SPORTS" on Thursday, June 17th from 5-8pm at S4EA/North Shores for a \$50 donation**, Participate in our online auction at www.biddingowl.com/Sports4ExceptionalAthlete from June 1-16 with great getaways, sports, gift certificates, tickets, art, jewelry, etc.

Because "A Taste 4 SPORTS" is our largest fundraiser, S4EA needs your support now more than ever, so that S4EA can provide the same high level programming once the Pandemic is over.

Guests Drive-Thru to:

- * Sample tasty offerings from local restaurants & caterers.
- * Listen to great music.
- * Participate in the raffle.
- * Meet celebrities including NBA player Bill Walton.
- * View Classic Cars-'Mad' Mike.
- * See our S4EA athletes, families & friends during the drive-thru.

S4EA Thanks the Drive Thru "A Taste 4 SPORTS" Event Sponsors

SPORTS for Exceptional Athletes thanks the Event Sponsors at the Drive-Thru "A Taste 4 SPORTS" June 17 at S4EA/North Shores:

Gold Level (\$5,000)

Nick Brumbach

Silver Level (\$1,000)

Ahrens Family & Friends
Emil Ghio Family
Gibson Family
Jerry & Mary Ellen Harris Family
Richard Harris Family
Jackson/Snowdall Family
Jennifer Styer/Duane MacNeilan

Bronze Level (\$500)

Alvarez Family
Benavidez Family
Colors Gourmet Pizza
Mary & Rick Cunningham Family
Clara Downes
Geneva Financial
Teresa Gillaspay
Goldbaum Family
Idy Land Surveying
National Certified, Inc.
Kathy Nelson
Rathbun Family
Sonnenberg & Company, CPAs
Super Wash/Dry Laundromat-CV

Food Sponsors

[Bang Energy](#)

[Bread & Cie](#)

[Cookies con Amore](#)

[Creative Ideas](#)

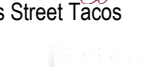
[Guillermo's-Pepe's Street Tacos](#)

[Mimi's Kitchen](#)

[Pick Up Stix](#)

[Screaming Pete's BBQ](#)

... and more!



Online Auction to be held June 1-16

Getaways to a variety of exciting locations, such as Laughlin & Las Vegas.

Sports—golf, hockey, horse racing, etc.

Gift Certificates/Tickets to local restaurants, museums, theatres, hotels, health & fitness, fun & games, and more.

Artwork, Jewelry & many more items.

To see items/make bids from Jun 1-16, go to: www.biddingowl.com/Sports4ExceptionalAthlete

S4EA Zoom Athlete Council Activity – 'Grease' Party Night June 4 from Comfort of Home



S4EA has scheduled a Zoom 'Grease' Party Night on Fri June 4 from 6-7:30pm. 'Grease' is a musical of working-class youth in high school from the 1950's.

Call S4EA at 858-565-7432 or email sds4ea@gmail.com to RSVP and to get the Zoom password info.



What To Do To Get Vaccine

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 and wear a mask when near other people. Get your vaccine. We want to all stay healthy until the vaccine is widely distributed and we can once again start playing SPORTS and seeing our friends and relatives. S4EA is hoping that we can offer our outdoor summer sports after July 4th. Stay tuned for updates!



S4EA Event Dates

June 1-16

June 4

June 17







S4EA Online Taste Auction – www.biddingowl.com/Sports4ExceptionalAthlete

S4EA Zoom 'Grease' Party Night – From the Comfort & Safety of Home (6-7:30pm)

S4EA Drive-Thru "A Taste 4 SPORTS" Gala Fundraiser—S4EA/North Shores Parking Lot (5-8pm)

S4EA Spring/Summer 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.
S4EA is planning to open up our outdoor summer sports after July 4th that meet all Guidelines.
Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

Sport-Practices	Day	Time	Location
Bocce 	Tue	5:30-7:00pm	Morley Field Bocce Courts (2221 Morley Field Dr., SD 92104) starting July 6 [League Play]
Cycling 	Sat	1:15-3:30pm	Various Locations: Jun 5-Chula Vista Marina, Jun 12-Liberty Station, Jun 19-DeAnza Cove, Jun 26-Hospitality Point [see calendar, S4EA website, coach for more info]
Soccer 	Mon	5:30-8:00pm	Park de la Cruz (3901 Landis St., San Diego 92105) starting July 5 [League Play]
Softball 	Wed	5:30-8:00pm	Morley Field Softball Fields (2221 Morley Field Dr., SD 92104) starting July 7 [League Play]
Tennis 	Mon	6:30-8pm	Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107) starting June 21 (tentative)
Workouts 	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort of Home end Jun 28
	Tue	6:00-7:00pm	Zoom Soccer Workout from comfort of Home ending June 29
	Thu	6:00-7:00pm	Zoom Basketball Workout from comfort of Home ending Jun 24 No Basketball Workout Jun 17 due to Drive-Thru Taste

Call S4EA at 858-565-7432 to get Zoom password info & if you need soccer & basketball equipment for workout.

S4EA Summer Outdoor Sports Season – Bocce, Soccer, Softball, Swimming, Track

As more and more people are receiving their COVID-19 vaccine shots, people are now able to do more activities. California is scheduled to open up most activities after June 15th. We are waiting for the various outdoor facilities that we use to open so that we can obtain new facility contracts. We will then check with our various head coaches to see if they are ready to run practices with the new rules, guidelines, and protocols. When that happens, S4EA is planning to open up our outdoor summer sports after July 4th, including bocce, soccer, softball, swimming & track. More than likely only certain practice sites will open in each sport and we will only do certain types of drills at practice.

Many of the San Diego City practices will now be held at Park de la Cruz (3901 Landis Street, San Diego 92105) which is near the University Ave. & Hwy 15 Transit Plaza bus stop. San Diego Park & Recreation-Therapeutic Recreation Services has moved their offices to Park de la Cruz and they get our San Diego City contracts. Park de la Cruz has a nice 2 court gym (similar to the Mid-City Gym which is less than a mile away) as well as a nice softball field and athletic fields. San Diego City soccer practice is scheduled on Mondays starting July 5th from 5:30-8pm at Park de la Cruz.

Because COVID-19 spreads mostly through the air, S4EA plans on opening up our outdoor sports first because there is much better air circulation outside and is therefore much safer than indoor sports where air circulation is not as good. Because SPORTS Camps utilize indoor facilities for sleeping, eating, and some other activities, S4EA will probably not be ready to open SPORTS Camps this summer, as we want to first make sure that running our outdoor sports is safe.

S4EA Practices – New 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, 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 & practice social distancing of at least 6 feet to help protect our athletes with disabilities**
- Bring your own filled water bottle (recommended)
- Bring your own sports equipment (highly recommended)
- Bring your own chair (recommended)
- Avoid touching eyes/nose/mouth with unwashed hands
- Do not touch other people
- Only touch your own equipment
- **Avoid giving handshakes, high fives, and hugs**



Cycling & Tennis had a soft opening as met SDC Dept of Health Guidelines. Zoom Workouts at 6pm on weekdays.
S4EA is planning to open up our outdoor summer sports after July 4th that meet all Guidelines



858-565-7432

SPORTS for Exceptional Athletes

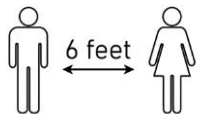
www.s4ea.org

~ June 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports</u></p> <ul style="list-style-type: none"> - Cycling (CY) - Tennis (TE) - Basketball (BB) [Zoom] - Soccer (SO) [Zoom] - Exercise [Zoom] 	<p><u>Facilities</u></p> <p>Barnes Tennis Center</p>	<p>1</p> <p>Zoom Soccer Workout 6-7pm Home</p>	<p>2</p>	<p>3 Zoom Basketball Workout 6-7pm Home</p>	<p>4</p>	<p>5</p> <p>CY 1:15-3:30pm Chula Vista Marina (parking lot near bay) to Imperial Beach</p>
<p>6</p>	<p>7</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p>8</p> <p>Zoom Soccer Workout 6-7pm Home</p>	<p>9</p>	<p>10</p> <p>Zoom Basketball Workout 6-7pm Home</p>	<p>11</p>	<p>12</p> <p>CY 1:15-3:30pm Liberty Station (parking near USS Recruit) to Navy base</p>
<p>13</p>	<p>14 Flag Day</p> <p>Zoom Exercise Workout 6-6:45pm Home</p>	<p>15</p> <p>Zoom Soccer Workout 6-7pm Home</p>	<p>16</p>	<p>17 Drive Thru "A Taste 4 SPORTS" - S4EA/North Shores 5-8pm</p> <p>No Zoom Basketball Workout</p>	<p>18</p>	<p>19</p> <p>CY 1:15-3:30pm De Anza Cove (parking lot north end, nearest Route 5) to Fiesta Island/YMCA</p>
<p>20 Father's Day Summer Begins</p>	<p>21</p> <p>TE-C 6:30-8 Barnes Tennis Ctr Zoom Exercise Workout 6-6:45pm Home</p>	<p>22</p> <p>Zoom Soccer Workout 6-7pm Home</p>	<p>23</p>	<p>24</p> <p>Zoom Basketball Workout 6-7pm Home</p>	<p>25</p>	<p>26</p> <p>CY 1:15-3:30pm Hospitality Point (parking near Harbor Police Station) to Mission Valley/Dog Beach</p>
<p>27</p>	<p>28</p> <p>TE-C 6:30-8 Barnes Tennis Ctr Zoom Exercise Workout 6-6:45pm Home</p>	<p>29</p> <p>Zoom Soccer Workout 6-7pm Home</p>	<p>30</p>		<p><u>Community Giving Program</u></p> <p>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>Donate Stocks to S4EA</u></p> <p>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></p> <p>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></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>S4EA Thanks Autism Speaks</u></p> <p>S4EA thanks Autism Speaks for your grant to support running our programs to enhance the lives of our S4EA athletes in the Autism Spectrum.</p>	<p><u>Stay safe at home during Coronavirus Pandemic. Keep doing Zoom sports workouts, stretching, exercises & walking while maintaining social distancing (6' away from others) & wearing masks in public.</u></p>	<p><u>S4EA Facemasks</u></p> <p>S4EA has a limited supply of S4EA Facemasks for \$8 at S4EA office.</p>	<p><u>Vols Needed for Office Projects</u></p> <p>Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.</p>	<p><u>Shop Online with AmazonSmile</u></p> <p>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>

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

Depending upon new county guidelines, S4EA hopes to reopen our outdoor summer sports in July. Stay tuned for updates!

S4EA Board of Directors 2021-22

Congratulations to the new 2021-22 S4EA Board of Directors elected at the S4EA Board meeting on May 12th.

3-year term: Rodney Caudillo, Ron Choularton, Adrian Lizano.

1-year terms: Joe Alvarez-Salas, Kelly Choularton, Isaac Hernandez.

Executive Committee: Skip Covell (Pres.), Randy Levinson (Vice President), Teri King (Treasurer), Adrian Lizano (Secretary), Ron Choularton (Exec. Com. Member).

Other Current Board Members: Nicole Alvarez, Martin Duarte, Aik Kalantarian, Carissa Nelson-Zink.



SPORTS

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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 in cycling and tennis. S4EA is hoping that we can offer our outdoor summer sports starting July 4th so that we would then need coaches in bocce, soccer, softball, 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.

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.