



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 - APRIL 2020

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

Coronavirus (COVID-19)

The health & safety of the S4EA community is our top priority. In light of the daily changes in the news on the Coronavirus (COVID-19) Pandemic, we are hearing more and more of the dangers of having large numbers of people gathered in one location. Due to the medical conditions of some people with developmental disabilities, the nature of close and physical contact while playing sports, and the increased exposure to the virus, our athletes are at a higher risk of contracting the virus, including a severe case.

As of March 26, all S4EA practices, tournaments, and events have been CANCELLED until at least May 1. We will then evaluate if we are ready to open at that time. Contact S4EA at www.s4ea.org or 858-565-7432 regarding updates on scheduled activities.

The following S4EA activities have been cancelled or postponed:

- All S4EA Practices Cancelled Until At Least May 1st
- Spring S4EA Baseball, Basketball, Floor Hockey & Track Seasons Cancelled
- S4EA Surf Camp Cancelled
- Spring Pancake Breakfast Postponed

For more information on precautions and the Coronavirus, contact the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

Take steps to protect yourself and others

- Wash hands often with soap and water for at least 20 seconds.
- Avoid close contact.
- Avoid giving handshakes, high fives, and hugs.
- Social distancing - stay at least 6' away from other people.
- Stay home whether you're sick or not (self-quarantine).
- Cover coughs and sneezes.
- Clean and disinfect.

As of March 21 California Governor Gavin Newsom issued an order for all 40 million Californians to stay at home due to the coronavirus outbreak. Citizens are allowed to leave their homes to visit grocery stores or pharmacies but must "at all times practice social distancing."

As of March 29, President Trump said federal guidance urging social distancing will stay in place through April 30.

If you are feeling well, S4EA athletes, families, volunteers, and coaches should continue to do exercising at home. If you want to take a walk, just maintain social distancing (at least 6 feet) from others. You should continue to communicate with others, including by phone, text, email, social media, etc.

S4EA Tournament/Event Dates *TBD

- | | |
|----------------------------------|--|
| April 4 Postponed | S4EA Pancake Breakfast/Athlete Council Elections—S4EA/North Shores (8-10am) |
| April 17-19 Cancelled | S4EA Surf Camp #1—YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun 1pm) |
| April 25 Cancelled | S4EA Final Track Meet—Sweetwater High School (9am-1pm) |
| May 1 TBD | S4EA Bunco Fundraiser – S4EA/NorthShores (6-8pm) |
| May 28 TBD | S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm) |
| July 31-August 2 | S4EA SPORTS Camp #2 – Buckhorn Camp in Idyllwild (Fri 4pm-Sun 1pm) |
| August 15 | S4EA Swim Meet – St. Madeleine Sophie's Center (8am-1pm) |
| August 30 | S4EA Soccer & Golf Tournament – Morley Field in Balboa Park (9am-5pm) |
| September 13 | S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm) |
| October 9 | S4EA Golf Classic Fundraiser –Riverwalk Golf Club (11am-8pm) |
| October 23-25 | S4EA Halloween SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm) |

***TBD Dates To Be Determined Based on Status of the Coronavirus (Call S4EA 858-565-7432 for updates)**

S4EA Spring Season

Practices/Tournaments are CANCELLED thru at least May 1st. Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

Sport-Practices Day Time Location Meet

Baseball Cancelled Sat 10am-12noon Balboa (3900 Mt. Acadia, SD 92114) {CANCELLED}
Sat 9:00am-11:00am Chollas Lake (6005 College Grove Dr, SD 92115) {CANCELLED}
Sat 9:00am-11:00am Mira Mesa Youth BB Fd (Camino Ruiz Park, 11489 Camino Ruiz, SD 92126) {CANCELLED}

Basketball Cancelled Tue 6-9pm Hoover HS (4474 El Cajon Blvd., SD 92115) not March 31 [League Play] {CANCELLED}

Bowling TBD Sat 11:00am-1pm Bowlero Chula Vista (845 Lazo Ct, CV 91910)-\$7.25 for 2 games {NOT APR 4, 11, 18, 25}
Sat 1:30-3:30pm Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50/2 game {NOT APR 4, 11, 18, 25}

Cycling TBD Sat 1:15-3:30pm Various Locations starting beginning May [see calendar, S4EA website, coach for more info]

Floor Hockey Cancelled Mon 6-8pm Mid-City Gym (4302 Landis St, San Diego 92105) [League Play] {CANCELLED}
Thu 4:00-5:30pm Kearny Mesa Rec Ctr (3170 Armstrong, SD 92111) start Apr 9 [Jrs Open Gym] {CANCELLED}
Thu 6:00-7:30pm Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) starting April 2 {CANCELLED}

Ice Skating TBD Sat 1:00-3:00pm TSA Kroc Center (6845 University Ave, SD 92115)-\$5 per session {NOT APR 4/11/18/25}
Wed 4:00-5:00pm San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126) {NOT APR 1, 8, 15, 22, 29}
Thu 3:30-5:00pm University Towne Center (4545 La Jolla Village Dr, SD 92122) {NOT APR 2, 9, 16, 23, 30}

Swimming TBD Fri 3:30-5:00pm Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/session [swim only] {NOT APR 3/10/17/24}
Fri 5:00-7:00pm Vista Terrace Pool (301 Athey, SD 92173) start in May-\$20/mo.[Swim 1st Hr/Non-Swim 2nd Hr]
Day at the Beach Sat Jul 25 9am-3pm Windansea teach surfing La Jolla Shores-Limited spots available-Call Clara 858-565-7432
Meet-Aug 15 Sat 8:00am-1:00pm St. Madeleine Sophie's Ctr (2119 E. Madison Ave., EC 92019) [Harbor Kiwanis provide lunch]

Table Tennis TBD Sun 12pm-1pm After School Learning Tree (11525 Sorrento Valley Rd, SD 92121) {NOT APR 5, 12, 19, 26}

Track Cancelled Sat 10am-12noon Sweetwater High School (2900 Highland Ave, National City 91950) {CANCELLED}
[Athletes start at 10am in dance room W of old gym for exercises & then move out to track]
Sun 9:00-11:00am Helix High School (7323 University Ave, La Mesa 91941) ending April 19 {CANCELLED}
Final Meet Apr 25 Sat 9:00am-1:00pm Sweetwater HS (2900 Highland Ave, National City 91950) {CANCELLED}

***TBD Dates To Be Determined Based on the Status of the Coronavirus (Call S4EA at 858-565-7432)**

S4EA Surf Camp April 17-19 at YMCA Camp Surf CANCELLED

S4EA Surf Camp Session #1 scheduled for April 17-19 at YMCA Camp Surf in Imperial Beach has been CANCELLED due to the Coronavirus. Any athlete that has already registered for S4EA Surf Camp Session #1 can transfer their payment to [S4EA SPORTS Camp Session #2](#) scheduled for July 31-August 2 at [Buckhorn Camp in Idyllwild](#), or request a refund.

The S4EA SPORTS Camp Registration Fee is \$195 per session to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form #2](#) 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. Turn in Camp Registration Form and Fee by July 10 and pay Early Bird Price of only \$180 (\$75 advance deposit will lock in the lower rate). Round trip transportation-\$45. For more info, please call S4EA at (858)565-7432.

"A Taste 4 SPORTS" Update

S4EA is still planning on having our 13th Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser. Because of the constantly changing status of the Coronavirus Pandemic, we do not know if we can still have "A Taste 4 SPORTS" on Thursday, May 28th from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101). Our options then would be to move "A Taste 4 SPORTS" into the summer months possibly at a different location, or to make "A Taste 4 SPORTS" a VIRTUAL event. If you have ideas or can help S4EA in planning, or for more information, please call S4EA at 858-565-7432.



858-565-7432

S4EA Practices, Tournaments & Events Cancelled for April!

SPORTS for Exceptional Athletes

www.s4ea.org



~ April 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Winter Season Sports</u> - Basketball (BB) - Bowling (BO) - Ice Skating (IS) - Track (TF)	<u>Spring Season Sports</u> - Challenger Baseball (CB) - Floor Hockey - Swimming (SW) - Table Tennis (TT)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<u>Facilities</u> Bostonia Recreation Center Hoover High School Kearny Mesa Rec. Center Mid-City Gym	<u>Facilities</u> After School Learning Tree Bowlero Chula Vista Copley YMCA Poway Fun Bowl University Towne Center Vista Terrace Pool	<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.	<u>Challenger Baseball (CB)</u> Balboa-Mt. Acadia Sat 10am Cubs (Cub) & Royals (Roy) Chollas Lake (Chollas) Sat 9am Padres (Pads) Mira Mesa Youth Baseball (MMYB) Sat 9am
<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.	<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.	Stay safe at home during Coronavirus Pandemic. Keep doing stretching, exercises & walking while maintaining social distancing (6' away from others).	1 IS-SR 4-5pm SD Ice Arena	2 FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC	3 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	4 <u>S4EA Pancake-Breakfast-N. Shores-8-10</u> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Pads Practice 9-11 Chollas CB-MMYB vs Cub/Roy 9-11 MMYB IS-C 1-3pm TSA Kroc-Center TF-SB 10am-12 Sweetwater HS
5 Palm Sunday TF-C/EC 9-11am Holix HS TT-C 12-1pm Sch. Learn Tree	6 FH-C 6-8pm Mid-City	7 BB-C 6-9pm Hoover	8 Passover IS-SR 4-5pm SD Ice Arena	9 FH-EC 6-7:30pm Bostonia Open-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	10 Good Friday SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	11 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cub/Roy vs Pads 10-12 Balboa IS-C 1-3pm TSA Kroc-Center TF-SB 10am-12 Sweetwater HS
12 Easter	13 FH-C 6-8pm Mid-City	14 BB-C 6-9pm Hoover	15 IS-SR 4-5pm SD Ice Arena	16 FH-EC 6-7:30pm Bostonia Open-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	17 <u>S4EA Surf Camp #1</u> <u>YMCA Camp Surf, Imp Bch</u> SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	18 <u>SEA Surf Camp Imperial Beh</u> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Cubs vs Royal 10-12 Balboa CB-Pads vs MMYB 9-11 Chollas IS-C 1-3pm TSA Kroc-Center TF-SB 10am-12 Sweetwater HS
19 <u>S4EA Surf Camp #1</u> <u>YMCA Camp Surf, Imp Bch</u> TF-C/EC 9-11am Holix HS TT-C 12-1pm Sch. Learn Tree Volunteer Appreciation Week April 19-25	20 FH-C 6-8pm Mid-City	21 BB-C 6-9pm Hoover	22 IS-SR 4-5pm SD Ice Arena	23 FH-EC 6-7:30pm Bostonia Open-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	24 SW-C 3:30-5pm Copley Y SW-SB 5-7 Vista Terrace	25 <u>S4EA Final Track Meet-Sweetwater 9-4</u> BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CB-Pads Practice 9-11 Chollas CB-MMYB vs Cub/Roy 9-11 MMYB IS-C 1-3pm TSA Kroc-Center
26 TT-C 12-1pm Sch. Learn Tree	27 FH-C 6-8pm Mid-City	28 BB-C 6-9pm Hoover	29 IS-SR 4-5pm SD Ice Arena	30 FH-EC 6-7:30pm Bostonia Open-Jr 4-5:30pm Kearny IS-SR 3:30-5pm UTC	<u>Vols Needed in S4EA Office</u> Volunteers are needed to help with various office projects including mail-outs, newsletters, etc. Call S4EA at 858-565-7432 to help.	<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.

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 13th Anniversary in April!



S4EA Celebrates our 13th 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 13 years a great success!

S4EA Board of Director Elections

S4EA will be having elections for our new Board of Directors this coming month. 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 3.



SPORTS
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ADDRESS SERVICE REQUESTED



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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 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.

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.

 Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA

[Volunteers](#) are needed as coaches for the Spring Season in baseball, basketball, bowling, cycling, floor hockey, ice skating, swimming, table tennis, and track. [Volunteers](#) are needed as coaches for the Summer Season in bocce, soccer, softball, and tennis. 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.