



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 2022

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S4EA Athlete Council Activities – Pancake Breakfast Sat April 9 at S4EA/North Shores

The [S4EA Pancake Breakfast](#) Fundraiser is being held at [S4EA/North Shores Courtyard](#) (9575 Aero Dr., San Diego 92123) on Saturday, April 9 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 information or to order your Pancake Breakfast tickets, call S4EA at 858-565-7432.



S4EA Bunco Friday, April 22 at S4EA/North Shores



SPORTS for Exceptional Athletes presents [Bunco](#) on Friday, April 22 at [S4EA/North Shores Courtyard](#) (9575 Aero Drive, San Diego 92123) from 5:30-7:30pm. Because it's safer outside, we will eat at 5:30pm & start playing at 6pm in the Courtyard. Tickets are \$20 - which includes hors d'oeuvres, soft drinks and two rounds of tournament play. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos), and supporting S4EA, call S4EA at 858-565-7432.

"A Taste 4 SPORTS" Gala Fundraiser June 2 at Balboa Park Club

S4EA is hosting our 15th Annual "[A Taste 4 SPORTS](#)" Gala Fundraiser on Thursday, June 2nd from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 20 restaurants, personal chefs, caterers & wineries. Mingle with notable local & sports figures, enjoy music & 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.

San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



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. Over the years TRS has been supporting SPORTS for Exceptional Athletes in obtaining contracts for the use of San Diego City Recreation Facilities (gyms & fields) through a SUP agreement which ended in March. SDP&R-TRS is now co-sponsoring 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 or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the spring include Park de la Cruz-Basketball/Volleyball (Code: [100106](#)), Kearny Mesa Recreation Center-Junior Open Sports (Code: [100107](#)), and Mt. Acadia/Balboa-Baseball (Code: [100149](#)).

S4EA Celebrates our 15th 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 15 years a great success!



S4EA Event Dates

- April 9** **S4EA Pancake Breakfast – S4EA/North Shores Courtyard (8-10am)**
- April 22** **S4EA Bunco – S4EA/North Shores Courtyard (5:30-7:30pm)**
- April 30** **S4EA Final Track Meet – Sweetwater High School (9am-1pm)**
- June 2** **S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm)**

S4EA Spring Season

S4EA has opened our indoor spring season sports that meet all Guidelines (depends on COVID-19 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 & Omicron variants, S4EA would like everyone (age 5 & above) participating in indoor S4EA activities to have been vaccinated & boosted.

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

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	For Spring Season Sports Status, Call S4EA at 858-565-7432	
Baseball 	Sat	10:00am-12noon	Balboa (3900 Mt. Acadia, SD 92111) [practice on Tue from 4:30-6pm] (Code: 100149)		
	Sat	9:00am-11:00am	Chollas Lake (6005 College Grove Dr, SD 92115) [see calendar or coach for game schedule]		
	Sat	9:00am-11:00am	Mira Mesa Youth Baseball Field (Camino Ruiz Park, 11489 Camino Ruiz, San Diego 92126)		
Basketball 	Mon	6:45-8:45pm	Park de la Cruz (3901 Landis St., San Diego 92105) [League Play] (Code: 100106)		
	Thu	4:00-5:30pm	Kearny Mesa Rec Ctr (3170 Armstrong, SD 92111) [Jr Open Gym] (Code: 100107)		
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021)		
	Fri	4:00-5:30pm	Otay Recreation Ctr (3554 Main St., CV 91911) start Apr 1-not 4/15 [maybe also floor hockey]		
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 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)		
Cycling 	Sat	1:15-3:30pm		Apr 23-TBD	Apr 30-TBD [see calendar, S4EA website, coach for more info]
Ice Skating 	Wed	3:45-4:45pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126) Put skates on at 3:30pm [New athletes call Terry Poletto at 858-349-7388 before starting]		
Track 	Sat	10:00-11:30am	Sweetwater High School (2900 Highland Ave, NC 91950) [for stretching meet at track]		
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941)		
	Final Meet-Apr 30 Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)		
Volleyball 	Mon	5:45-7:00pm	Park de la Cruz (3901 Landis St., San Diego 92105) [League Play] (Code: 100106)		
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 Apr 16			

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.

What To Do To Get Vaccine

The Delta Variant of COVID-19 spread rapidly and the Omicron Variant spread even more quickly. Getting the vaccine and then the booster when eligible is the best way to keep from getting the virus & going to the hospital.

Anyone 5 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.





858-565-7432

S4EA has opened up our indoor and outdoor sports that met all Guidelines.
Once you are ready, athletes & volunteer coaches come join us in the following sports.

SPORTS for Exceptional Athletes

www.s4ea.org



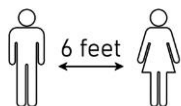
~ April 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Spring Sports-Cycling (CY)</u> - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Floor Hockey (FH) - Ice Skating (IS) - Track (TF) - 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 Boys & Girls Clubs Vista Kearny Mesa Rec. Center Otay Recreation Center Park de la Cruz Gym</p>	<p><u>Facilities</u> Balboa/Mt. Acadia Bowlero Chula Vista Helix High School Parkway Bowl San Diego Ice Arena Sweetwater High School</p>	<p><u>Volunteer Appreciation Week April 17-23, 2022</u> Volunteers are backbone of S4EA program. S4EA thanks our dedicated volunteers for coaching, helping at meets, office projects & supporting our athletes during year.</p>	<p>1 April Fools' Day BB-SB 4-5:30 Otay Rec Ctr FH-SB 4-5:30 Otay Rec Ctr</p>	<p>2 Ramadan BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CB-Cubs vs Royal 10-12 Balboa TF-SB 10-11:30 Sweetwater HS</p>
<p>3 TF-C/EC 9-11am Helix HS</p>	<p>4 VB-C 545-7pm Park de la Cruz BB-C 645-845 Park de la Cruz</p>	<p>5 CB-Practice 4:30-6pm Balboa</p>	<p>6 IS-SR 3:45-4:45 SD Ice Arena</p>	<p>7 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30 Kearny</p>	<p>8 BB-SB 4-5:30 Otay Rec Ctr FH-SB 4-5:30 Otay Rec Ctr</p>	<p>9 S4EA Pancake Breakfast – S4EA/North Shores 8-10am BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CB-Cubs vs Royal 10-12 Balboa TF-SB 10-11:30 Sweetwater HS</p>
<p>10 Palm Sunday TF-C/EC 9-11am Helix HS</p>	<p>11 VB-C 545-7pm Park de la Cruz BB-C 645-845 Park de la Cruz</p>	<p>12 CB-Practice 4:30-6pm Balboa</p>	<p>13 IS-SR 3:45-4:45 SD Ice Arena</p>	<p>14 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30 Kearny</p>	<p>15 Good Friday Passover</p>	<p>16 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CB-Cubs vs Royal 10-12 Balboa TF-SB 10-11:30 Sweetwater HS Limitless Adventure Hiking</p>
<p>17 Easter TF-C/EC 9-11am Helix HS</p> <div data-bbox="65 1015 317 1141" data-label="Image"> </div>	<p>18 VB-C 545-7pm Park de la Cruz BB-C 645-845 Park de la Cruz</p>	<p>19 CB-Practice 4:30-6pm Balboa</p>	<p>20 IS-SR 3:45-4:45 SD Ice Arena</p>	<p>21 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30 Kearny</p>	<p>22 S4EA Bunco – S4EA/North Shores 5:30-7:30pm BB-SB 4-5:30 Otay Rec Ctr FH-SB 4-5:30 Otay Rec Ctr</p>	<p>23 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CB-Cubs vs Royal 10-12 Balboa CY 1:15-3:30pm TF-SB 10-11:30 Sweetwater HS</p>
<p>24 TF-C/EC 9-11am Helix HS</p>	<p>25 VB-C 545-7pm Park de la Cruz BB-C 645-845 Park de la Cruz</p>	<p>26 CB-Practice 4:30-6pm Balboa</p>	<p>27 IS-SR 3:45-4:45 SD Ice Arena</p>	<p>28 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30 Kearny</p>	<p>29 BB-SB 4-5:30 Otay Rec Ctr FH-SB 4-5:30 Otay Rec Ctr</p>	<p>30 S4EA Final Track Meet - Sweetwater HS 9am-1pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl CB-Cubs vs Royal 10-12 Balboa CY 1:15-3:30pm</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>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>Vols Needed for Office Projects</u> 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>For Indoor Practices</u> Masks Highly Recommended. 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>

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 Exec. Dir. Walter Jackson

Join S4EA at the Pancake Breakfast on Sat Apr 9 & at Bunco on Fri Apr 22 outside at S4EA/North Shores Courtyard. S4EA has opened our spring season with masks highly recommended to be worn at indoor practices. Get your vaccine & booster now to be safe to play our sports. Check out the rest of the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

S4EA Offices Will Be Moving

Arc is finalizing selling North Shores in next two months. S4EA will need to move our offices by the end of May/June 2022. If you know any office/warehouse space (1,500+ sq. ft.) that S4EA could use in coming years please contact S4EA at 858-565-7432.



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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 over 450 athletes with developmental disabilities ages 5 through adult in San Diego County during the pandemic.

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 spring season in baseball, basketball, bowling, cycling, ice skating, track, 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.



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.