



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 - OCTOBER 2019

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

Halloween SPORTS Camp Session #3 October 25-27 at Green Oak Ranch in Vista

[S4EA SPORTS Camp Session #3](#) on October 25-27 at [Green Oak Ranch](#) in Vista offers a general program of camp & sports activities as well as Halloween fun. Join in the fun trick-or-treating, visiting the Haunted House and 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 \$190 per session 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). Turn in S4EA Camp Registration Form and Fee by October 4 and pay Early Bird Price of only \$175. A non-refundable deposit of \$70 will reserve your spot in S4EA SPORTS Camp. Round trip transportation is \$40. For more info, please call S4EA at (858)565-7432 or go to S4EA website at www.s4ea.org.



SPORTS Camp – Chaperones Needed!

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp #3 October 25-27 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.

S4EA Athlete Council Activities – Bunco Nov 8 & Holiday Party Dec 12

SPORTS for Exceptional Athletes presents 'Bunco' on Friday, November 8 at [S4EA/North Shores](#) (9575 Aero Drive, San Diego 92123) from 6-8pm. Tickets are \$20, which includes hors d'oeuvres, soft drinks and two rounds of tournament play. Win prizes for most Buncos, most wins, and most losses. A unique fundraising adventure that will be fun for all. If interested in playing Bunco, winning prizes & supporting S4EA, call 858-565-7432 or go to the S4EA website www.s4ea.org.

The S4EA Holiday Party is scheduled for Thu Dec 12th from 5:30-8pm at [Eagles Aerie](#) (3848 Centre St. at University Ave., SD 92103). Activities include music, dancing, caroling, dinner, visit by Santa & gift exchange. No cost. RSVP by Dec 5th to S4EA at 858-565-7432.

S4EA Tournament/Event Dates

- October 5** S4EA Bocce & Flag Football Tournament – La Jolla Country Day School (8:30am-4pm)
- October 13** S4EA Cycling Tournament – Velodrome at Morley Field in Balboa Park (9:30am-1pm)
- October 25-27** S4EA Halloween SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)
- November 8** S4EA Bunco Fundraiser – S4EA/North Shores (6-8pm)
- November 23** S4EA Volleyball & Table Tennis Tournament – Balboa Park Activity Center (9am-5pm)
- December 8** S4EA Floor Hockey Tournament – Francis Parker School (9am-5pm)
- December 12** S4EA Holiday Party – Eagles Aerie (5:30-8pm)
- December 15** S4EA Bowling Tournament – Bowlero Chula Vista (8:30am-4pm)
- February 4-6** S4EA Winter Games (Downhill & CC Ski, Snowboard, Snowshoe) – Cedar Lake in Big Bear
- February 29** S4EA Guacamole Bowl - Balboa Park Club (10am-2pm)
- April 17-19** S4EA Surf Camp #1 – YMCA Camp Surf, Imperial Beach (Fri 4pm-Sun-1pm)
- May 28** S4EA "A Taste 4 SPORTS" Gala Fundraiser – Balboa Park Club (6-9pm)

S4EA Fall Season

Athletes and volunteer coaches come join us in the following fall season sports (also see calendar):

<u>Sport-Practices Meet</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<u>Bocce</u>	Tue	5:30-7:00pm	Morley Field Bocce Courts (2221 Morley Field Dr, San Diego 92104) end Sep 3 [League Play]
	Wed	5:30-7:00pm	Chula Vista Elks Lodge (901 Elks Lane, Chula Vista 91910) ending September 25
	Thu	5:30-7:00pm	Brengle Terrace Park (1200 Vale Terrace Dr., Vista 92084) ending September 12
	Tourn-Oct 5	Sat	8:30am-4:00pm
<u>Bowling</u>	Mon	3:30-5:00pm	Kearny Mesa Bowl (7585 Clairemont Mesa Blvd, San Diego 92111)-\$3 for 2 games
	Sat	11:00am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$7.25 for 2 games [League Play]
	Sat	1:30-3:30pm	Poway Fun Bowl (12941 Poway Rd., Poway 92064)-\$5.50 for 2 games plus \$2 for shoes
	Tourn-Dec 15	Sun	8:30am-4pm
<u>Cycling</u>	Sat	1:15-3:30pm	Various Locations [see calendar, S4EA website, or coach Russ 619-992-0164 for more info]
	Tourn-Oct 13	Sun	9:30am-1pm
<u>Flag Football</u>	Wed	5:45-7:15pm	Morley Field Athletic Fields (2221 Morley Field Dr., San Diego 92104) ending October 2
	Tourn-Oct 5	Sat	8:30am-4:00pm
<u>Floor Hockey</u>	Mon	5:30-8:00pm	Mid-City Gym (4302 Landis St., San Diego 92105) [League Play]
	Thu	4:00-5:30pm	Kearny Mesa Recreation Center (3170 Armstrong, San Diego 92111) [Juniors]
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021)
	Fri	5:00-6:45pm	Otay Recreation Center (3554 Main St., CV 91911) not Oct 25 [Note new day of week-Fri]
	Sacramento-Nov 24	Sun	9:00am-5:00pm
Tourn-Dec 8	Sun	9:00am-5:00pm	Francis Parker School (6501 Linda Vista Rd, San Diego 92111) [Civitan provide lunch]
<u>Golf</u>	Sat	11am-12:30pm	Town Park Villas Golf Course (6301 Gullstrand St., San Diego 92122)-cost \$8
<u>Ice Skating</u>	Sat	1:00-3:00pm	TSA Kroc Center (6845 University Ave, San Diego 92115)-\$5 per session
	Wed	4:00-5:00pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)
	Thu	3:30-5:00pm	University Towne Center (4545 La Jolla Village Dr, San Diego 92122)
<u>Swimming</u>	Fri	3:30-5:00pm	Copley YMCA (4300 El Cajon Blvd, SD 92105)-\$5/ses.-\$15/month [swimmers only]
<u>Table Tennis</u>	Sun	12:00pm-1:00pm	After School Learning Tree (11525 Sorrento Valley Rd, San Diego 92121)
	Tourn-Nov 23	Sat	9:00am-5:00pm
<u>Volleyball</u>	Tue	5:45-8:30pm	Hoover High School (4474 El Cajon Blvd, San Diego 92115) [League Play]
	Tue	6:00-7:00pm	Boys & Girls Club-Vista (410 W California Ave, Vista 92083)
	Tourn-Nov 23	Sat	9:00am-5:00pm

S4EA Bocce & Flag Football Tournament October 5 at La Jolla Country Day School

The S4EA Bocce and Flag Football Tournament is scheduled for Saturday, October 5th from 8:30am-4pm at [La Jolla Country Day School](http://www.s4ea.org) (9490 Genesee, La Jolla 92037). La Jolla Country Day School is providing the lunch and volunteers for the tournament. Come out and watch over 30 bocce teams and 10 flag football teams competing for medals in the various ability level divisions.

Subscribe to Practice Calendar and never miss a Practice

The S4EA website www.s4ea.org now offers the option to **subscribe** to calendars for each sport and practice site. Your favorite email or calendar program (Outlook etc.) on your computer or phone will always contain up-to-date information regarding your sports practices including time and location. You may find this option on all the Sport's pages or the **News & Events** page. **Android** users may need to install **WebCal-Sync**.



858-565-7432

SPORTS for Exceptional Athletes

www.s4ea.org



~ October 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>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 VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>2 FF-C 5:45-7:15pm Morley Fd IS-SR 4-5pm SD Ice Arena</p>	<p>3 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>4 FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>5 S4EA Bocce & Flag Football Tour - La Jolla Country Day 8:30am-4pm BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Liberty Station GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center</p>
<p>6 TT-C 12-1pm Sch. Learn Tree</p>	<p>7 BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p>8 Yom Kippur VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>9 IS-SR 4-5pm SD Ice Arena</p>	<p>10 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>11 FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>12 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center</p>
<p>13 S4EA Cycling Tour – Velodrome 9:30am-1pm TT-C 12-1pm Sch. Learn Tree</p>	<p>14 Columbus Day BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p>15 VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>16 IS-SR 4-5pm SD Ice Arena</p>	<p>17 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>18 FH-SB 5-6:45pm Otay Rec SW-C 3:30-5pm Copley Y</p>	<p>19 BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Mission Trails GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center</p>
<p>20 TT-C 12-1pm Sch. Learn Tree</p>	<p>21 BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p>22 VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>23 IS-SR 4-5pm SD Ice Arena</p>	<p>24 FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</p>	<p>25 SPORTS Camp #3 - Green Oak Ranch, Vista SW-C 3:30-5pm Copley Y</p>	<p>26 SPORTS Camp #3 - Green Oak Ranch, Vista BO-NC 1:30-3:30 Poway BO-SB 11am-1pm Bowlero CV GO 11-12:30pm Town Park Villas IS-C 1-3pm TSA Kroc Center</p>
<p>27 SPORTS Camp #3 - Green Oak Ranch, Vista TT-C 12-1pm Sch. Learn Tree</p>	<p>28 BO-C 3:30-5pm KM Bowl FH-C 5:30-8pm Mid City Gym</p>	<p>29 VB-C 5:45-8:30pm Hoover VB-NC 6-7 B&G Vista</p>	<p>30 IS-SR 4-5pm SD Ice Arena</p>	<p>31 Halloween FH-Jr 4-5:30pm Kearny Rec FH-EC 6-7:30pm Bostonia IS-SR 3:30-5pm UTC</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>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.</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>Fall Season Sports</u> - Bowling (BO) - Flag Football (FF) - Floor Hockey (FH) - Table Tennis (TT) - Volleyball (VB)</p>	<p><u>Summer Season Sports</u> - Bocce (BC) - Cycling (CY) - Golf (GO) - Ice Skating (IS) - Swimming (SW)</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 – Mid-City Gym</u> Bostonia Recreation Center Boys & Girls Clubs Vista Hoover High School Kearny Mesa Rec. Center Morley Field-Balboa Park Otay Recreation Center TSA Kroc Center</p>	<p><u>Facilities</u> After School Learning Tree Bowlero Chula Vista Copley YMCA Kearny Mesa Bowl Poway Fun Bowl Town Park Villas Golf Course University Towne Center</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



Happy Halloween on October 31st!



Disneyland Resort Tickets

In the past, the Disneyland Resort Community Involvement Program (CIP) for athletes with disabilities allows registered S4EA athletes to purchase up to 6 tickets to Disneyland and/or California Adventure Parks. We have not heard yet what the arrangement is for tickets for 2020.

Please call Clara at 858-565-7432 to get on the list to potentially purchase tickets.

S4EA Needs Bocce Ct. Border Storage

S4EA has 5 bocce court PVC rail borders stored in the warehouse at North Shores, but North Shores is no longer going to use that area as a warehouse.

S4EA needs to find a place to store our bocce courts after the S4EA Bocce Tourn. Oct 5th. We need a space 9' long by 2' deep by 4' high. If you have a place they can be stored, call S4EA at 858-565-7432.



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 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 over 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, flag football, floor hockey, golf, ice skating, swimming, table tennis, 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.