



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. 8380 Vickers Street Suite E, San Diego, CA 92111 | Website: www.s4ea.org | E-mail: sds4ea@gmail.com | Phone 858-565-S4EA (7432).

SPORTS NEWS - FEBRUARY 2025

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

Guacamole Bowl Saturday, February 8 at the Balboa Park Club



Come join S4EA at the 22nd Annual [Guacamole Bowl](#) on Saturday, February 8th from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). Taste the Guacamole from champions from the past 21 years and discover new recipes from up and coming teams. Guacamole starter kits will be available for purchase to spice up your Super Bowl party.

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) and Entry Fee of \$25. Sponsorship opportunities are available from \$50 for Entertainment Sponsor up to \$5,000 for Championship Round Sponsor. Thank you to gold medal sponsor Job Options Inc, Henry Avocado Corp. for providing the avocados, and Mission Foods for providing the chips. Proceeds benefit S4EA.

Bring family and friends as the \$8 admission pays membership fee and gets you a bag of Mission Tortilla chips & all the guacamole you can eat. You also have the opportunity to vote for your favorite recipe and select the finalists in each division. For more information, call S4EA at 858-565-7432. For tickets, go to <https://www.s4ea.org/event-details/guacamole-bowl-balboa-park-club>

S4EA Valentine Dinner Dance Saturday February 15 at Chula Vista Elks Lodge



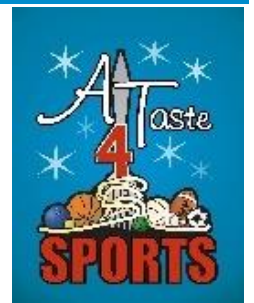
The SPORTS for Exceptional Athletes (S4EA) [Valentine Dinner Dance](#) is taking place on Saturday, February 15th from 5-9pm at the [Chula Vista Elks Lodge](#) (901 Elks Lane, Chula Vista 91910). S4EA athletes are invited to a great evening of fun and entertainment provided by the Chula Vista Elks Lodge. To register, please call S4EA at 858-565-7432 by February 10th.



"A Taste 4 SPORTS" Gala Fundraiser May 29 at Balboa Park Club

S4EA is hosting for our members the 18th Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser on Thursday, May 29th 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 & celebrity figures, including Mad Mike from MTVs "Pimp My Ride", enjoy music from the band 'Beatle Trax' & 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.



S4EA Event Dates

- February 8** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- February 15** S4EA Valentine Dinner Dance – Chula Vista Elks Lodge (5-9pm)
- March 8** S4EA Prelim Track Meet – Sweetwater High School (9am-1pm)
- March 16** S4EA Basketball Tourney – Park de la Cruz & Mid-City Gym (9am-5pm)
- April 11-13** S4EA SPORTS Camp – Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
- April 26** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 29** S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)
- June 14** S4EA/TRS Summer Sports Festival – Park de la Cruz (9am-3pm)



S4EA Winter Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Winter Season Sports, Call S4EA at 858-565-7432 for more Info
	Basketball	Mon	6:00-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) Jan 6-Mar 10 (not Feb 17) [League] (Code: 119151)
		Thu	4:00-5:30pm	Kearny Mesa Recreation Ctr. (3170 Armstrong, SD 92111) Jan 9-Mar 13 [Jr](Code: 119152)
		Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) January 23-March 13
		Thu	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083) January 16-March 13
		Fri	6:00-8:00pm	Parkway Community Ctr. (373 Park Way, CV 91910) Jan 10-Mar 14 (Tm #1 6-7, Tm #2 7-8)
Tourn-Mar 16	Sun	9:00am-5:00pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)	
	Bowling	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910) not Feb 1 & 8-\$9 for 2 games [League Play]
	Feb 2 & 16	Sun	11am-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)-\$10 per hour+(call Cathy 949-922-3441)
	Track	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950) January 4-April 26
		Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941) January 12-April 13
	Prelim Meet-Mar 8	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
	Final Meet-Apr 26	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
Volleyball	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) from Jan 27-Mar 10 not Feb 17 (Code: 119151)	

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: Hike-Feb 8

Also see Calendar for Practices, Tournaments, Events. and Off-Season Cycling Rides.



San Diego Parks & Recreation-Therapeutic Recreation Services

The City of **SAN DIEGO** 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. SDP&R-TRS is co-sponsoring S4EA 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 winter are Park de la Cruz-Basketball/Volleyball Mon (Code: [119151](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [119152](#)).

S4EA SPORTS Camp April 11-13 at Camp Marston in Julian

S4EA has scheduled SPORTS Camp for April 11-13 at [Camp Marston](#) in Julian. Camp Marston offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga-Ga, talent show, campfire). Campers spend 2 nights in group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, a camper using a wheelchair may be limited to certain activities (cabins & dining hall are accessible). Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp.



The S4EA SPORTS Camp Registration Fee is \$350 per person to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & S4EA Camp Registration Form as soon as possible to S4EA (8380 Vickers St. #E, SD, CA 92111). Turn in Camp Registration Form & Fee by March 11 and pay Early Bird Price of only \$325 (\$100 advance deposit will lock in the lower rate). If camper needs 1-on-1 chaperone, a Supplemental Staffing Fee of \$150 will be charged. Transportation is available for \$75 or campers may be brought directly to Camp Marston in Julian which is a little over a 1 hour drive from San Diego. S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Registration Fee, Supplemental Staffing Fee &/or Transportation Fee.

Partial scholarships & Family Rate Specials are available. For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.






S4EA Board of Directors Elections



S4EA will be having elections for our new Board of Directors in a couple of months. 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 March 6.



~ February 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Winter Season Sports</u></p> <ul style="list-style-type: none"> - Basketball (BB) - Bowling (BO) - Track (TF) - Volleyball (VB) 	<p><u>San Diego Co. Location</u></p> <p>C - San Diego City EC - East County NC - North County SB - South Bay Jr – Juniors Ages 5-18</p>	<p><u>Facilities</u></p> <p>Bostonia Recreation Center Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center</p>	<p><u>Facilities</u></p> <p>Bowlero Chula Vista Helix High School Mira Mesa Lanes Sweetwater High School</p>	<p><u>Volunteers Needed for Office Projects</u></p> <p>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>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, 8380 Vickers St. #E, SD 92111. Thanks for your support</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>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>San Diego Chill Ice Skating</u></p> <p>San Diego Chill is a non-profit offering ice hockey and figure skating on Sundays from 10:20-11:20am at UTC Ice Rink. Call SD Chill at 619-307-3378 for more info.</p>	<p><u>Donate to S4EA</u></p> 	<p><u>Baseball Practices & Games</u></p> <p>S4EA baseball practices & games have been cancelled this spring at Balboa/Mt. Acadia. Head Coach Steven Manley passed away this past month. We are all saddened by his passing.</p>		<p>1</p> <p>TF-SB 10-12 Sweetwater HS</p>
<p>2</p> <p>BO-C/NC 11am-12:20 Mira Mesa TF-C/EC 9-11am Helix HS</p>	<p>3</p> <p>BB-C 6-8:30pm Park de la Cruz VB-C 5:30-6:30 Park de la Cruz</p>	<p>4</p>	<p>5</p>	<p>6</p> <p>BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista</p>	<p>7</p> <p>BB-SB 6-8pm Pkwy Com Ctr</p>	<p>8 S4EA "Guacamole Bowl" – Balboa Park Club 10am-2pm</p>  <p>TF-SB 10-12 Sweetwater HS Limitless Adventure Hike</p>
<p>9</p> <p>TF-C/EC 9-11am Helix HS</p>	<p>10</p> <p>BB-C 6-8:30pm Park de la Cruz VB-C 5:30-6:30 Park de la Cruz</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista</p>	<p>14 Valentine's Day</p>  <p>BB-SB 6-8pm Pkwy Com Ctr</p>	<p>15 S4EA Valentine Dinner</p> <p>Dance – CV Elks 5-9pm</p>  <p>BO-SB 11am-1pm Bowlero CV TF-SB 10-12 Sweetwater HS</p>
<p>16</p> <p>BO-C/NC 11am-12:20 Mira Mesa TF-C/EC 9-11am Helix HS</p>	<p>17 Presidents' Day</p> 	<p>18</p>	<p>19</p>	<p>20</p> <p>BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista</p>	<p>21</p> <p>BB-SB 6-8pm Pkwy Com Ctr</p>	<p>22</p> <p>BO-SB 11am-1pm Bowlero CV CY 1:15-3:30pm Hospitality Pt. TF-SB 10-12 Sweetwater HS</p>
<p>23</p> <p>TF-C/EC 9-11am Helix HS</p>	<p>24</p> <p>BB-C 6-8:30pm Park de la Cruz VB-C 5:30-6:30 Park de la Cruz</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista</p>	<p>28 Ramadan</p> <p>BB-SB 6-8pm Pkwy Com Ctr</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 Valentine's Day to You & Your Sweetheart!



Message from Exec. Dir. Walter Jackson

Taste guacamole at [Guacamole Bowl](#) on Sat Feb 8 at the Balboa Park Club. Join S4EA at [Valentine Dinner Dance](#) on Sat Feb 15 at CV Elks Lodge. S4EA is running our winter sports (basketball, bowling, track & volleyball) thru March. Browse thru the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



SPORTS
for Exceptional Athletes



SPORTS for Exceptional Athletes
8380 Vickers St. Suite E
San Diego, CA 92111
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-496-7309

NONPROFIT ORG.
US POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO.1781

ADDRESS SERVICE REQUESTED

SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp April 11-13 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

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



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](#)) 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, pickleball, 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 winter season in basketball, bowling, track & 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.