



**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](http://www.s4ea.org) | E-mail: [sds4ea@gmail.com](mailto:sds4ea@gmail.com) | Phone 858-565-S4EA (7432).

# SPORTS NEWS - APRIL 2024

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

## S4EA Athlete Council Activities- S4EA Pancake Breakfast Apr 13 & S4EA Bingo May 18



The [S4EA Pancake Breakfast Fundraiser](#) is being held at the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) on Saturday, April 13 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.

SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, May 18 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-4:30pm. We will play bingo outside. For \$5.00 per set of 5 Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes. Snacks will be provided. Call S4EA at 858-565-7432 to reserve your spot.



## S4EA SPORTS Camp May 3-5 at Camp Marston in Julian

S4EA has scheduled [SPORTS Camp](#) for May 3-5 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 new 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. Transportation will not be available. Campers must be brought directly to Camp Marston in Julian which is approximately a 1 hour drive from San Diego.



The S4EA SPORTS Camp Registration Fee is \$300 per camper 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 April 3 and pay Early Bird Price of only \$280 (\$95 advance deposit will lock in the lower rate). S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.

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

## "A Taste 4 SPORTS" Gala Fundraiser June 26 at Balboa Park Club

S4EA is hosting for our members the 17<sup>th</sup> Annual "A Taste 4 SPORTS" Gala Fundraiser on Wednesday, June 26th 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, including NBA Hall of Fame player Bill Walton & 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.



S4EA will be honoring San Diego Padres Pitching Legend Randy Jones as our 2024 'SPORTS Man of the Year'. Randy Jones won the Cy Young Award with the San Diego Padres in 1976 and was inducted into the San Diego Padres Hall of Fame.

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](http://www.s4ea.org).



## S4EA Event Dates

- April 13** S4EA Pancake Breakfast – S4EA Office (8-10am)
- April 20** S4EA Final Track Meet – Sweetwater High School (9am-1pm)
- May 3-5** S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
- May 18** S4EA Bingo Bash – S4EA Office (3-4:30pm)
- June 26** "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)



## S4EA Spring Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Spring Season Sports, Call S4EA at 858-565-7432 For More Info
<b>Baseball</b>	Sat	10am-12noon	<a href="#">Balboa</a> (3900 Mt. Acadia, San Diego 92111) (Code: <a href="#">113292</a> )	
<b>Basketball</b>	Mon Thu	6:00-8:30pm 4:00-5:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) except April 1 [League Play] (Code: <a href="#">113290</a> ) <a href="#">Kearny Mesa Rec Ctr</a> (3170 Armstrong, SD 92111) start Apr 11 [Open Jr] (Code: <a href="#">113291</a> )	
<b>Bowling</b>	Sat	11am-1pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, CV 91910) end Apr 27-\$9 for 2 games [League]	
1-2 Sundays/month	Sun	Apr 14/28 11am	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd., SD 92126)-\$8 for 1 game(call Cathy 949-922-3441)	
<b>Cycling</b>	Sat	1:15-3:30pm	Mar 30- <a href="#">Mast Park</a> , Apr 27- <a href="#">DeAnza Cove Park</a> (Weekly rides start April 27) [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
<b>Pickleball</b>	Mon	5:30-6:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) from April 8-May 6 (Code: <a href="#">113290</a> )	
<b>Swimming</b>	Fri	5:00-7:00pm	<a href="#">Las Palmas Pool</a> (1800 E 22 <sup>nd</sup> St, National City 91950)	
\$20 per month (Non-Swimmers 5-6pm, Swimmers 6-7pm)				
<b>Track</b>	Sat	10:00am-12noon	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950) end Apr 27	
	Sun	9:00-11:00am	<a href="#">Helix High School</a> (7323 University Ave., La Mesa 91941) end Apr 14	
Final Meet-Apr 20	Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)	

### 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-Apr 27

## S4EA Practices & Tournaments – Guidelines

- Download [Athlete Registration 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)
- If have COVID, isolate at least 5 days & wear mask 10 days
- Wear a facemask indoors in large groups to help protect everyone & especially our athletes with disabilities
- Get the new COVID vaccine & be safe to play our sports



## 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. 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 has ended. 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 are Park de la Cruz-Basketball/Pickleball/Volleyball Mon (Code: [113290](#)), Balboa/Mt. Acadia-Baseball Sat (Code [113292](#)) & Kearny Mesa Rec Ctr-Basketball/Open Gym Jr. (Code: [113291](#)).

## S4EA Celebrates our 17<sup>th</sup> 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 17 years a great success!



## Volunteer Appreciation Week April 21-27

 Volunteers are the backbone of the SPORTS for Exceptional Athletes program. Our volunteer coaches organize practices and teach athletes various sports skills. At tournaments – volunteers are referees, scorekeepers, timers, help with set-up, take-down, Nerve Center, meals . . . and everything else that needs to be done. At SPORTS Camps – volunteers are chaperones, helping our athletes at sports and camp activities, as well as at meals and in the cabin. Our volunteers become friends of our athletes. Volunteers also help with office projects, fundraisers, as committee members, and as S4EA Board members.

Join S4EA in thanking our coaches and volunteers for all of their efforts in providing sports programs to our very special athletes during Volunteer Appreciation Week April 21-27.

~ April 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Spring Sports</u></p> <ul style="list-style-type: none"> <li>- Basketball (BB)</li> <li>- Bowling (BO)</li> <li>- Challenger Baseball (CB)</li> <li>- Cycling (CY)</li> <li>- Pickleball (PB)</li> <li>- Swim (SW)</li> <li>- Track (TF)</li> </ul>	<p><u>San Diego Co. Location</u></p> <ul style="list-style-type: none"> <li>C - San Diego City</li> <li>EC - East County</li> <li>NC - North County</li> <li>SB - South Bay</li> </ul>	<p><u>Facilities</u></p> <p>Kearny Mesa Rec. Center Park de la Cruz Gym</p>	<p><u>Facilities</u></p> <p>Balboa/Mt. Acadia Bowlero Chula Vista Helix High School Las Palmas Pool Mira Mesa Lanes Sweetwater High School</p>	<p><u>Community Giving Program</u></p> <p>Please contact Clara at <a href="mailto:sds4ea@gmail.com">sds4ea@gmail.com</a> or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.</p>	<p><u>Donate to S4EA</u></p> 	<p><u>Board of Directors Elections</u></p> <p>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 8.</p>
	<p><b>1</b> April Fools' &amp; Cesar Chavez Day</p> 	<b>2</b>	<b>3</b>	<b>4</b>	<p><b>5</b></p> <p>SW-SB 5-7pm <u>Las Palmas</u></p>	<p><b>6</b></p> <p>BO-SB 11am-1pm <u>Bowlero CV</u> CB-Game 10-12 <u>Balboa</u> TF-SB 10am-12 <u>Sweetwater HS</u></p>
<p><b>7</b></p> <p>TF-C/EC 9-11am <u>Helix HS</u></p>	<p><b>8</b></p> <p>BB-C 6-8:30pm <u>Park de la Cruz</u> PB-C5:30-6:30 <u>Park de la Cruz</u></p>	<b>9</b>	<b>10</b>	<p><b>11</b></p> <p>Open Gym-Jr 4-5:30pm <u>Kearny</u></p>	<p><b>12</b></p> <p>SW-SB 5-7pm <u>Las Palmas</u></p>	<p><b>13</b> S4EA Pancake Breakfast – S4EA Office 8-10am</p>  <p>BO-SB 11am-1pm <u>Bowlero CV</u> CB-Game 10-12 <u>Balboa</u> TF-SB 10am-12 <u>Sweetwater HS</u></p>
<p><b>14</b></p> <p>BO-C/NC 11-12:20 <u>Mira Mesa</u> TF-C/EC 9-11am <u>Helix HS</u></p>	<p><b>15</b></p> <p>BB-C 6-8:30pm <u>Park de la Cruz</u> PB-C5:30-6:30 <u>Park de la Cruz</u></p>	<b>16</b>	<b>17</b>	<p><b>18</b></p> <p>Open Gym-Jr 4-5:30pm <u>Kearny</u></p>	<p><b>19</b></p> <p>SW-SB 5-7pm <u>Las Palmas</u></p>	<p><b>20</b> S4EA Final Track Meet – Sweetwater HS 9am-1pm</p>  <p>BO-SB 11am-1pm <u>Bowlero CV</u> CB-Game 10-12 <u>Balboa</u></p>
<p><b>21</b></p> 	<p><b>22</b> Passover</p>  <p>BB-C 6-8:30pm <u>Park de la Cruz</u> PB-C5:30-6:30 <u>Park de la Cruz</u></p>	<b>23</b>	<b>24</b>	<p><b>25</b></p> <p>Open Gym-Jr 4-5:30pm <u>Kearny</u></p>	<p><b>26</b></p> <p>SW-SB 5-7pm <u>Las Palmas</u></p>	<p><b>27</b></p> <p>BO-SB 11am-1pm <u>Bowlero CV</u> CB-Game 10-12 <u>Balboa</u> CY 1:15-3:30pm <u>DeAnza Cove</u> TF-SB 10am-12 <u>Sweetwater HS</u> <u>Limitless Adventure Hike</u></p>
<p><b>28</b></p> <p>BO-C/NC 11-12:20 <u>Mira Mesa</u></p>	<p><b>29</b></p> <p>BB-C 6-8:30pm <u>Park de la Cruz</u> PB-C5:30-6:30 <u>Park de la Cruz</u></p>	<b>30</b>	<p><u>Vols 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 &amp; 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 &amp; Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name &amp; address: S4EA, 8380 Vickers St. #E, SD 92111. 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>



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 17th Anniversary in April!



### Message from Exec. Dir. Walter Jackson

Join S4EA at Pancake Breakfast on Sat Apr 13 at S4EA Office. S4EA is running our spring sports in baseball, basketball, bowling, cycling, pickleball, swimming, and track. SPORTS Camp takes place May 3-5 at Camp Marston in Julian. "A Taste 4 SPORTS" is scheduled for Wed Jun 26 at the Balboa Park Club. Browse through the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.

### SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp May 3-5 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

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



# SPORTS

for Exceptional Athletes



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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](#)) directly from the SPORTS for Exceptional Athletes website at [www.s4ea.org](http://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 for the spring season in baseball, basketball, bowling, cycling, pickleball, swimming & 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.