



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

# SPORTS NEWS - AUGUST 2021

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

## S4EA Summer Sports Festival August 7<sup>th</sup> at S4EA/North Shores



S4EA is scheduling a [Summer Sports Festival](#) Saturday, August 7 from 4-7pm at the [S4EA/North Shores](#) courtyard & back parking lot for \$10 per person. We will barbeque hamburgers & hot dogs, listen to music with 'Los Tecolotes' band, view classic cars provided by 'Mad' Mike, play sports including bocce, basketball, and miniature golf & play carnival games. Let's have fun with our S4EA athletes, families & friends. Party time!!!



## 2021 SPORTS Camp November 12-14 at Green Oak Ranch in Vista

[S4EA SPORTS Camp](#) on November 12-14 at [Green Oak Ranch](#) in Vista offers a general program of camp & sports activities. Join in the fun visiting the 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 \$195 per person 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 12 and pay Early Bird Price of only \$180. A non-refundable deposit of \$75 will reserve your spot in S4EA SPORTS Camp. Everyone attending SPORTS Camp must turn in a COVID-19 Waiver of Liability Form. To help stop the spread of COVID-19, S4EA would like everyone (age 12 & above) participating in S4EA activities to have been vaccinated.

Because of COVID-19 restrictions, SPORTS Camp will be run a little differently. Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals may be held outdoors. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. [Limited spots available](#) because of the pandemic.

A [Family Rate Special](#) is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at [www.s4ea.org](http://www.s4ea.org).



SPORTS for Exceptional Athletes

## What To Do To Get Vaccine

The Delta Variant of COVID-19 is spreading rapidly. Getting the vaccine is the best way to keep from getting virus & going to hospital. Anyone 12 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.

To keep our athletes & others safe, please continue to social distance & wear a mask when near other people. We want to all stay healthy until the vaccine is widely distributed & we can once again start playing SPORTS & seeing our friends and relatives. S4EA has opened up our outdoor summer sports. Get your vaccine now & be safe to play our outdoor summer sports.



## S4EA Event Dates

- August 7** S4EA Summer Sports Festival – S4EA/North Shores Courtyard & Back Parking Lot (4-7pm)
- August 29** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 12** S4EA Softball & Tennis Tournament – Morley Field in Balboa Park (9am-5pm)
- September 18** S4EA Pancake Breakfast – S4EA/North Shores Courtyard (8-10am)
- October** S4EA Bocce & Flag Football Tourney – La Jolla Country Day School (8:30am-4pm) {tentative}
- Nov 12-14** S4EA SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)

# S4EA Summer Season

S4EA has opened up our outdoor summer sports that met all Guidelines.

Contact S4EA at [www.s4ea.org](http://www.s4ea.org) or 858-565-7432 for more updates.

Once you are ready, athletes/volunteer coaches come join us in the following summer sports (also see calendar):

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<b>Bocce</b> 	Tue	5:30-7:00pm	<a href="#">Morley Field Bocce Courts</a> (2221 Morley Field Dr., SD 92104) ending Sep 7 [League Play]
	Thu	5:30-7:00pm	<a href="#">Chula Vista Elks Lodge</a> (901 Elks Lane, Chula Vista 91910)
	Thu	5:30-7:00pm	<a href="#">Brenge Terrace Park</a> (1200 Vale Terrace Dr., Vista 92084) starting July 29
<b>Cycling</b> 	Sat	1:15-3:30pm	Various Locations: Aug 7-Miramar Lake, Aug 14-Plaza Bonita, Aug 21-Liberty Station, Aug 28-De Anza Cove [see calendar, S4EA website, coach for more info]
<b>Soccer</b> 	Mon	5:30-8:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., San Diego 92105) ending Aug 23 [League Play]
	Tourn-Aug 29 Sun	9am-5pm	<a href="#">Morley Field Soccer Fields</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
<b>Softball</b> 	Wed	5:30-8:00pm	<a href="#">Morley Field Softball Fields</a> (2221 Morley Field Dr., SD 92104) except Aug 18 [League Play]
	Tue	5:00-6:00pm	<a href="#">Palomar Elementary</a> (300 E Palomar St., Chula Vista 91911) ending Sep 7
	Sun	3:30-5:30pm	<a href="#">Breeze Hill Park</a> (645 S. Melrose, Vista 92081) ending Aug 29
	Tourn-Sep 12 Sun	9am-5pm	<a href="#">Morley Field Softball Fields</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
<b>Tennis</b> 	Mon	6:30-7:30pm	<a href="#">Barnes Tennis Center</a> (4490 W. Point Loma Blvd., SD 92107) ending Aug 30 (not Aug 9)
	Tourn-Sep 12 Sun	9am-4pm	<a href="#">Morley Field Tennis Courts</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)
<b>Track</b> 	Sun	9:00-11:00am	<a href="#">Helix High School</a> (7323 University Ave., La Mesa 91941) ending Aug 29

## S4EA Fall Season – Bowling, Flag Football, Floor Hockey & Volleyball May Open In Sep

If the conditions are right, S4EA would like to open up some of our indoor sports in the fall. The S4EA Fall Sports Season starts in September with practices and league play in bowling, flag football, floor hockey, and volleyball tentatively scheduled as follows: flag football on Wednesdays from 5:45-7:15pm at Morley Field starting September 15<sup>th</sup>; floor hockey league play on Mondays from 5:30-9pm at Park de la Cruz (NEW LOCATION for indoor sports instead of Mid-City Gym) starting September 13<sup>th</sup>; floor hockey for juniors on Thursdays from 4-5:30pm at Kearny Mesa Recreation Center starting September 16<sup>th</sup>; floor hockey for South Bay on Fridays from 5-6:45pm at Otay Recreation Center starting September 17<sup>th</sup>; floor hockey for East County on Thursdays from 6-7:30pm at Bostonia Recreation Center starting September 16<sup>th</sup>; volleyball league play on Tuesdays from 5:45-8pm at Hoover High School starting September 14<sup>th</sup>; and volleyball for North County on Tuesdays from 6-7pm at the Boys & Girls Club of Vista starting September 21<sup>st</sup>. Bowling practices may also open up on Saturdays at Bowlero Chula Vista and Parkway Bowl in September. Because S4EA has not confirmed all of our practice sites and because of the pandemic, some of the practice days and locations may change. For more information, please call S4EA at 858-565-7432 in September for updates or see the September Newsletter.

Many of the San Diego City practices will now be held at Park de la Cruz (3901 Landis Street, San Diego 92105) which is near the University Ave. & Hwy 15 Transit Plaza bus stop. San Diego Park & Recreation-Therapeutic Recreation Services has moved their offices to Park de la Cruz and they get our San Diego City contracts. Park de la Cruz has a nice 2 court gym (similar to the Mid-City Gym which is less than a mile away) as well as nice athletic fields. In the summer, San Diego City soccer practice is scheduled on Mondays from 5:30-8pm at Park de la Cruz. In the fall, San Diego City floor hockey practice is scheduled on Mondays from 5:30-9pm at Park de la Cruz.

## S4EA Practices – New 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, do not 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
- **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)
- Avoid touching eyes/nose/mouth with unwashed hands
- Do not touch other people
- Only touch your own equipment
- **Avoid giving handshakes, high fives, and hugs**



*Cycling & Tennis had a soft opening as met SDC Dept of Health Guidelines. Zoom Workouts at 6pm on weekdays.  
S4EA is scheduled to open up our outdoor summer sports after July 4<sup>th</sup> that meet all Guidelines*



858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org

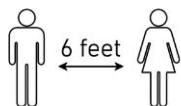
~ August 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> SB-NC 3:30-5:30 <a href="#">Breeze Hill</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>2</b> SO-C 5:30-8pm <a href="#">Park de la Cruz</a> TE-C 6:30-7:30 <a href="#">Barnes Tennis Ctr</a>	<b>3</b> BC-C 5:30-7pm <a href="#">Morley Fd</a> SB-SB 5-6pm <a href="#">Palomar Elem</a>	<b>4</b> SB-C 5:30-8pm <a href="#">Morley Fd.</a>	<b>5</b> BC-NC 5:30-7 <a href="#">Bregle Ter</a> BC-SB 5:30-7 <a href="#">CV Elks</a>	<b>6</b>	<b>7</b> S4EA Summer Sports Festival -North Shores 4-7pm CY 1:15-3:30pm <a href="#">Miramar Lake</a> (parking lot by snack bar)
<b>8</b> SB-NC 3:30-5:30 <a href="#">Breeze Hill</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>9</b> SO-C 5:30-8pm <a href="#">Park de la Cruz</a>	<b>10</b> BC-C 5:30-7pm <a href="#">Morley Fd</a> SB-SB 5-6pm <a href="#">Palomar Elem</a>	<b>11</b> SB-C 5:30-8pm <a href="#">Morley Fd.</a>	<b>12</b> BC-NC 5:30-7 <a href="#">Bregle Ter</a> BC-SB 5:30-7 <a href="#">CV Elks</a>	<b>13</b>	<b>14</b> CY 1:15-3:30pm <a href="#">Plaza Bonita</a> on Bayside Trail
<b>15</b> SB-NC 3:30-5:30 <a href="#">Breeze Hill</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>16</b> SO-C 5:30-8pm <a href="#">Park de la Cruz</a> TE-C 6:30-7:30 <a href="#">Barnes Tennis Ctr</a>	<b>17</b> BC-C 5:30-7pm <a href="#">Morley Fd</a> SB-SB 5-6pm <a href="#">Palomar Elem</a>	<b>18</b>	<b>19</b> BC-NC 5:30-7 <a href="#">Bregle Ter</a> BC-SB 5:30-7 <a href="#">CV Elks</a>	<b>20</b>	<b>21</b> CY 1:15-3:30pm <a href="#">Liberty Station</a> to Shelter Island/Navy Base Point Loma
<b>22</b> SB-NC 3:30-5:30 <a href="#">Breeze Hill</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>23</b> SO-C 5:30-8pm <a href="#">Park de la Cruz</a> TE-C 6:30-7:30 <a href="#">Barnes Tennis Ctr</a>	<b>24</b> BC-C 5:30-7pm <a href="#">Morley Fd</a> SB-SB 5-6pm <a href="#">Palomar Elem</a>	<b>25</b> SB-C 5:30-8pm <a href="#">Morley Fd.</a>	<b>26</b> BC-NC 5:30-7 <a href="#">Bregle Ter</a> BC-SB 5:30-7 <a href="#">CV Elks</a>	<b>27</b>	<b>28</b> CY 1:15-3:30pm <a href="#">De Anza Cove</a> (parking lot north end, nearest Route 5) to Fiesta Island/YMCA
<b>29</b> S4EA Soccer Tour- Morley Fd-Balboa Park 9am-5pm SB-NC 3:30-5:30 <a href="#">Breeze Hill</a> TF-C/EC 9-11am <a href="#">Helix HS</a>	<b>30</b> TE-C 6:30-7:30 <a href="#">Barnes Tennis Ctr</a>	<b>31</b> BC-C 5:30-7pm <a href="#">Morley Fd</a> SB-SB 5-6pm <a href="#">Palomar Elem</a>		<u>Summer Season Sports</u> - Bocce (BC) - Cycling (CY) - Soccer (SO) - Softball (SB) - Tennis (TE) - Track (TF)	<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> -Barnes Tennis Center Breeze Hill Park Bregle Terrace Park Chula Vista Elks Lodge Helix High School Morley Field-Balboa Park Palomar Elementary Sch. Park de la Cruz
<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.	<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 <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.	<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>S4EA Thanks Autism Speaks</u> S4EA thanks Autism Speaks for your grant to support running our programs to enhance the lives of our S4EA athletes in the Autism Spectrum.	<u>Volunteers Needed for Office Projects</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> <b>By registering S4EA at</b> <b><a href="https://www.amazon.com">smile.amazon.com</a>, Amazon</b> <b>will donate 0.5% of the</b> <b>purchase price to S4EA. You</b> <b>get the same low prices &amp;</b> <b>selection as on Amazon.com.</b>

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 Executive Director Walter Jackson

Join S4EA at the Summer Sports Festival on Sat Aug 7 at S4EA/North Shores. S4EA has opened our outdoor summer sports. If the conditions are right, S4EA would like to open up our indoor fall sports in September & SPORTS Camp November 12-14 at Green Oak Ranch in Vista. Check out the rest of the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more information.

#### SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp November 12-14 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.



## 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](#) & [COVID-19 Waiver of Liability Form](#) – Needed to participate during COVID-19) 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.

 Find us on  
**Facebook**  
WWW.FACEBOOK.COM/SPORTS4EA

[Volunteers](#) are needed as coaches for the summer season in bocce, cycling, soccer, softball, tennis, and track. In the fall, coaches will be needed in bowling, flag football, floor hockey, 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.