



**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 - OCTOBER 2023

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

## Halloween SPORTS Camp October 13-15 at Green Oak Ranch in Vista



SPORTS for Exceptional Athletes

[S4EA SPORTS Camp](#) on October 13-15 at [Green Oak Ranch](#) (1237 Green Oak Rd, Vista 92081) offers a general program of camp & sports activities. Join in the fun trick-or-treating, 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 \$300 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). A non-refundable deposit of \$95 will reserve your spot in S4EA SPORTS Camp. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*

For safety reasons, SPORTS Camp will be run as follows: Activities will be outside and spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals will be held outdoors. S4EA will give COVID tests upon arrival at camp. Transportation will not be available. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. Limited spots available.

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).



## S4EA Bunco Sunday, November 5<sup>th</sup> at S4EA Office



SPORTS for Exceptional Athletes presents Bunco on Sunday, November 5 outside by the [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) from 1-3pm. 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) & supporting S4EA, call 858-565-7432.

## S4EA Administrative Assistant

SPORTS for Exceptional Athletes (S4EA) is creating a new [Administrative Assistant](#) position at the S4EA office. This person would be a part-time employee with an emphasis in assisting with Finances along with assisting with the administration of the S4EA program. If interested, please contact S4EA at 858-565-7432 by October 2<sup>nd</sup>.



## S4EA Event Dates

- October 13-15** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)
- October 21** S4EA Bocce & Flag Football Tournament – La Jolla Country Day School (9am-3:30pm)
- November 5** S4EA/Champions for Health COVID Vaccine Clinic – S4EA Office (12-4pm)
- November 5** S4EA Bunco – S4EA Office (1-3pm)
- November 18** S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
- December 2** S4EA Floor Hockey Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)
- December 3** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 10** S4EA Bowling Tournament – Bowlero Chula Vista (9am-1pm)

## S4EA Fall Season

<b>Sport-Practices</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Fall Season Sports, Call S4EA at 858-565-7432 For More Info</b>
 <b>Bocce</b> Tourn-Oct 21	Tue	5:30-7:00pm	<a href="#">Morley Bocce Ct</a> (2221 Morley Field Dr, SD 92104) end Sep 12 [League Play](Code: <a href="#">107977</a> )	
	Thu	5:30-7:00pm	<a href="#">Brengele Terrace Park</a> (1200 Vale Terrace Dr., Vista 92084) ending Sep 21	
	Sat	9am-3:30pm	<a href="#">La Jolla Country Day School</a> (9490 Genesee Ave, La Jolla 92037)	
 <b>Bowling</b> Register-Cathy Sturdivant Tourn-Dec 10	Sat	11am-1pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, CV 91910)-\$9 for 2 games [League Play]	
	Sun	9am-1pm	<a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd., SD 92126) on Sun Oct 15 & 29 at 11am-cost \$8 <a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, Chula Vista 91910)	
 <b>Cycling</b> Tourn-Dec 2	Sat	1:15-3:30pm	Oct 7-No Ride, Oct 14- <a href="#">Mast Park-Santee</a> to Santee Trails, Oct 21- <a href="#">Liberty Station</a> around SD Bay (take 2pm ferry, return 4:30pm), Oct 28- <a href="#">Miramar Lake</a> around lake x 2 [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
 <b>Flag Football</b> Tourn-Oct 21 SNAP Tourn-Nov 4	Wed	5:45-7:15pm	<a href="#">Morley Field Athletic Fields</a> (2221 Morley Field Dr., SD 92104) end Oct 18 (Code: <a href="#">109774</a> )	
	Sat	9am-3:30pm	<a href="#">La Jolla Country Day School</a> (9490 Genesee Ave, La Jolla 92037)	
	Sat	7am-6pm	Location in Santa Clarita to be determined	
 <b>Floor Hockey</b> Tourn-Dec 2	Mon	6:30-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) [League Play] (Code: <a href="#">109773</a> )	
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Rec</a> (3170 Armstrong, SD 92111) various sports [Jr] (Code: <a href="#">109775</a> )	
	Thu	6:00-7:30pm	<a href="#">Bostonia Rec Ctr</a> (1049 Bostonia, El Cajon 92021)	
	Fri	5:30-7:30pm	<a href="#">Parkway Com. Ctr.</a> (373 Park Way, CV 91910) [Call S4EA 858-565-7432 to confirm Practice]	
	Sat	9am-5pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) & <a href="#">Mid-City Gym</a> (4302 Landis St., SD 92105)	
 <b>Volleyball</b> Tourn-Nov 18	Mon	5:30-7:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) [League Play] (Code: <a href="#">109773</a> )	
	Tue	6:00-7:00pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W. California Ave, Vista 92083) starting October 3	
	Sat	9am-4pm	<a href="#">Balboa Park Activity Center</a> (2145 Park Blvd., San Diego 92101)	

**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-Oct 21

## 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 in large groups/indoor to help protect everyone & especially our athletes with disabilities
- Get the new COVID vaccine & be safe to play our sports

## S4EA/Champions for Health COVID Vaccine Clinic Nov 5 from 12-4pm at S4EA Office



Recently more & more people have been getting COVID due to the new COVID strain that is very contagious. A new COVID vaccine has been approved and should be available by the beginning of October.

SPORTS for Exceptional Athletes is partnering with Champions for Health as well as the County of San Diego Health and Human Services Agency to offer these COVID shots for free on Sunday, November 5 from 12noon-4pm at the S4EA office (8380 Vickers St. #E, SD 92111). **Come get the new COVID vaccine shot (as well as other vaccines such as flu vaccine, RSV, etc.) and protect yourself from the new COVID strain. Call ahead to S4EA at (858)565-7432 to confirm the November 5<sup>th</sup> date (rescheduled from Sep 30) and to sign-up for the COVID Vaccine Clinic.**



## 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](http://SDRecConnect.com) or register at the first practice with SDP&R-TRS. The facilities that S4EA uses in the fall are Park de la Cruz-Volleyball/Floor Hockey Mon (Code: [109773](#)), Morley Field-Flag Football Wed (Code: [109774](#)), and Kearny Mesa Rec Ctr-Floor Hockey Jr. Thu (Code: [109775](#)).



858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org



~ October 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Fall Season Sports</b> - Bowling (BO) - Cycling (CY) - Flag Football (FB) - Floor Hockey (FH) - Volleyball (VB)	<b>San Diego Co. Location</b> C - San Diego City EC - East County NC - North County SB - South Bay	<b>Facilities</b> Bowlero Chula Vista Mira Mesa Lanes Parkway Com. Center	<b>Facilities</b> Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec. Center Morley Field-Balboa Park Park de la Cruz		<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>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.
<b>1</b>	<b>2</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>3</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>4</b> FB-C 5:45-7:15pm <a href="#">Morley</a>	<b>5</b> FH/Sports-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>6</b> FH-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a>	<b>7</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm No Ride
<b>8</b>	<b>9 Columbus Day</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>10</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>11</b> FB-C 5:45-7:15pm <a href="#">Morley</a>	<b>12</b> FH/Sports-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>13 Halloween SPORTS Camp</b> - Green Oak Ranch, Vista FH-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a>	<b>14 Halloween SPORTS Camp</b> - Green Oak Ranch, Vista BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm <a href="#">Mast Park-Santee</a> to Santee Trails
<b>15 Halloween SPORTS Camp</b> - Green Oak Ranch, Vista BO-C/NC 11am-12:20 <a href="#">Mira Mesa</a>	<b>16</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>17</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>18</b> FB-C 5:45-7:15pm <a href="#">Morley</a>	<b>19</b> FH/Sports-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>20</b> FH-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a>	<b>21 S4EA Bocce &amp; Flag Football</b> <b>Tourn-LJ Country Day 9am-3:30pm</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-4:30pm <a href="#">Liberty Station</a> Around San Diego Bay <a href="#">Limitless Adventure Hike</a>
<b>22</b>	<b>23</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>24</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>	<b>25</b>	<b>26</b> FH/Sports-Jr. 4-5:30pm <a href="#">Kearny</a> FH-EC 6-7:30pm <a href="#">Bostonia</a>	<b>27</b> FH-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a>	<b>28</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a> CY 1:15-3:30pm <a href="#">Miramar Lake</a> around lake x 2
<b>29</b> BO-C/NC 11am-12:20 <a href="#">Mira Mesa</a>	<b>30</b> FH-C 6:30-8:30 <a href="#">Park de la Cruz</a> VB-C 5:30-7pm <a href="#">Park de la Cruz</a>	<b>31 Halloween</b> VB-NC 6-7pm <a href="#">B&amp;G Vista</a>		<b>Facebook Birthday FR</b> 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>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, 8380 Vickers St. #E, SD 92111. Thanks for your support.



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 31<sup>st</sup>!



#### Message from Exec. Dir. Walter Jackson

S4EA is running our fall season sports in bocce, bowling, cycling, flag football, floor hockey & volleyball. Join S4EA at Bunco & get the new COVID Vaccine at the Clinic on Sun Nov 5 at S4EA office. Browse through the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.

#### Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 13-15 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 or get a [S4EA Camp Chaperone Application](#).



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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 fall season in bocce, bowling, cycling, 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.