



**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 - FEBRUARY 2024

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

## Guacamole Bowl Saturday February 10 at the Balboa Park Club



Come join S4EA at the 21<sup>st</sup> Annual [Guacamole Bowl](#) on Saturday, February 10<sup>th</sup> from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). Taste the Guacamole from champions from the past 20 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. 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 [www.s4ea.org/event-details/guacamole-bowl-at-balboa-park-club](http://www.s4ea.org/event-details/guacamole-bowl-at-balboa-park-club)

## S4EA Oscars' Themed Dinner Dance Saturday February 24 at Chula Vista Elks Lodge



The SPORTS for Exceptional Athletes (S4EA) [Oscars' Themed Dinner Dance](#) is taking place on Saturday, February 24<sup>th</sup> 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. Wear your Oscars' themed clothes. To register, please call S4EA at 858-565-7432 by February 19<sup>th</sup>.



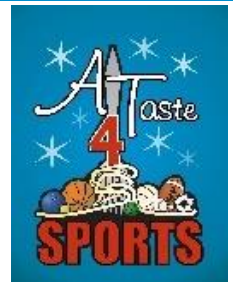
## "A Taste 4 SPORTS" Gala Fundraiser June 26 at Balboa Park Club

S4EA is hosting for our members the 17<sup>th</sup> Annual ["A Taste 4 SPORTS"](#) Gala Fundraiser on Wednesday, June 26<sup>th</sup> 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

- February 3** S4EA Winter Sports (Snowshoeing) Festival at Crown Point (10am-1pm)
- February 10** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- February 24** S4EA Oscars' Themed Dinner Dance – Chula Vista Elks Lodge (5-9pm)
- March 2** S4EA Track Meet – Sweetwater High School (9am-1pm)
- March 16** S4EA Basketball Tournament – Park de la Cruz & Mid-City Gym (9am-5pm)
- 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)
- June 26** "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)





## S4EA Winter Season

Sport-Practices	Day	Time	Location	Winter Season Sports, Call S4EA at 858-565-7432 For More Info
	<b>Basketball</b>	Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) not Feb 19 [League Play] (Code: <a href="#">111442</a> )
		Tue	6:00-7:00pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W. California Ave, Vista 92083)
		Thu	4:00-5:30pm	<a href="#">Kearny Mesa Recreation Center</a> (3170 Armstrong, SD 92111) [Jr] (Code: <a href="#">111443</a> )
		Thu	6:00-7:30pm	<a href="#">Bostonia Recreation Center</a> (1049 Bostonia, El Cajon 92021)
		Fri	5:30-7:30pm	<a href="#">Parkway Com. Ctr.</a> (373 Park Way, CV 91910) not Feb 16 [Tm #1 5:30-6:30, Tm #2 6:30-7:30]
	Tourn-Mar 16	Sat	9:00am-5:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) & <a href="#">Mid-City Gym</a> (4302 Landis St., SD 92105)

<b>Bowling</b>	Sat	11am-1pm	 <a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, Chula Vista 91910)-\$9 for 2 games [League Play]
1-2 Sundays/month	Sun Feb 4/18	11am	 <a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd., SD 92126)-\$8 for 1 game(call Cathy 949-922-3441)

**Futsal-Indoor Soccer** Mon 5:30-6:30pm  [Park de la Cruz](#) (3901 Landis St., SD 92105) start Feb 5 not Feb 19 (Code: [111442](#))

<b>Track</b>	Sat	10:00am-12noon	 <a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)
	Sun	9:00-11:00am	<a href="#">Helix High School</a> (7323 University Ave., La Mesa 91941)
Prelim Meet-Mar 2	Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)
Final Meet-Apr 20	Sat	9:00am-1:00pm	<a href="#">Sweetwater High School</a> (2900 Highland Ave, National City 91950)

<b>Winter Sports</b>	Mon	5:30-6:30pm	 <a href="#">Park de la Cruz</a> (3901 Landis St., SD 92105) ending Jan 29 [Dry Land Cond.] (Code: <a href="#">111442</a> )
Winter Festival Feb 3	Sat	10am-1pm	<a href="#">Crown Point Shores</a> [Snowshoeing Races & Picnic Lunch]

**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 17

## 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



## 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 winter are Park de la Cruz-Basketball/Futsal Mon (Code: [111442](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [111443](#)).






## 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). Athletes spend 2 nights in new group cabins with bathrooms under guidance of chaperones/camp counselors. Because Camp Marston is hilly, an athlete 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 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 April 3 and pay Early Bird Price of only \$280 (\$95 advance deposit will lock in the lower rate). S4EA will have 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).

~ February 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Winter Season Sports</u></p> <ul style="list-style-type: none"> <li>- Basketball (BB)</li> <li>- Bowling (BO)</li> <li>- Futsal-Indoor Soccer(SO)</li> <li>- Track (TF)</li> <li>- Winter Sports Cond.(WS)</li> </ul>	<p><u>San Diego Co. Location</u></p> <p>C - San Diego City EC - East County NC - North County SB - South Bay</p>	<p><u>Facilities</u></p> <p>Bostonia Recreation Center Boys &amp; 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>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>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>
<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 March 6.</p>	<p><u>Donate to S4EA</u></p> 	<p><u>Dance Interest</u></p> <p>"Dancers with Heart" is a new dance group. If you are interested in participating in a new dance program, please call S4EA at 858-565-7432.</p>		<p><b>1</b></p> <p>BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-Jr 4-5:30pm <a href="#">Kearny</a></p>	<p><b>2</b></p> <p>BB-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a></p>	<p><b>3</b> S4EA Winter Sports Festival (Snowshoeing) – Crown Point Shores 10am-1pm</p>  <p>BO-SB 11am-1pm <a href="#">Bowlero CV</a> TF-SB 10am-12 <a href="#">Sweetwater HS</a></p>
<p><b>4</b></p> <p>TF-C/EC 9-11am <a href="#">Helix HS</a> BO-C/NC 11am-12:20 <a href="#">Mira Mesa</a></p>	<p><b>5</b></p> <p>BB-C 6-8:30pm <a href="#">Park de la Cruz</a> SO-C5:30-6:30 <a href="#">Park de la Cruz</a></p>	<p><b>6</b></p> <p>BB-NC 6-7pm <a href="#">B&amp;G Vista</a></p>	<p><b>7</b></p>	<p><b>8</b></p> <p>BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-Jr 4-5:30pm <a href="#">Kearny</a></p>	<p><b>9</b></p> <p>BB-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a></p>	<p><b>10</b> S4EA "Guacamole Bowl" – Balboa Park Club 10am-2pm</p>  <p>BO-SB 11am-1pm <a href="#">Bowlero CV</a> TF-SB 10am-12 <a href="#">Sweetwater HS</a></p>
<p><b>11</b></p> <p>TF-C/EC 9-11am <a href="#">Helix HS</a></p> 	<p><b>12</b></p> <p>BB-C 6-8:30pm <a href="#">Park de la Cruz</a> SO-C5:30-6:30 <a href="#">Park de la Cruz</a></p>	<p><b>13</b></p> <p>BB-NC 6-7pm <a href="#">B&amp;G Vista</a></p>	<p><b>14</b> Valentine's Day</p> 	<p><b>15</b></p> <p>BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-Jr 4-5:30pm <a href="#">Kearny</a></p>	<p><b>16</b></p>	<p><b>17</b></p> <p>BO-SB 11am-1pm <a href="#">Bowlero CV</a> TF-SB 10am-12 <a href="#">Sweetwater HS</a> <a href="#">Limitless Adventure Hike</a></p>
<p><b>18</b></p> <p>TF-C/EC 9-11am <a href="#">Helix HS</a> BO-C/NC 11am-12:20 <a href="#">Mira Mesa</a></p>	<p><b>19</b> President's Day</p> 	<p><b>20</b></p> <p>BB-NC 6-7pm <a href="#">B&amp;G Vista</a></p>	<p><b>21</b></p>	<p><b>22</b></p> <p>BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-Jr 4-5:30pm <a href="#">Kearny</a></p>	<p><b>23</b></p> <p>BB-SB 5:30-7:30 <a href="#">Pkwy Com Ctr</a></p>	<p><b>24</b> S4EA Oscars' Themed Dinner Dance – CV Elks 5-9pm</p>  <p>BO-SB 11am-1pm <a href="#">Bowlero CV</a> TF-SB 10am-12 <a href="#">Sweetwater HS</a></p>
<p><b>25</b></p> <p>TF-C/EC 9-11am <a href="#">Helix HS</a></p>	<p><b>26</b></p> <p>BB-C 6-8:30pm <a href="#">Park de la Cruz</a> SO-C5:30-6:30 <a href="#">Park de la Cruz</a></p>	<p><b>27</b></p> <p>BB-NC 6-7pm <a href="#">B&amp;G Vista</a></p>	<p><b>28</b></p>	<p><b>29</b></p> <p>BB-EC 6-7:30pm <a href="#">Bostonia</a> BB-Jr 4-5:30pm <a href="#">Kearny</a></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>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>

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 award winning guacamole at 21<sup>st</sup> Annual [Guacamole Bowl](#) on Sat Feb 10 at the Balboa Park Club. Join S4EA at Oscars' Themed Dinner Dance on Sat Feb 24 at CV Elks Lodge. S4EA is running our winter sports (basketball, bowling, futsal, track, and winter sports conditioning) through March. 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

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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.

 Find us on  
**Facebook**  
[www.facebook.com/sports4ea](http://www.facebook.com/sports4ea)



Volunteers are needed as coaches for the winter season in basketball, bowling, futsal (indoor soccer), track & winter sports conditioning. 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.