



**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 - SEPTEMBER 2021

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

## S4EA Fall Outdoor Pancake Breakfast September 18<sup>th</sup> at S4EA/North Shores

S4EA has scheduled an Outdoor Family [Pancake Breakfast](#) on Saturday, September 18 from 8-10am at [S4EA/North Shores Courtyard](#) (9575 Aero Dr., SD 92123). The breakfast includes pancakes, scrambled eggs, sausage, milk, juice & coffee for \$10 per person. A raffle will be held. An Athlete Council meeting will be held at the end of the pancake breakfast to discuss upcoming Athlete Council Activities. Come join S4EA at our Pancake Breakfast. For more info, call S4EA at (858)565-7432.



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

[S4EA SPORTS Camp](#) on November 12-14 at [Green Oak Ranch](#) (1237 Green Oak Rd, Vista 92081) 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 vaccine is widely distributed & we can once again start playing SPORTS & seeing our friends and relatives. S4EA has opened our outdoor summer sports & may open indoor sports in fall (based on Delta status). Get your vaccine now & be safe to play our sports.



## S4EA Event Dates

**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 3 (?) S4EA Fall Sports (Bocce & Flag Football) Festival–Possibly Morley Field (8:30am-4pm) (tent.)**

**Nov 12-14 S4EA SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)**

# S4EA Summer & Fall Season

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

S4EA may open our indoor fall sports that meet all Guidelines (depends on Delta variant status)










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 sports (also see calendar):

## Indoor Sports

Based on CDC recommendations to help stop the spread of COVID-19 & especially the new Delta variant, S4EA would like everyone (age 12 & above) participating in indoor S4EA activities to have been vaccinated.

Athletes, families & volunteers must wear masks to indoor practices with further guidance given at indoor practice.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	<b>For Fall Indoor Sports Status, Call S4EA at 858-565-7432</b>
 <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) ending Sep 16	
	Thu	5:30-7:00pm	<a href="#">Brengele Terrace Park</a> (1200 Vale Terrace Dr., Vista 92084) ending Sep 16	
 <b>Bowling</b> Tentative BO Info	Sat	12noon-2pm	<a href="#">Bowlero Chula Vista</a> (845 Lazo Ct, CV 91910) start Sep 11-\$8 for 2 games [League Play]	
	Sat	11am-3pm	<a href="#">Parkway Bowl</a> (1280 Fletcher Pkwy, EC 92020 [League Play] (must call Sue to first register) <a href="#">Mira Mesa Lanes</a> (8210 Mira Mesa Blvd, SD 92126 [may replace Kearny Mesa Bowl-closed])	
 <b>Cycling</b>	Sat	1:15-3:30pm	Sep 4-No Ride (Labor Day), Sep 11-Crown Pt to S. Mission, Sep 18-Liberty Station Around SD Bay, Sep 25-CV Marina to Imp. Bch. [see calendar, S4EA website, coach for more info]	
 <b>Flag Football</b>	Wed	5:45-7:15pm	<a href="#">Morley Field Athletic Fields</a> (2221 Morley Field Dr., San Diego 92104) starting Sep 15	
 <b>Floor Hockey</b> Tentative FH Info	Mon	6:00-8:30pm	<a href="#">Park de la Cruz</a> (3901 Landis St., San Diego 92105) starting Sep 13 [League Play]	
	Thu	4:00-5:30pm	<a href="#">Kearny Mesa Recreation Center</a> (3170 Armstrong, San Diego 92111) start Sep 16 [Juniors]	
	Thu	6:00-7:30pm	<a href="#">Bostonia Recreation Ctr</a> (1049 Bostonia, El Cajon 92021) starting September 16	
 <b>Softball</b> Tourn-Sep 12	Wed	5:30-8:00pm	<a href="#">Morley Field Softball Fields</a> (2221 Morley Field Dr., SD 92104) ending Sep 8 [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	
	Sun	9am-5pm	<a href="#">Morley Field Softball Fields</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
 <b>Tennis</b> Tourn-Sep 12	Mon	6:30-7:30pm	<a href="#">Barnes Tennis Center</a> (4490 W. Point Loma Blvd., SD 92107) ending August 30	
	Sun	9am-4pm	<a href="#">Morley Field Tennis Courts</a> (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
 <b>Volleyball</b> Tentative VB Info	Mon	5:30-7:00pm	<a href="#">Park de la Cruz</a> (3901 Landis St., San Diego 92105) starting Sep 13 [League Play]	
	Fri	6:30-7:30pm	<a href="#">Boys &amp; Girls Club-Vista</a> (410 W California Ave, Vista 92083) starting September 24 (tentative)	
 <b>Workouts-Hikes/Exercise</b>			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 nature walks & operates within the Greater San Diego Area. For more info, go to: <a href="https://www.limitless-adventures.org/">https://www.limitless-adventures.org/</a> - Upcoming events: Surfing Sep 11 & Hiking Oct 9	

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

**Get your vaccine now & be safe to play our sports.**



S4EA has opened up our outdoor summer sports that met all Guidelines.  
S4EA may open our indoor fall sports that meet all Guidelines.



858-565-7432

# SPORTS for Exceptional Athletes

www.s4ea.org

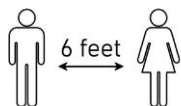
~ September 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Designate S4EA with United Way</u>            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, 9575 Aero Dr #B, SD 92123. Thanks for your support.</p>	<p><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.</p>	<p><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.</p>	<p><b>1</b>            SB-C 5:30-8pm <a href="#">Morley Fd.</a></p>	<p><b>2</b>            BC-NC 5:30-7 <a href="#">Bregle Ter</a>            BC-SB 5:30-7 <a href="#">CV Elks</a></p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b> Labor Day            Rosh Hashanah</p>	<p><b>7</b>            BC-C 5:30-7pm <a href="#">Morley Fd</a>            SB-SB 5-6pm <a href="#">Palomar Elem</a></p>	<p><b>8</b>            SB-C 5:30-8pm <a href="#">Morley Fd.</a></p>	<p><b>9</b>            BC-NC 5:30-7 <a href="#">Bregle Ter</a>            BC-SB 5:30-7 <a href="#">CV Elks</a></p>	<p><b>10</b></p>	<p><b>11</b>            BO-SB 12-2pm <a href="#">Bowlero CV</a>            BO-EC 11am-3pm <a href="#">Parkway Bowl</a>            CY 1:15-3:30pm <a href="#">Crown Point Shores</a> to South Mission  <a href="#">Limitless Adventure</a> Surf Session</p>
<p><b>12</b> S4EA Softball/Tennis Tourn-            Morley Fd-Balboa Park 9am-5pm</p>	<p><b>13</b>            FH-C 6-8:30pm <a href="#">Park de la Cruz</a>            VB-C 5:30-7pm <a href="#">Park de la Cruz</a></p>	<p><b>14</b></p>	<p><b>15</b> Yom Kippur            FF-C 5:45-7:15pm <a href="#">Morley Fd.</a></p>	<p><b>16</b>            BC-NC 5:30-7 <a href="#">Bregle Ter</a>            BC-SB 5:30-7 <a href="#">CV Elks</a>            FH-Jr 4-5:30pm <a href="#">Kearny Rec</a>            FH-EC 6-7:30pm <a href="#">Bostonia</a></p>	<p><b>17</b></p>	<p><b>18</b> S4EA Pancake Breakfast            -North Shores 8-10am            BO-SB 12-2pm <a href="#">Bowlero CV</a>            BO-EC 11am-3pm <a href="#">Parkway Bowl</a>            CY 1:30-5:00pm <a href="#">Liberty Station</a>            Around San Diego Bay</p>
<p><b>19</b></p>	<p><b>20</b>            FH-C 6-8:30pm <a href="#">Park de la Cruz</a>            VB-C 5:30-7pm <a href="#">Park de la Cruz</a></p>	<p><b>21</b></p>	<p><b>22</b> Autumn Begins            FF-C 5:45-7:15pm <a href="#">Morley Fd.</a></p>	<p><b>23</b>            FH-Jr 4-5:30pm <a href="#">Kearny Rec</a>            FH-EC 6-7:30pm <a href="#">Bostonia</a></p>	<p><b>24</b>            VB-NC 6:30-7:30 <a href="#">B&amp;G Vista</a></p>	<p><b>25</b>            BO-SB 12-2pm <a href="#">Bowlero CV</a>            BO-EC 11am-3pm <a href="#">Parkway Bowl</a>            CY 1:15-3:30pm <a href="#">Chula Vista Marina</a> to Imperial Beach</p>
<p><b>26</b></p>	<p><b>27</b>            FH-C 6-8:30pm <a href="#">Park de la Cruz</a>            VB-C 5:30-7pm <a href="#">Park de la Cruz</a></p>	<p><b>28</b></p>	<p><b>29</b>            FF-C 5:45-7:15pm <a href="#">Morley Fd.</a></p>	<p><b>30</b>            FH-Jr 4-5:30pm <a href="#">Kearny Rec</a>            FH-EC 6-7:30pm <a href="#">Bostonia</a></p>	<p><u>Donate Stocks to S4EA</u>            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><b>For Indoor Practices &amp; Events</b>  <b>Wear a Mask.</b>  <b>Get your COVID Vaccine &amp; Be Safe to Play our Sports.</b></p>
<p><u>Summer Season Sports</u>            - Bocce (BC)            - Cycling (CY)            - Softball (SB)            - Tennis (TE)</p>	<p><u>Fall Season Sports</u>            - Bowling (BO)            - Flag Football (FF)            - Floor Hockey (FH)            - Volleyball (VB)</p>	<p><u>San Diego Co. Location</u>            C - San Diego City            EC - East County            NC - North County            SB - South Bay            SR - Scripps Ranch</p>	<p><u>Facilities</u>            Bostonia Recreation Center            Boys &amp; Girls Clubs Vista            Chula Vista Elks Lodge            Kearny Mesa Rec. Center            Morley Field-Balboa Park            Otay Recreation Center            Park de la Cruz Gym</p>	<p><u>Facilities</u>            Bregle Terrace Park            Bowlero Chula Vista            Palomar Elementary Sch.            Parkway Bowl</p>	<p><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.</p>	<p><u>Shop Online with AmazonSmile</u>  <b>By registering S4EA at <a href="https://www.amazon.com/smile">smile.amazon.com</a>, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices &amp; selection as on Amazon.com.</b></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

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 Pancake Breakfast on Sat Sep 18 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, softball, and tennis & the fall season 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.