



**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 - DECEMBER 2023

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

## S4EA Holiday Party Sunday, December 3<sup>rd</sup> at Eagles Aerie



Come join in the festivities at the [S4EA Holiday Party](#) sponsored by Eagles Aerie and SDGive 'Season of Giving' on Sunday, December 3<sup>rd</sup> from 4-6:30pm at the [Eagles Aerie](#) (3848 Centre Street at University Ave., San Diego 92103). Activities include music, dancing, caroling, Mexican dinner, visit by Santa & a gift exchange (please bring a gift-maximum value \$10). No cost. RSVP to S4EA at 858-565-7432 by November 30th.



S4EA athletes will be marching in the Holiday Bowl Parade on Wednesday, December 27<sup>th</sup> from 9am-11:30am starting at County Administrative Building on Harbor Dr. in San Diego. For more info, call S4EA at 858-565-7432.



## 2023 S4EA In-Kind Sponsor Wall of Fame

SPORTS for Exceptional Athletes would like to thank the following in-kind supporters for giving our athletes many SPORTS opportunities in 2023:

### Major In-Kind Supporters

Abuhari Boutique  
AleSmith Brewing Company  
Anton Misleh, DDS  
Aquarius/Edgewater Casinos  
AYSO North Park  
Bang Energy  
Barbara Hager  
Bay Club Hotel & Marina  
Beattle Trax Band  
Belmont Park  
Bill Walton  
Bonita Kiwanis  
Bowlero Chula Vista  
Nick Brumbach  
Bread & Cie  
CA Conservation Corps  
Califino Tequila  
California Center for the Arts  
Candor by Giuseppe Rest.

Casey Stumpf  
Chula Vista Elks Lodge  
Clara Downes  
Coast View Chiropractic  
Cohn Restaurant Group  
Creative Ideas/David Family  
Cygnet Theatre  
Danita Lynn De La Isla  
Deborah Wells  
Dream Dinners-La Mesa  
Duane MacNeilan  
Dukes La Jolla  
Fisherman's Landing  
Flagship Cruises & Events  
GUHSD-Helix Charter HS  
Guillermo-Pepe's Street Tacos  
Haylie Scholl  
Henry Avocados  
Hiatt Family  
Icetown Carlsbad

In-N-Out Burger  
James Downes  
Japanese Friendship Garden  
Jellybear Jelly Company  
Joan Captain  
John & Barbara Peters  
Jump Around  
Kamps Propane  
Keane Studios  
Ken Brilmyer  
LA Kings  
La Jolla Country Day School  
Lamb's Players Theatre  
Lesley Paterson  
Linda Hanna  
Mad Mike Martin  
Maina Family  
Mark Rodgers  
Mary Cunningham  
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MexiCocina Rest.- MacNeilan  
Michael Okin  
Mimi's Kitchen  
Mission Foods  
Modo Yoga San Diego  
Mom's Pie House  
Myra Snowdall  
Nancy Emory  
Pick Up Stix  
Preferred MM SD Ins. Services  
PRP Wine International  
Quentin Norman  
Riverside Resort  
Rock 'N Jump  
Rodney Caudillo  
San Diego Ballet  
San Diego Botanic Garden  
San Diego History Center  
San Diego Ice Arena  
San Diego Sockers

San Diego Whale Watch  
Screaming Pete's BBQ  
SD Park & Rec-TRS  
Sutherland Mgmt./McDonald's  
Sweetwater UHSD  
Sycuan Band-KumeyaayNation  
Teri Clavell  
Tim Daly  
Trish Daley  
Troy's Authentic Greek Cuisine  
USAopoly

### Volunteer Groups

Boys Teen Charity  
FAV-Female Athlete Volunteers  
Marsha Fuerst Nursing School  
NCL-San Dieguito  
Teen Volunteers in Action  
Volunteer Match

## In-kind Donations

**Special thanks** to our coaches who run practices, our key volunteers who help at tournaments and special events, and the office crew, especially Teresa Gillaspay & her group, who fold and stuff the monthly newsletters, other mailings and anything else that needs to be done.

Apologies to anyone we missed and thank you all for your generosity.

## Guacamole Bowl – Save-the-Date Feb 10, 2024 at the Balboa Park Club



The Guacamole Bowl is scheduled for Saturday, February 10, 2024 from 10am-2pm at the [Balboa Park Club](#). Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the Guacamole Registration Form & Entry Fee of \$25.

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.

## S4EA Event Dates

- December 2** S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm)
- December 3** S4EA Holiday Party – Eagles Aerie (4-6:30pm)
- December 10** S4EA Bowling Tournament – Bowlero Chula Vista (9am-1pm)
- December 27** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)



## S4EA Fall Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Fall Season Sports, Call S4EA at 858-565-7432 For More Info
<b>Bowling</b>	Sat	11am-1pm	 <u>Bowlero Chula Vista</u> (845 Lazo Ct, CV 91910) not Dec 9/23/30-\$9 for 2 games [League Play]	
Call Cathy Sturdivant 949-922-3441			<u>Mira Mesa Lanes</u> (8210 Mira Mesa Blvd., SD 92126) once or twice a month at 11am-cost \$8	
Tourn-Dec 10	Sun	9am-1pm	<u>Bowlero Chula Vista</u> (845 Lazo Ct, Chula Vista 91910)	
<b>Floor Hockey</b>	Mon	6:30-8:30pm	<u>Park de la Cruz</u> (3901 Landis St., SD 92105) ending Nov 27 [League Play] (Code: <a href="#">109773</a> )	
	Thu	4:00-5:30pm	<u>Kearny Mesa Rec</u> (3170 Armstrong, SD 92111) ending Nov 30 [Jr] (Code: <a href="#">109775</a> )	
	Thu	6:00-7:30pm	<u>Bostonia Rec Ctr</u> (1049 Bostonia, El Cajon 92021) ending November 30	
Tourn-Dec 2	Sat	9am-5pm	<u>Park de la Cruz</u> (3901 Landis St., San Diego 92105)	

### 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: Golf Range-Dec 9

**No Practices or Tournaments During the Holidays. Enjoy the Holidays with your Family.**

## S4EA Winter Season – Basketball, Track & Winter Sports Conditioning



S4EA tentative schedule for opening our winter sports in January is as follows: San Diego City basketball & winter sports conditioning on Mondays from 5:30-8:30pm at Park de la Cruz starting Jan 8 with Junior basketball on Thu from 4-5:30pm at Kearny Rec Center starting Jan 11; East Co. basketball practices at Bostonia Rec Center on Thursdays from 6-7:30pm starting Jan 25 & track practices at Helix HS on Sundays from 9-11am; North Co. basketball practices on Tuesdays from 6-7pm at the Boys & Girls Club-Vista starting Jan 16; South Bay basketball practices on Fri from 5:30-7:30pm at Parkway Community Center starting Jan 12 and track held on Saturdays from 10am-12noon at Sweetwater HS. To confirm & for more info, contact S4EA at 858-565-7432.



## 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



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/Winter Sports Mon (Code: [111442](#)) and Kearny Mesa Rec Ctr-Basketball Jr. Thu (Code: [111443](#)).

## S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2023

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in making 2023 an exceptional year for the SPORTS for Exceptional Athletes sports program. We started our program 16 ½ years ago 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. We offer over 20 sports in 4 sports seasons to 1,400 athletes with developmental disabilities. Over 100 coaches help our athletes at practices, league play, and tournaments. Over 200 meet volunteers assist with timing, scoring, buddies, lunch, set-up, take-down, first-aid . . . and everything else that needs to be done at tournaments. Over 1,000 donors have given financial support to help make this a great program. S4EA had 2 SPORTS Camps in 2023 – Camp Marston in Julian in May and Green Oak Ranch in Vista in October. Thank you for your support. Wishing you a Happy Holiday Season & I look forward to seeing you in 2024.



## ~ December 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Fall Season Sports</b> - Bowling (BO) - Floor Hockey (FH)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay	<u>Facilities</u> Bowlero Chula Vista Mira Mesa Lanes			1	<b>2 S4EA Floor Hockey Tourn</b> Park de la Cruz 9am-5pm  BO-SB 11am-1pm <a href="#">Bowlero CV</a>
<b>3 S4EA Holiday Party - Eagles Aerie 4-6:30pm</b>  <b>HOLIDAY PARTY!</b>	4	5	6	<b>7 Hanukkah Begins</b> 	8	<b>9</b> <a href="#">Limitless Adventure</a> Golf Range
<b>10 S4EA Bowling Tourn - Bowlero CV 9am-1pm</b> 	11	12	13	14	15	<b>16</b> BO-SB 11am-1pm <a href="#">Bowlero CV</a>
17	18	19	20	<b>21 Winter Begins</b> 	22	23
24	<b>25 Christmas</b> 	<b>26 Kwanzaa Begins</b> 	<b>27 Holiday Bowl Parade - Harbor Dr 9-11:30am</b> 	28	29	30
<b>31 New Year's Eve</b> 		<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.	<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>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.

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



### Wishing you Happy Holidays!



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

Join S4EA at Holiday Party on Sun Dec 3 at Eagles Aerie. S4EA will open our winter sports (basketball, bowling, track, and winter sports conditioning) in January. Browse through the Newsletter, visit [www.s4ea.org](http://www.s4ea.org) or call S4EA at 858-565-7432 for more info.

#### S4EA Bowling Tourn. Dec 10 Shop for Holidays with S4EA Gifts

The S4EA Bowling Tourn. is scheduled for Sunday, December 10<sup>th</sup> from 9am-1pm at Bowlero Chula Vista. S4EA athletes that have a bowling average can enter Bowling Tourn. by calling S4EA at 858-565-7432.

Support S4EA and find your holiday gifts by buying S4EA merchandise (hats, t-shirts, hoodies, bags, etc.) at the Bowling Tourney.



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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 fall season in bowling and floor hockey, and in January for the winter season

in basketball, 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.