



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 * E-mail: sds4ea@gmail.com * Phone 858-565-S4EA (7432).

SPORTS NEWS - MAY 2023

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

2023 SPORTS Camp May 5-7 at Camp Marston in Julian

S4EA [SPORTS Camp](#) on May 5-7 at [Camp Marston](#) (4761 Pine Hills Rd., Julian 92036) offers sports & traditional camp activities (climbing tower, candle making, paintball slingshots, hikes, nature center, Ga Ga, talent show, campfire) at a camp in rural Julian. 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.



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). [S4EA has received Vendor Approval from Regional Center for SPORTS Camp \(PQ8659\)](#). Please contact your Regional Center worker to apply & get approval for Campership. Everyone attending SPORTS Camp must have on file a [COVID-19 Waiver of Liability Form](#). To help stop the spread of COVID-19, S4EA would like everyone participating in S4EA activities to have been vaccinated.

Because of COVID-19 restrictions, SPORTS Camp will be run a little differently. Activities will be outside & spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Camp Marston in Julian which is a 1 hour drive from San Diego. Limited spots available because of the pandemic.

Partial scholarships & [Family Rate Specials](#) are available. For more info, call S4EA at (858)565-7432 or go to website at www.s4ea.org.

"A Taste 4 SPORTS" Gala Fundraiser June 1 at Balboa Park Club

S4EA is hosting for our members the 16th Annual "A Taste 4 SPORTS" Gala Fundraiser on Thursday, June 1st from 6-9pm at the [Balboa Park Club](#) (2144 Pan American Road West, SD 92101) featuring food & wine from 15 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 & bid on an exquisite array of auction items. Reservations are \$60 per person.



S4EA is honoring as our 2023 'SPORTS Woman of the Year' Lesley Paterson. Lesley won 3 XTERRA Triathlon World Championships as well as co-wrote the screenplay of 'All Quiet on the Western Front' which won multiple Academy Awards.

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.



S4EA Thanks "A Taste 4 SPORTS" Event Sponsors

SPORTS for Exceptional Athletes thanks the Event Sponsors at "A Taste 4 SPORTS" June 1st at the Balboa Park Club in Balboa Park:

Gold Level

Nick Brumbach
Iddy Land Surveying

Silver Level

Ahrens Family
Jerry/Mary Ellen Harris Family
Richard Harris Family
Jackson/Snowdall Family
Rathbun Family
UDW Homecare Providers Union
Yates/Julius Family

Bronze Level

Abuhari Boutique
Alvarez Family
Benavidez Family
Colors Gourmet Pizza
Mary & Rick Cunningham Family
Clara Downes
Teresa Gillaspay
Goldbaum Family
Jennifer Styer/Duane MacNeilan
Brian Miller
Greg Mitchell/Bill Randall
Kathy Nelson
Peters Family
Super Wash/Dry Laundromat-CV
Triad Components Group

"A Taste 4 SPORTS" Food & Drink Sponsors

AleSmith Brewing Co.
Bang Energy
Bread & Cie
Creative Ideas
Guillermo's-Pepe's Street Tacos
Kamps Propane
Mimi's Kitchen
Pick Up Stix
Preferred MM SD Insurance Services
PRP Wine International
Screaming Pete's BBQ
... & many more



"A Taste 4 SPORTS" Auction & Raffle Items

Getaways to a variety of exciting locations.
Sports Memorabilia—baseball, golf, football, soccer, basketball, etc.
Gift Certificates/Tickets to local restaurants, museums, theatres, hotels, spa treatments, fun & games, whale watching, and more.
Artwork, Jewelry & many more items.
For more items: www.s4ea.org/taste4sports

S4EA Event Dates

May 5-7
June 1

S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon)
S4EA "A Taste 4 SPORTS" – Balboa Park Club (6-9pm)

S4EA Spring Season

S4EA has opened up our indoor & outdoor sports that met all CDC Guidelines (depends on COVID-19 status)

Contact S4EA at 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):

CDC Sports Recommendations

Based on CDC recommendations to help stop the spread of COVID-19 & especially the Delta & Omicron variants, S4EA would like everyone participating in S4EA activities to have been vaccinated & boosted.

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

Sport-Practices	Day	Time	Location	For Spring Season Sports, Call S4EA at 858-565-7432 For More Info
Baseball 	Sat	10:00am-12noon	Balboa (3900 Mt. Acadia, SD 92111) [click www.s4ea.org/baseball for sched] (Code: 106235)	
	Sat	9:00am-11:00am	Chollas Lake (6005 College Grove Dr, SD 92115) [see calendar or coach for game schedule]	
	Sat	9:00am-11:00am	Mira Mesa Youth Baseball Field (Camino Ruiz Park, 11489 Camino Ruiz, San Diego 92126)	
Basketball 	Mon	6:00-8:30pm	Park de la Cruz (3901 Landis St., SD 92105) ending May 8 [League Play] (Code: 106233)	
	Thu	4:00-5:30pm	Kearny Mesa Rec. (3170 Armstrong, SD 92111) end May 11 [Jr-Open Gym] (Code: 106234)	
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021) ending May 11	
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, Chula Vista 91910)-\$9 for 2 games [League Play]	
	Sat	11:30am-2pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games (must call Sue to register)	
Cycling 	Sat	1:15-3:30pm	May 6- De Anza Cove Park around Mission Bay, May 13- Mast Park on Santee River Trail, May 20- Crown Pt Shores to South Mission, May 27-No Ride-Memorial Day Weekend [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
Floor Hockey 	Fri	5:30-7:30pm	Parkway Com. Ctr. (373 Park Way, CV 91910) end May 12[Tm 1 5:30-6:30pm/Tm 2 6:30-7:30pm]	
Pickleball	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105) ending May 8 (Code: 106233)	

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: Yoga-May 20

Summer Sports include bocce, soccer, softball, swimming & tennis. See S4EA June Newsletter, visit S4EA website at www.s4ea.org or call S4EA at 858-565-7432 for more information.

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)
- 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 your vaccine/boosters & 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 spring are Park de la Cruz-Basketball/Pickleball Mon (Code: [106233](#)), Balboa/Mt. Acadia-Baseball Sat (Code: [106235](#)) & Kearny Mesa Rec Ctr-Open Gym Jr. (Code: [106234](#)).

S4EA Athlete Council Elects New Officers for 2023-2024

The S4EA Athlete Council had elections at the S4EA Pancake Breakfast in April. Congratulations to the following officers: President-Joe Alvarez-Salas, Vice Pres.-Mia Ford, Secretary-Rachel Goldbaum, Treasurer-Louis Flam, Sgt. At Arms- Michael Stein.



858-565-7432

S4EA has opened up our indoor and outdoor sports that met all Guidelines.
Once you are ready, athletes & volunteer coaches come join us in the following sports.

SPORTS for Exceptional Athletes

www.s4ea.org



~ May 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Spring Season Sports</u> - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay	<u>Facilities</u> Bostonia Recreation Center Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center	<u>Facilities</u> Balboa/Mt. Acadia Bowlero Chula Vista Chollas Lake Mira Mesa Youth Baseball Field Parkway Bowl	<u>CDC Recommendations</u> Get your COVID Vaccines/Boosters & Be Safe to Play our Sports.	<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>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.
<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.	1 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	2	3	4 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	5 SPORTS Camp-YMCA Camp Marston, Julian FH-SB 5:30-7:30 Pkwy Com Ctr	6 SPORTS Camp-YMCA Camp Marston, Julian BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa CY 1:15-3:30 De Anza Cove Park around Mission Bay
7 SPORTS Camp-YMCA Camp Marston, Julian	8 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	9	10	11 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	12 FH-SB 5:30-7:30 Pkwy Com Ctr	13 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am Chollas Lake CY 1:15-3:30pm Mast Park on Santee River Trail
14 Mother's Day	15	16	17	18	19	20 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am MMYB CY 1:15-3:30pm Crown Point Shores to South Mission Limitless Adventure Yoga
21	22	23	24	25	26	27 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa CY No Ride
28	29 Memorial Day	30	31	<u>Community Giving Program</u> Please contact Clara at sds4ea@gmail.com 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>S4EA Board Members Needed</u> S4EA has elections coming up for our new S4EA Board of Directors. 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 May 8.

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



**Wear your mask in large groups/indoor to help protect everyone!
Get your vaccines/boosters & be safe to play our sports!**



Message from Exec. Dir. Walter Jackson

S4EA is running our spring season sports in baseball, basketball, bowling, cycling, floor hockey, and pickleball. SPORTS Camp takes place May 5-7 at Camp Marston in Julian. Join S4EA at "A Taste 4 SPORTS" gala scheduled for Thu June 1 at the Balboa Park Club. Browse through the Newsletter, visit 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 5-7 at Camp Marston in Julian. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up.



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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. 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 over 450 athletes with developmental disabilities ages 5 through adult in San Diego County during the pandemic.

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 spring season in baseball, basketball, bowling, cycling, floor hockey, and pickleball. 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.

 Find us on
Facebook
www.facebook.com/sports4ea

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.