



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



~ April 2023 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spring Season Sports - Basketball (BB) - Bowling (BO) - Challenger Baseball (CB) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Track (TF)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Center Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center	Facilities Balboa/Mt. Acadia Bowlero Chula Vista Chollas Lake Helix High School Mira Mesa Youth Baseball Field Parkway Bowl Sweetwater High School	Volunteer Appreciation Week April 16-22, 2023 Volunteers are backbone of S4EA program. S4EA thanks our dedicated volunteers for coaching, helping at meets, office projects & supporting our athletes during year	CDC Recommendations Get your COVID Vaccines/Boosters & Be Safe to Play our Sports.	1 April Fools' Day BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am MMYB TF-SB 10am-12 Sweetwater HS
2 Palm Sunday TF-C/EC 9-11am Helix HS	3 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	4	5 Passover CB-Practice 4:30-6pm Balboa	6 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	7 Good Friday FH-SB 5:30-7:30 Pkwy Com Ctr	8 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa TF-SB 10am-12 Sweetwater HS
9 Easter	10 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	11	12 CB-Practice 4:30-6pm Balboa	13 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	14 FH-SB 5:30-7:30 Pkwy Com Ctr	15 S4EA Pancake Breakfast – S4EA/North Shores 8-10am BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am Chollas Lake TF-SB 10am-12 Sweetwater HS
16 TF-C/EC 9-11am Helix HS 	17 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	18	19 CB-Practice 4:30-6pm Balboa	20 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	21 FH-SB 5:30-7:30 Pkwy Com Ctr	22 S4EA Final Track Meet - Sweetwater HS 9am-1pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 10-12 Balboa Limitless Adventure Hiking
23	24 BB-C 6-8:30pm Park de la Cruz PB-C5:30-6:30 Park de la Cruz	25	26 CB-Practice 4:30-6pm Balboa	27 BB-EC 6-7:30pm Bostonia Open Gym-Jr 4-5:30pm Kearny	28 FH-SB 5:30-7:30 Pkwy Com Ctr	29 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-2pm Parkway Bowl CB-Game 9-11am MMYB
30	Donate Stocks to S4EA 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.	Facebook Birthday FR For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	Vols Needed for Office Projects 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.	Community Giving Program Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.	Designate S4EA with United Way 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.	S4EA Board Members Needed 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 April 13.