



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 - JULY 2022

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

Goodbye to North Shores/S4EA Has Moved Our Offices – 8380 Vickers St. #E, SD 92111

Because Arc has sold North Shores which has been S4EA's home for the last 11 years, S4EA has moved in June. Our new location is in Kearny Mesa at 8380 Vickers St. #E, San Diego 92111 near Balboa Ave & Hwy 163. We welcome you to visit our new location.

"A Taste 4 SPORTS" Gala Fundraiser June 2 Raises Over \$40,000 for S4EA

S4EA celebrated our 15th Anniversary at "A Taste 4 SPORTS" on June 2 at the Balboa Park Club. S4EA honored "The Fastest Cyclist on Earth" Denise Mueller as our 2022 'SPORTS Person of the Year'. Over 200 guests tasted food from 17 restaurants, listened to the music by 'The Night Owls' Band' & bid on fabulous silent auction items. Thank you to the 27 sponsors and 63 auction donors who helped make "A Taste 4 SPORTS" a financial success with over \$40,000 raised for S4EA. Thank you to everyone who participated.

S4EA Thanks "A Taste 4 SPORTS" Event Sponsors

SPORTS for Exceptional Athletes thanks the Event Sponsors at "A Taste 4 SPORTS" June 2nd:

Gold Level

Nick Brumbach
Idy Land Surveying

Silver Level

Brixton Capital
Gibson Family
HME
Jerry & Mary Ellen Harris Family
Richard Harris Family
Jackson/Snowdall Family
The Arc of San Diego
Yates/Julius Family



Bronze Level

Alvarez Family
Benavidez Family
Colors Gourmet Pizza
Cunningham Family
Clara Downes
Teresa Gillaspay
Goldbaum Family
Brian Miller
Jennifer Styer/Duane MacNeilan
Kathy Nelson
Peters Family
Bill Randall
Rathbun Family
Screaming Pete's BBQ
Sonnenberg & Company, CPAs
Super Wash/Dry Laundromat-CV
Triad Components Group

"A Taste 4 SPORTS" Food & Drink Sponsors

AleSmith Brewing Co.	PRP Wine International
Bang Energy	Screaming Pete's BBQ
Bread & Cie	Troy's Greek Cuisine
Cookies con Amore	Uncle Ed's Damn Good Vodka
Creative Ideas	
Dream Dinners	& many more
Guillermo's-Pepe's St. Tacos	
Jellybear Jelly Company	
Kamps Propane	
Koji Morisaki	
MexiCocina Restaurant	
Mimi's Kitchen	
Preferred MM SD Ins Serv.	



San Diego Parks & Recreation-Therapeutic Recreation Services

The City of



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 ended in March. 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 summer are Park de la Cruz-Soccer Mon (Code: [101431](#)), Morley Field Bocce Courts-Bocce Tue (Code: [101430](#)), and Park de la Cruz/Morley Field Softball Fields-Softball Wed (Code: [101432](#)).

S4EA Event Dates

- July 9** Windansea "Day at the Beach" – La Jolla Shores (9am-3pm)
- July 15** S4EA Open House – New S4EA Office at 8380 Vickers St. #E, SD 92111 (5-7pm)
- July 23** S4EA Swim Meet – St. Madeleine Sophie's Center, El Cajon (8am-1pm)
- August 28** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm) [tentative]
- September 11** S4EA Softball Tournament – Morley Field in Balboa Park (9am-5pm) [tentative]

S4EA Summer Season








S4EA has opened up our indoor & outdoor sports that met all 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 (age 5 & above) participating in S4EA activities to have been vaccinated & boosted.

Sport-Practices	Day	Time	Location	Tentative Summer Season Sports, Call S4EA at 858-565-7432 For More Info
Bocce 	Tue	5:30-7:00pm	Morley Bocce Ct (2221 Morley Field Dr, SD 92104)	start Jul 5 [League Play] (Code: 101430)
	Thu	5:30-7:00pm	Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084)	starting July 7
Cycling 	Sat	1:15-3:30pm		Jul 2-No Ride, Jul 9- Hospitality Pt. to Mission Valley, Jul 16- DeAnza Cove by Hwy 5, Jul 23- Hospitality Pt. to Sunset Cliffs, Jul 30- Plaza Bonita to SB [see calendar, S4EA website, coach for more info]
Ice Skating 	Wed	3:45-4:45pm	San Diego Ice Arena (11048 Ice Skate Place, San Diego 92126)	Put skates on at 3:30pm [New athletes call Terry Poletto at 858-349-7388 before starting]
Soccer 	Mon	5:30-8:00pm	Park de la Cruz (3901 Landis St., SD 92105)	except July 4 [League Play] (Code: 101431)
	Thu	6:00-7:00pm	Cottonwood Park Ballfield (1778 E. Palomar St., Chula Vista 91913)	starting July 7
	Tourn-Aug 28	Sun	9am-5pm	Morley Field Soccer Fields (2221 Morley Field Dr. near Texas & Upas, SD 92104)
Softball 	Wed	5:30-8:30pm	Morley Softball Fds (2221 Morley Field Dr, SD 92104)	Jun 22/29 Morley Field Closed in July
			Practices moved to Park de la Cruz (3901 Landis St., SD 92105)	July 6/13/20/27 [League Play] (Code: 101432)
	Thu	5:00-6:00pm	Cottonwood Park Ballfield (1778 E. Palomar St., Chula Vista 91913)	starting July 7
	Sun	3:30-5:30pm	Breeze Hill Park (645 S. Melrose, Vista 92081)	starting July 17
Tourn-Sep 11	Sun	9am-5pm	Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas., SD 92104)	[tentative]
Swimming 	Sat	10:30-11:30am	La Mesa Pool (5100 Memorial Dr, La Mesa 91942)	July 2, 16, 30-\$5 per session (swim only)
	Day at the Beach-Sat Jul 9	9am-3pm		Windansea teach surfing La Jolla Shores-Limited spots available-Call Clara 858-565-7432
	Meet-July 23	Sat	8:00am-1:00pm	St. Madeleine Sophie's Center (2119 E. Madison Ave., EC 92019)
Tennis 	Mon	6:30-7:30pm	Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107)	except July 4

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/Walk-July 23

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.

What To Do To Get Vaccine

The Delta Variant of COVID-19 spread rapidly and the Omicron Variant spread even more quickly. Getting the vaccine and then the booster when eligible is the best way to keep from getting the virus & going to the hospital.

Anyone 5 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.





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



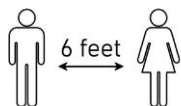
~ July 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports - Bocce (BC) - Cycling (CY) - Ice Skating (IS) - Soccer (SO) - Softball (SB) - Swimming (SW) - Tennis (TE)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	Facilities - La Mesa Pool Barnes Tennis Center Breeze Hill Park Brengle Terrace Park Cottonwood Park Ballfield Morley Field-Balboa Park Park de la Cruz San Diego Ice Arena	<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>CDC Recommendations</u> Get your COVID Vaccines/Booster & Be Safe to Play our Sports.	1	2 CY 1:15-3:30pm No Ride SW-EC 10:30-11:30am LM Pool
3	4 Independence Day	5 BC-C 5:30-7pm Morley Fd	6 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Park de la Cruz	7 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Cottonwood SO-SB 6-7pm Cottonwood	8	9 Windansea 'Day at the Beach' - La Jolla Shores 9am-3pm CY 1:15-3:30pm Hospitality Point to Mission Valley
10	11 SO-C 5:30-8pm Park de la Cruz TE-C 630-730 Barnes Tennis Ctr	12 BC-C 5:30-7pm Morley Fd	13 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Park de la Cruz	14 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Cottonwood SO-SB 6-7pm Cottonwood	15 S4EA Open House - S4EA-8380 Vickers St #E 5-7pm	16 CY 1:15-3:30pm De Anza Cove follow Bike Path alongside Hwy 5 SW-EC 10:30-11:30am LM Pool
17 SB-NC 3:30-5:30 Breeze Hill	18 SO-C 5:30-8pm Park de la Cruz TE-C 630-730 Barnes Tennis Ctr	19 BC-C 5:30-7pm Morley Fd	20 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Park de la Cruz	21 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Cottonwood SO-SB 6-7pm Cottonwood	22	23 S4EA Swim Meet - SMSC 8am-1pm CY 1:15-3:30pm Hospitality Point to Sunset Cliffs Limitless Adventure Hike/Walk
24 SB-NC 3:30-5:30 Breeze Hill	25 SO-C 5:30-8pm Park de la Cruz TE-C 630-730 Barnes Tennis Ctr	26 BC-C 5:30-7pm Morley Fd	27 IS-SR 3:45-4:45 SD Ice Arena SB-C 5:30-8:30 Park de la Cruz	28 BC-NC 5:30-7 Brengle Ter SB-SB 5-6pm Cottonwood SO-SB 6-7pm Cottonwood	29	30 CY 1:15-3:30pm Plaza Bonita to South Bay SW-EC 10:30-11:30am LM Pool
31 SB-NC 3:30-5:30 Breeze Hill		<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>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>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, 9575 Aero Dr #B, SD 92123. Thanks for your support.	<u>Shop Online with AmazonSmile</u> By registering S4EA at smile.amazon.com, Amazon will donate 0.5% of the purchase price to S4EA. You get the same low prices & selection as on Amazon.com.

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!



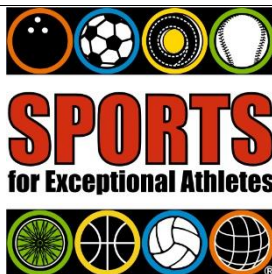
Message from Executive Director Walter Jackson

"A Taste 4 SPORTS" on June 2 was a great success with over \$40,000 raised for S4EA. S4EA opened our summer sports season in June & July. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

S4EA Open House July 15 from 5-7pm 8380 Vickers St. #E, San Diego 92111

S4EA would like to welcome everyone to our Open House to see our new S4EA Office/Warehouse (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa on Friday, July 15th from 5-7pm. We are on the west side of Hwy 163 between Balboa Ave. & Clairemont Mesa Blvd.

Light refreshments will be served.



ADDRESS SERVICE REQUESTED

SPORTS for Exceptional Athletes
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Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-565-7431

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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 summer season in bocce, cycling, ice skating, soccer, softball, swimming, and tennis. 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.