



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

SPORTS NEWS - DECEMBER 2021

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2021 S4EA Sponsor Wall of Fame

SPORTS for Exceptional Athletes would like to thank the following supporters for giving our athletes many Sports, Zoom, and socially distancing opportunities during the Coronavirus Pandemic in 2021:

Platinum (\$10,000+)

CA Small Bus. Covid-19 Grant
Campbell, Judith Ed/Com Fnd
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Silver Medal (\$1,000+)

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Harris, Richard
Jackson, Walter A.
Kiwanis Club of SD Harbor
Lowry, Deborah
Mejia-Powell, Beda

Miscellaneous

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O'Brien Charitable Fund, Adam
Rotary Club of La Mesa
SD Firefighters Local 145
SDGiVE
SD Retired Fire & Police Fnd
South Bay Kiwanis
Torsak, Kurt
Yates/Julius III, Angela & John

Bronze Medal (\$500+)

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Duarte, Rose
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Fuentes, Joe
Fuller, Susan
Gardner, Haylie
Gardner, Michael
Glinatsis, Cheri
Gregorio, Randi
Grover, Tina
Hager, Barbara
Haro, Jane
Harris, Michael
Horning, Ed
Jackson, David
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Kadowaki, Lisa
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Kirste-Burge, Catherine
Kline, James
Koch, Nicole
Kreutel, William
Larkin, Carol
Lawson, James
Levinson, Randy
MacKinnon, Alan
Maina, Heather
Mais, Shepard
Mason, Editha
Maxe, Patti
McKee, John
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Stone, Bruce
Strohbehn, Connie
Szabo, JoAnn
Uyeda, Martha
Williams, Cameron
Winkler, Martin
Winnard, Syd
Wojdowski, Stephen
Ybarra, David

Thank you to the 2021 Sponsors and the other 80 donors who contributed this year.

S4EA Holiday Party Saturday, December 11th at S4EA/North Shores



Come join in the festivities at the [S4EA Holiday Party](#) sponsored by SDGiVE 'Season of Giving' on Saturday, December 11th from 1-3:30pm at [S4EA/North Shores Courtyard](#) (9575 Aero Dr., SD 92123). For COVID-19 precautions, we are having all of the activities outside in the courtyard. Activities include music, dancing, caroling, Mexican dinner by Pepe, visit by Santa & a gift exchange (please bring a gift-max. value \$10). No cost. RSVP to S4EA at 858-565-7432 by December 6th.



S4EA athletes are marching in the Holiday Bowl Parade on Tuesday, December 28th from 9am-11:30am on [Harbor Dr.](#) in San Diego.

Shop Online During Holiday Season with AmazonSmile

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. AmazonSmile has raised over \$1,700 for S4EA.

Support S4EA and find all your holiday essentials including gifts, decorations, and more.



S4EA Event Dates

- December 4** S4EA Floor Hockey Tournament – Park de la Cruz (9am-4pm)
- December 11** S4EA Holiday Party – S4EA/North Shores Courtyard (1-3:30pm)
- December 12** S4EA Bowling Tournament – Parkway Bowl (11am-3pm)
- December 28** Holiday Bowl Parade – County Admin. Bldg. on Harbor Dr. (9-11:30am)
- February 26** S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)
- March 5** S4EA Mardi Gras Dinner Dance – Chula Vista Elks Lodge (5-9pm)

S4EA Fall Season

S4EA has opened our indoor fall sports that meet all Guidelines (depends on Delta variant 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):

Indoor Sports

Based on CDC recommendations to help stop the spread of COVID-19 & especially the Delta variant, S4EA would like everyone (age 5 & 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>	For Fall Indoor Sports Status, Call S4EA at 858-565-7432
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910)-\$8 for 2 games (not Dec 11) [League Play]	
	Sat	11:30am-3pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020)-\$6 for 3 games(must call Sue to first register)	
	Tourn-Dec 12	Sun	11am-3pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126) [may replace Kearny Mesa Bowl-closed] Parkway Bowl (1280 Fletcher Pkwy, El Cajon 92020) [Buy S4EA Souvenirs for Holiday Gifts]
Floor Hockey 	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., San Diego 92105) ending November 29 [League Play]	
	Thu	4:00-5:30pm	Kearny Mesa Rec Center (3170 Armstrong, SD 92111) Canceled until kids get vaccinated [Jr]	
	Thu	6:00-7:30pm	Bostonia Recreation Ctr (1049 Bostonia, El Cajon 92021) ending December 2	
	Tourn-Dec 4	Sat	9am-4pm	Park de la Cruz (3901 Landis St., San Diego 92105)

No Practices or Tournaments During Holidays. Enjoy the Christmas Holidays with Family. Wear Masks & Social Distance.

S4EA Winter Season – Basketball, Track & Winter Sports Conditioning

If the conditions are right, S4EA would like to open up some of our winter sports in January. San Diego City starts basketball & winter sports conditioning on Mondays from 5:30-8:30pm at Park de la Cruz with Junior basketball on Thu from 4-5:30pm at Kearny Rec Center; East Co. basketball practices at Bostonia Rec Center on Thursdays from 6-7:30pm & track practices at Helix HS on Sundays from 9-11am; North Co. basketball practices on Wednesdays from 6-7pm at the Boys & Girls Club-Vista; South Bay basketball practices at the Otay Rec Center and track held on Saturdays from 10am-12noon at Sweetwater HS. To confirm & for more info, contact S4EA at 858-565-7432.

Practice 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. Getting the vaccine 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.



S4EA Executive Director Thanks Athletes, Vols & Donors for your Support in 2021

S4EA Executive Director, Walter Jackson, thanks our athletes, families, friends, volunteers, coaches, and other supporters for your help in getting us through 2021 during the Coronavirus Pandemic. We started by offering Zoom sports & social activities, followed by socially distancing parking lot activities. We learned to keep 6 ft apart, wear masks when near other people & wash our hands frequently. By getting over 90% of our athletes and volunteers vaccinated, we were able to open up most of our sports, starting with outdoor sports in the summer and indoor sports in the fall. Volunteers and coaches helped at these various activities. Over 1,000 donors have given financial support to help make this a great program. Thank you for your support during these challenging times. Wishing you a Happy Holiday Season & I look forward to seeing you in 2022.



858-565-7432

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

SPORTS for Exceptional Athletes

www.s4ea.org



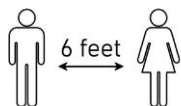
~ December 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><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.</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 sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program.</p>	<p><u>Vols 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>For Indoor Practices Masks Required. Get your COVID Vaccine & Be Safe to Play our Sports.</p>	<p><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.</p>	<p><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.</p>
<p><u>Fall Season Sports</u> - Bowling (BO) - Floor Hockey (FH)</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 Bowlero Chula Vista Mira Mesa Lanes Park de la Cruz Gym Parkway Bowl</p>	1	2 FH-EC 6-7:30pm Bostonia	3	<p>4 S4EA Floor Hockey Tourn Park de la Cruz 9am-5pm BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl Limitless Adventure Hike</p>
5	6	7	8	9	10	<p>11 S4EA Holiday Party - S4EA/North Shores 1-3:30pm BO-EC 11:30-3pm Parkway Bowl</p>
<p>12 S4EA Bowling Tourn - Parkway Bowl 11am-3pm Buy S4EA Souvenir Gifts (shirts, hats, bags, etc.) for Holiday Gifts at Bowling Tournament</p>	13	14	15	16	17	<p>18 BO-SB 11am-1pm Bowlero CV BO-EC 11:30-3pm Parkway Bowl</p>
19	20	21 Winter Begins	22	23	24	25 Christmas
26 Kwanza Begins	27	28 Holiday Bowl Parade – Harbor Dr/Grape 9-11:30am	29	30	31 New Year's Eve	

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 Exec. Dir. Walter Jackson

Join S4EA at Holiday Party on Sat Dec 11 at S4EA/North Shores. At S4EA Bowling Tour. at Parkway Bowl on Sun Dec 12, S4EA will sell S4EA souvenirs (shirts, hats, bags, etc.) that can be purchased for Holiday Gifts. S4EA has opened our indoor fall sports with masks required to be worn at practice. Get your vaccine now & be safe to play our sports. Check out the rest of the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.

S4EA Offices May Be Moving

Arc is finalizing selling North Shores in next few months. S4EA may need to move our offices by the end of April/May 2022. If you know any office/warehouse space (1,500+ sq. ft.) that S4EA could use in coming years please contact S4EA at 858-565-7432.



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. 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 fall season in bowling and floor hockey. Volunteers will be needed 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.