



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 - AUGUST 2024

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

S4EA Bingo Bash Saturday August 17 at S4EA Office (8380 Vickers St. #E, SD 92111)



SPORTS for Exceptional Athletes presents Bingo Bash on Saturday, August 17 at our S4EA Office (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 3-4:30pm. We will play bingo outside to enjoy the nice summer weather. For \$10.00 per set of 5 Bingo Cards, you can play Bingo with families & friends. Bingo winners will receive prizes. Snacks will be provided. Call S4EA at 858-565-7432 to reserve your spot.



S4EA Pancake Breakfast Saturday September 28 at S4EA Office

S4EA has scheduled an Outdoor Family Pancake Breakfast on Saturday, September 28 from 8-10am at S4EA Office (8380 Vickers St. #E, San Diego 92111). The breakfast includes pancakes, scrambled eggs, sausage, milk, juice & coffee for \$10 per person. A raffle will be held. An Athlete Council meeting will be held at the end of the pancake breakfast to discuss upcoming Athlete Council Activities. Come join S4EA at our Pancake Breakfast. For more info, call S4EA at (858)565-7432.



Halloween SPORTS Camp October 11-13 at Green Oak Ranch in Vista



S4EA SPORTS Camp on October 11-13 at Green Oak Ranch (1237 Green Oak Rd, Vista 92081) offers a general program of camp & sports activities. Join in the fun trick-or-treating, visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show & participating in various other camp activities. Athletes spend 2 nights in cabins under the guidance of chaperones/camp counselors. Persons with disabilities, families, friends, volunteers, coaches & supporters are all welcome to join S4EA at camp. Transportation will not be available. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego.



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). Turn in S4EA Camp Registration Form and Fee by September 11 and pay Early Bird Price of only \$280. A non-refundable deposit of \$95 will reserve your spot in S4EA SPORTS Camp. *S4EA has received Vendor Approval from Regional Center for SPORTS Camp (PQ8659). Please contact your Regional Center worker to apply & get approval for Campership.*



A Family Rate Special is available. For more info, please call S4EA at (858)565-7432 or go to S4EA website at www.s4ea.org.

S4EA Event Dates

- August 3** S4EA Swim Meet – St. Madeleine Sophie’s Center, El Cajon (8am-1pm)
- August 17** S4EA Bingo Bash – S4EA Office (3-4:30pm)
- August 25** S4EA Soccer Tournament – Morley Field in Balboa Park (9am-5pm)
- September 8** S4EA Softball & Tennis Tourn–Morley Field in Balboa Park (9am-5pm)
- September 14** S4EA Bocce & Flag Football Tournament – La Jolla Country Day School (9am-3:30pm)
- September 28** S4EA Pancake Breakfast – S4EA Office (8-10am)
- October 11-13** S4EA Halloween SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 3pm)



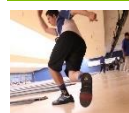
S4EA Summer Season

Sport-Practices	Day	Time	Location	Summer Season Sports, Call S4EA at 858-565-7432 to confirm/for more Info	
Bocce 	Tue	5:30-7:00pm	Morley Bocce Ct (2221 Morley Field Dr, SD 92104)	Jul 9-Sep 10 [League] (Code: 115152)	
	Thu	5:30-7:00pm	Brengele Terrace Park (1200 Vale Terrace Dr., Vista 92084)	from Jul 11-Sep 12	
Cycling 	Sat	1:15-3:30pm	Aug 3-Fry's Park Lot to Mission Valley, Aug 10- Sorrento Valley Park/Ride to Rte.56 Bike Trail	Aug 17- Hospitality Point to Mission Valley, Aug 24- Balboa Trolley Station to UCSD, Aug 31-No Ride [see calendar, S4EA website, coach or call S4EA at 858-565-7432 for more info]	
Soccer 	Mon	5:45-8:00pm	Park de la Cruz (3901 Landis St, SD 92105)	Jun 17-Aug 19 [League Play] (Code: 115151)	
	Tue	6:30-7:30pm	Orange Park (341 Orange Ave., Chula Vista 91911)	from Jun 18-Aug 20	
	Tourn-Aug 25	Sun	9am-5pm	Morley Field Soccer Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	
Softball	Wed	5:45-8:30pm	Park de la Cruz (3901 Landis St., SD 92105)	from Jul 3-Aug 14 [League Play](Code: 115153)	
			Practices moving to Morley Softball Fields (2221 Morley Field Dr., SD 92104)	from Aug 21-Sep 4	
	Tue	5:00-6:30pm	Orange Park (341 Orange Ave., Chula Vista 91911)	from Jun 18-Aug 27	
	Sun	6:00-7:30pm	Breeze Hill Park (645 S. Melrose, Vista 92081)	from Jul 14-Aug 25	
Tourn-Sep 8	Sun	9am-5pm	Morley Field Softball Fields (2221 Morley Field Dr. near Texas & Upas St., SD 92104)		
Swimming 	Fri	5:00-7:00pm	Las Palmas Pool (1800 E 22 nd St, NC 91950)	\$20 per month (Non-Swim 5-6pm, Swim 6-7pm)	
	Meet-Aug 3	Sat	10:00-11:30am	La Mesa Pool (5100 Memorial Dr, LM 91942)	from Jun 22-Sep 28-\$5/session(swimmers only)
		Sat	8:00am-1:00pm	St. Madeleine Sophie's Center (2119 E. Madison Ave., El Cajon 92019)	
Tennis 	Mon	6:00-7:00pm	Barnes Tennis Center (4490 W. Point Loma Blvd., San Diego 92107)	from Jun 3-Jul 29	
	Tourn-Sep 8	Sun	9am-3pm	Tennis practices moving to Peninsula Tennis Club (2525 Bacon St., San Diego 92107) Aug 12, 19 & 26 Morley Field Tennis Courts (2221 Morley Field Dr. near Texas & Upas St., SD 92104)	

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: Surfing-August 24

S4EA Fall Sports Season – Bowling, Flag Football, Floor Hockey & Volleyball



The S4EA Fall Sports Season starts in September with practices and league play in bowling, flag football, floor hockey, and volleyball tentatively scheduled as follows: bowling on Saturdays from 11am-1pm at Bowlero Chula Vista starting Sep 7; flag football on Wednesdays from 5:45-7:15pm at Morley Field starting Sep 11; floor hockey & volleyball league play on Mondays from

5:30-8pm at Park de la Cruz starting Sep 16; floor hockey for juniors on Thursdays from 4-5:30pm at Kearny Mesa Recreation Center starting Sep 19; floor hockey or volleyball for South Bay on Fridays from 5:30-7:30pm at Parkway Community Center starting Sep 20(?); floor hockey for East County on Thursdays from 6-7:30pm at Bostonia Recreation Center starting Sep 19; and volleyball for North County on Tuesdays from 6-7pm at the Boys & Girls Club of Vista starting Sep 24. Call S4EA at 858-565-7432 in Sep for updates.



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 indoors in large groups 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



San Diego Parks & Recreation (SDP&R) – Therapeutic Recreation Services (TRS) provides therapeutic recreation programs for children and adults with any type of disability. SDP&R-TRS is co-sponsoring S4EA 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: [115151](#)), Morley Field Bocce Courts-Bocce Tue (Code: [115152](#)), and Morley Field Softball Fields/PDLC-Softball Wed (Code: [115153](#)).

~ August 2024 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Sports - Bocce (BC)</u> - Bowling (BO) - Cycling (CY) - Soccer (SO) - Softball (SB) - Swimming (SW) - Tennis (TE)</p>	<p><u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay</p>	<p><u>Facilities</u> La Mesa Pool Las Palmas Pool Mira Mesa Lanes Peninsula Tennis Club</p>	<p><u>Facilities</u> Breeze Hill Park Bregle Terrace Park Morley Field-Balboa Pk Orange Park-Chula Vista Park de la Cruz</p>	<p>1 BC-NC 5:30-7 <u>Bregle Ter</u></p>	<p>2 SW-SB 5-7pm <u>Las Palmas</u></p>	<p>3 S4EA Swim Meet – <u>St. Madeleine Sophie's Center</u> 8am-1pm  CY 1:15-3:30pm <u>Fry's Parking Lot</u> to Mission Valley SW-EC 10-11:30am <u>LM Pool</u></p>
<p>4 BO-C/NC 11am-12:20 <u>Mira Mesa</u> SB-NC 6-7:30pm <u>Breeze Hill</u></p>	<p>5 SO-C 5:45-8pm <u>Park de la Cruz</u></p>	<p>6 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30 <u>Orange Park</u> SO-SB 6:30-7:30 <u>Orange Park</u></p>	<p>7 SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p>8 BC-NC 5:30-7 <u>Bregle Ter</u></p>	<p>9 SW-SB 5-7pm <u>Las Palmas</u></p>	<p>10 CY 1:15-3:30pm <u>Sorrento Valley Park/Ride</u> to Route 56 Bike Trail SW-EC 10-11:30am <u>LM Pool</u></p>
<p>11 SB-NC 6-7:30pm <u>Breeze Hill</u></p>	<p>12 SO-C 5:45-8pm <u>Park de la Cruz</u> TE-C 6-7pm <u>Peninsula Tennis</u></p>	<p>13 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30 <u>Orange Park</u> SO-SB 6:30-7:30 <u>Orange Park</u></p>	<p>14 SB-C 5:45-8:30pm <u>Park de la Cruz</u></p>	<p>15 BC-NC 5:30-7 <u>Bregle Ter</u></p>	<p>16 SW-SB 5-7pm <u>Las Palmas</u></p>	<p>17 S4EA Bingo – S4EA Office 3-4:30pm  CY 1:15-3:30pm <u>Hospitality Point</u> to Mission Valley SW-EC 10-11:30am <u>LM Pool</u></p>
<p>18 BO-C/NC 11am-12:20 <u>Mira Mesa</u> SB-NC 6-7:30pm <u>Breeze Hill</u></p>	<p>19 SO-C 5:45-8pm <u>Park de la Cruz</u> TE-C 6-7pm <u>Peninsula Tennis</u></p>	<p>20 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30 <u>Orange Park</u> SO-SB 6:30-7:30 <u>Orange Park</u></p>	<p>21 SB-C 5:45-8:30pm <u>Morley</u></p>	<p>22 BC-NC 5:30-7 <u>Bregle Ter</u></p>	<p>23 SW-SB 5-7pm <u>Las Palmas</u></p>	<p>24 CY 1:15-3:30pm <u>Balboa Trolley Station</u> to UCSD SW-EC 10-11:30am <u>LM Pool</u> <u>Limitless Adventure</u> Surfing</p>
<p>25 S4EA Soccer Tourn- <u>Morley Fd-Balboa Park</u> 9am-5pm  SB-NC 6-7:30pm <u>Breeze Hill</u></p>	<p>26 TE-C 6-7pm <u>Peninsula Tennis</u></p>	<p>27 BC-C 5:30-7pm <u>Morley Fd</u> SB-SB 5-6:30 <u>Orange Park</u></p>	<p>28 SB-C 5:45-8:30pm <u>Morley</u></p>	<p>29 BC-NC 5:30-7 <u>Bregle Ter</u></p>	<p>30 SW-SB 5-7pm <u>Las Palmas</u></p>	<p>31 CY 1:15-3:30pm No Ride SW-EC 10-11:30am <u>LM Pool</u></p>
	<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, 8380 Vickers St. #E, SD 92111. Thanks for your support</p>	<p><u>Donate to S4EA</u> </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>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, "A Taste 4 SPORTS", etc. Call S4EA at 858-565-7432 to help.</p>

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



Enjoy your Summer with SPORTS!



Message from Exec. Dir. Walter Jackson

Join S4EA at Bingo on Sat Aug 17. S4EA is running our summer sports in bocce, cycling, soccer, softball, swimming, and tennis. Browse through the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



Halloween SPORTS Camp Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for Halloween SPORTS Camp October 11-13 at [Green Oak Ranch](#) in Vista. Family and friends are welcome to chaperone. No experience needed.

Call S4EA at 858-565-7432 to sign-up or get [S4EA Volunteer Application for SPORTS Camp Chaperone](#).



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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. 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.



[Volunteers](#) are needed as coaches for the summer season in bocce, cycling, soccer, softball, swimming, and tennis.

Volunteers are needed as coaches for the fall season in bowling, flag football, floor hockey, and volleyball. 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.