



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 - JANUARY 2025

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

S4EA Winter Sports Need Volunteer Coaches

S4EA needs volunteer coaches this winter for the following:

- South Bay Bowling on Sat 11am-1pm at Bowlero Chula Vista from Jan 11-Apr 26
- South Bay Basketball on Fri 6-8pm at Parkway Community Center from Jan 10-Mar 14
- East County Basketball on Thu 6-7:30pm at Bostonia Recreation Center from Jan 23-Mar 13
- North County Basketball on Thu 6-7pm at Boys & Girls Club-Vista from Jan 16-Mar 13
- San Diego City/East County Track on Sun from 9-11am at Helix High School from Jan 12-Apr 13
- Basketball, Bowling, Track & Winter Sports Conditioning at various other practice site locations

If interested in volunteer coaching or to get a [Volunteer Application](#), call S4EA at 858-565-7432.



Volunteer to Coach

Give a little. Get a lot!

Families & friends are welcome.
.No experience needed.

S4EA Bingo Bash Saturday January 25 at S4EA Office



SPORTS for Exceptional Athletes presents [Bingo Bash](#) on Saturday, January 25 at our [S4EA Office](#) (8380 Vickers St. #E, San Diego 92111) in Kearny Mesa from 2:30-4pm. We will play bingo outside. 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.



Guacamole Bowl Saturday, February 8 at the Balboa Park Club



Come join S4EA at the 22nd Annual [Guacamole Bowl](#) on Saturday, February 8th from 10am-2pm at the [Balboa Park Club](#) (2144 Pan American Road West, San Diego 92101). Taste the Guacamole from champions from the past 21 years and discover new recipes from up and coming teams. Guacamole starter kits will be available for purchase to spice up your Super Bowl party.

Teams compete in Law Enforcement, Champions, and Open Divisions. To enter a team, fill out & return the [Guacamole Registration Form](#) and Entry Fee of \$25. Sponsorship opportunities are available from \$50 for Entertainment Sponsor up to \$5,000 for Championship Round Sponsor. Proceeds benefit S4EA.

Bring family and friends as the \$8 admission pays membership fee and gets you a bag of Mission Tortilla chips & all the guacamole you can eat. You also have the opportunity to vote for your favorite recipe and select the finalists in each division. For more information, call S4EA at 858-565-7432. For tickets, go to <https://www.s4ea.org/event-details/guacamole-bowl-balboa-park-club>

S4EA Valentine Dinner Dance Saturday February 15 at Chula Vista Elks Lodge



The SPORTS for Exceptional Athletes (S4EA) [Valentine Dinner Dance](#) is taking place on Saturday, February 15th from 5-9pm at the [Chula Vista Elks Lodge](#) (901 Elks Lane, Chula Vista 91910). S4EA athletes are invited to a great evening of fun and entertainment provided by the Chula Vista Elks Lodge. To register, please call S4EA at 858-565-7432 by February 10th.




S4EA Event Dates

- January 18 **S4EA Winter Sports (Snowshoeing) Festival at Crown Point (10am-1pm)**
- January 25 **S4EA Bingo Bash – S4EA Office (2:30-4pm)**
- February 8 **S4EA Guacamole Bowl – Balboa Park Club (10am-2pm)**
- February 15 **S4EA Valentine Dinner Dance – Chula Vista Elks Lodge (5-9pm)**
- April 11-13 **S4EA SPORTS Camp at Camp Marston in Julian (Fri 4:30pm-Sun 12noon) (tentative date)**
- May 29 **S4EA “A Taste 4 SPORTS” – Balboa Park Club (6-9pm)**




S4EA Winter Season

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>	Winter Season Sports, Call S4EA at 858-565-7432 for more Info
Basketball 	Mon	6:00-8:00pm	Park de la Cruz (3901 Landis St., SD 92105)	Jan 6-Mar 10 (not Jan 20) [League] (Code: 119151)
	Thu	4:00-5:30pm	Kearny Mesa Recreation Ctr. (3170 Armstrong, SD 92111)	Jan 9-Mar 13 [Jr](Code: 119152)
	Thu	6:00-7:30pm	Bostonia Recreation Center (1049 Bostonia, El Cajon 92021)	January 23-March 13
	Thu	6:00-7:00pm	Boys & Girls Club-Vista (410 W. California Ave, Vista 92083)	January 16-March 13
	Fri	6:00-8:00pm	Parkway Community Ctr. (373 Park Way, CV 91910)	Jan 10-Mar 14 (Tm #1 6-7, Tm #2 7-8)
	Tourn-Mar 16	Sun	9:00am-5:00pm	Park de la Cruz (3901 Landis St., SD 92105) & Mid-City Gym (4302 Landis St., SD 92105)
Bowling	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910)	except Jan 4-\$9 for 2 games [League Play]
	Dec 15	Sun	11am-12:20pm	Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126)-\$10 per hour+(call Cathy 949-922-3441)
Track 	Sat	10:00am-12noon	Sweetwater High School (2900 Highland Ave, National City 91950)	January 4-April 26
	Sun	9:00-11:00am	Helix High School (7323 University Ave., La Mesa 91941)	January 12-April 13
	Prelim Meet-Mar 8	Sat	9:00am-1:00pm	Sweetwater High School (2900 Highland Ave, National City 91950)
Winter Sports	Mon	5:30-6:30pm	Park de la Cruz (3901 Landis St., SD 92105)	Jan 6 & 13 [Dry Land Cond.] (Code: 119151)
	Jan 18	Sat	10am-1pm	Crown Point Shores Beach [Snowshoeing Races & Picnic Lunch]

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-Dec 14

Also see Calendar for Practices, Tournaments, Events. and Off-Season Cycling Rides. 

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. 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 winter are Park de la Cruz-Basketball/Winter Sports Conditioning Mon (Code: [119151](#)) and Kearny Mesa Recreation Center-Junior Basketball Thu (Code: [119152](#)).

S4EA Code of Conduct/Safe Sports Guidelines

In order for SPORTS for Exceptional Athletes (S4EA) to help safeguard and promote the well-being of athletes, coaches, volunteers and others that participate in any S4EA activities, S4EA would like to follow Safe Sports guidelines, including;

1. All S4EA coaches, chaperones, staff & board members should pass a background check every 3 years.
2. At all S4EA activities with S4EA athletes present, at least 2 adults should be present at the activity.
3. When driving an S4EA athlete, at least 2 other people should be in the vehicle.

*Exceptions may be made with parents & S4EA Executive Committee approval such as emergencies when an athlete left after practice with no ride, etc.

At practices, tournaments, social activities, and special events, the coach to athlete ratio varies considerably. Parents and/or guardians of athletes that need a higher level of supervision will be expected to help supervise their athlete.

In order to be a part of S4EA, all participants will be expected to observe and adhere to the following code of conduct:

- | | |
|--|---|
| 1. Follow all sports rules of S4EA. | at sports practices, tournaments, and SPORTS Camps (including Winter Games & other overnight events). |
| 2. Follow the S4EA Fair Play Guidelines. | |
| 3. Follow all laws of local, state & federal govt. | 6. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, sexual orientation, or religion. |
| 4. Illegal drugs will not be tolerated. | |
| 5. S4EA is a sports organization. Smoking should be avoided. Alcohol must be avoided | 7. Inappropriate or illegal acts by participants will warrant S4EA to take action appropriate to the offense. |


Report any violations of Code of Conduct to Executive Director, Associate Director, or S4EA Board President at S4EA.



S4EA will be having elections for our new Board of Directors in a couple of months. 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 March 6.



~ January 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Winter Season Sports</u> - Basketball (BB) - Bowling (BO) - Track (TF) - Winter Sports Cond.(WS)	<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 Boys & Girls Clubs Vista Kearny Mesa Rec. Center Park de la Cruz Gym Parkway Community Center	<u>Facilities</u> Bowlero Chula Vista Helix High School Mira Mesa Lanes Sweetwater High School	<u>Vol's 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.	<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>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>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>Donate to S4EA</u> 	1 New Year's Day 	2	3	4 TF-SB 10-12 Sweetwater HS
5	6 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	7	8	9 BB-Jr 4-5:30pm Kearny	10 BB-SB 6-8pm Pkwy Com Ctr	11 BO-SB 11am-1pm Bowlero CV TF-SB 10-12 Sweetwater HS
12 TF-C/EC 9-11am Helix HS	13 BB-C 6-8pm Park de la Cruz WS 5:30-6:30 Park de la Cruz	14	15	16 BB-Jr 4-5:30pm Kearny BB-NC 6-7pm B&G Vista	17 BB-SB 6-8pm Pkwy Com Ctr	18 S4EA Winter Sports Festival (Snowshoeing) – Crown Point Shores 10am-1pm  BO-SB 11am-1pm Bowlero CV TF-SB 10-12 Sweetwater HS
19 TF-C/EC 9-11am Helix HS	20 Martin Luther King Jr Day 	21	22	23 BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista	24 BB-SB 6-8pm Pkwy Com Ctr	25 S4EA Bingo  S4EA Office 2:30-4pm CY 1:15-3:30pm Plaza Bonita to Imperial Beach BO-SB 11am-1pm Bowlero CV TF-SB 10-12 Sweetwater HS
26 TF-C/EC 9-11am Helix HS	27 BB-C 6-8:30pm Park de la Cruz Open 5:30-6:30 Park de la Cruz	28	29	30 BB-Jr 4-5:30pm Kearny BB-EC 6-7:30pm Bostonia BB-NC 6-7pm B&G Vista	31 BB-SB 6-8pm Pkwy Com Ctr	

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



Wishing you a very Happy New Year!



Message from Exec. Dir. Walter Jackson

Join S4EA at [Winter Festival](#) on Sat Jan 18 at Crown Pt. Beach & Bingo on Sat Jan 25 at office. Taste guacamole at [Guacamole Bowl](#) on Sat Feb 8 at the Balboa Park Club. S4EA opens our winter sports (basketball, bowling, track & winter sports conditioning) in January. Browse thru the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more info.



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S4EA SPORTS Camp at Camp Marston

S4EA has tentatively scheduled SPORTS Camp for April 11-13 at [Camp Marston](#) in Julian. S4EA is working on receiving Vendor Approval from Regional Center for SPORTS Camp (PQ8659).

For more info, call S4EA at (858)565-7432.



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 winter season in basketball, bowling, 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.