



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. 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 - SEPTEMBER 2020

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S4EA Zoom Exercise Workouts Monday (Exercise)/Wednesday (Yoga) & S4EA Zoom Sports Workouts Tuesday (Soccer)/Thursday (Basketball)



S4EA has scheduled Zoom Exercise Workouts on Mondays (Exercise) and Wednesdays (Yoga) from 6-6:45pm from the comfort and safety of your home (no practice Sep 7). S4EA coach Heather Maina is a trained fitness coach and will be leading the exercise & yoga workouts. Call S4EA at 858-565-7432 or email sds4ea@gmail.com to sign-up and get the new Zoom password information.



S4EA has scheduled Zoom Sports Workouts on Tuesdays (Soccer) and Thursdays (Basketball) from 6-7pm from the comfort and safety of your home starting September 1st. S4EA coaches Walter Jackson, Nicole Alvarez, Heather Maina, and Myra Snowdall will be leading the sports workouts. Call S4EA at 858-565-7432 or email sds4ea@gmail.com to sign-up and get the new Zoom password information. If you need a soccer ball or basketball for the workout, then call ahead and come by the S4EA office.



S4EA Zoom Athlete Council Activities – Talent Show Sat Sep 12 & Halloween Costume Dance Sat Oct 17



S4EA has scheduled a Zoom Talent Show on Saturday, September 12 from 6-8pm from the comfort and safety of home. If you want to do any jokes, skits, songs, or other acts, you must sign-up ahead of time. To participate in an act or to watch the Talent Show, call S4EA at 858-565-7432 or email sds4ea@gmail.com to RSVP and to get the new Zoom password information.



S4EA is working on having a Zoom Halloween Costume Dance on Sat October 17 from 6-7:30pm.

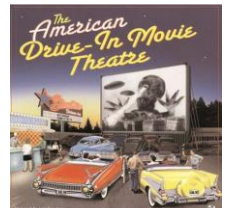
S4EA Socially Distancing Parking Lot Athlete Council Activities at North Shores – S4EA Drive-Thru Family Pancake Breakfast Saturday September 19



The S4EA Drive-Thru Family [Pancake Breakfast](#) at [S4EA/North Shores Parking Lot](#) (9575 Aero Dr., San Diego 92123) is scheduled for Saturday, September 19 from 8-10am for \$10 per person. Drive-thru to pick-up your breakfast (pancakes, scrambled eggs, sausage, milk/juice/coffee) in to-go containers. Park in the parking lot (every other space) & eat your pancake breakfast in your lawn chair in the parking space next to your car. In this way you can social distance to see other S4EA families & friends. Win great prizes at the raffle. Bring the family to the delicious breakfast & support S4EA. For more information & to determine the latest status on the Coronavirus Pandemic, please call S4EA at 858-565-7432.



S4EA is also working on the possibility of having Social Distancing Parking Lot Bingo Bash (Oct 10), Halloween Trunk-or-Treat (Oct 31), Fun-A-Rama & Family Drive-In Movie Night. For more info, call S4EA at 858-565-7432. Please use bathroom at home before attending.



S4EA Event Dates

- September 12 S4EA Zoom Talent Show – From the Comfort & Safety of Home (6-8pm)
- September 19 S4EA Drive-Thru Pancake Breakfast – S4EA/North Shores Parking Lot (8-10am)
- October 10 (tentative) S4EA Bingo Bash – S4EA/North Shores Parking Lot (2:30-4pm)
- October 17 (tentative) S4EA Zoom Halloween Costume Dance - From the Comfort/Safety of Home (6-7:30pm)
- October 23-25 TBD S4EA Family SPORTS Camp #3 – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)
- October 31 (tentative) S4EA Drive-Thru Halloween Trunk-or-Treat – S4EA/North Shores Parking Lot (3-4pm)

S4EA Summer & Fall Season

Cycling and Tennis have a soft opening if meet SDC Dept of Health Guidelines.
Zoom Exercise & Sports Workouts are held from the comfort & safety of your home.
All other sports practices & tournaments are CANCELLED until further notice.
Contact S4EA at www.s4ea.org or 858-565-7432 for more updates.

<u>Sport-Practices</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
<u>Cycling</u>	Sat	1:15-3:30pm	Various Locations [see calendar, S4EA website, coach for more info] Sep 5 – No Ride (Labor Day) Sep 12 – Plaza Bonita on Bay Bike Path Sep 19 – Tidelands Park in Coronado (parking lot nearest bay) down Silver Strand Sep 26 – Crown Point Shores (north end) to South Mission
<u>Tennis</u>	Mon	6:00-7:00pm	Barnes Tennis Center (4490 W. Point Loma Blvd., SD 92107) ending Sep 28 (not Sep 7)
<u>Workouts</u>	Mon	6:00-6:45pm	Zoom Exercise Workouts from comfort/safety of Home (not Sep 7)
	Wed	6:00-6:45pm	Zoom Yoga Workouts from the comfort & safety of your Home
	Tue	6:00-7:00pm	Zoom Soccer Workouts from comfort/safety of Home start Sep 1
	Thu	6:00-7:00pm	Zoom Basketball Workouts from comfort/safety of Home start Sep 3

Call S4EA at 858-565-7432 to get new Zoom password info & if you need a soccer ball or basketball for workout.

S4EA Practices – New Guidelines During COVID-19

For S4EA practices, please do the following:

- 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, do not come to practice)
- Wash hands often with soap & water for at least 20 seconds
- **Wear a facemask**
- **Maintain Social Distancing of at least 6 feet**
- Bring your own filled water bottle (recommended)
- Bring your own sports equipment (highly recommended)
- Bring your own chair (recommended)
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Do not touch other people
- Only touch your own equipment
- **Avoid giving handshakes, high fives, and hugs**



Exercising at Home

During the Coronavirus Pandemic, S4EA athletes, families, volunteers, and coaches should continue to do exercising at home as long as you are feeling well. If you want to take a walk, just maintain social distancing (at least 6 feet) from others and wear a facemask when out in the public. You should continue to communicate with others, including by phone, text, email, social media, etc. If you want to chart your progress in doing Exercising each day, then S4EA has a [S4EA Exercise Chart](#) or [Biggest Loser-Fitness Challenge](#). Visit the S4EA website at www.s4ea.org to find links to doing Sports and Exercises at Home during the Coronavirus Pandemic.

SPORTS Camps

Green Oak Ranch in Vista is currently allowing family camps to use their facilities. Depending upon status of the Coronavirus Pandemic this fall, S4EA is working on the possibility of having some sort of Family SPORTS Camp #3 during weekend of October 23-25 at Green Oak Ranch in Vista. If the camp includes overnights, then to keep social distancing each cabin would only have 1 family group of 2-5 people even though the cabin normally holds 12 people. Each family group would rotate during the day through the various activities, with only 1 family group at each activity. The meals would be pre-packaged as to-go boxes so that you could eat your meals social distancing from other groups outside. We would have multiple hand sanitizer/hand washing stations throughout the camp and would work out how the various bathrooms would be used. Each family group provides own chaperone (not S4EA). Another possibility instead of an Overnight Camp would be a Family Day Camp at Green Oak Ranch. [Please let us know your thoughts & if you would be interested ASAP.](#)



Cycling & Tennis have a soft opening if meet SDC Dept of Health Guidelines. Zoom Workouts at 6pm on weekdays.
All other sports practices & tournaments are CANCELLED until further notice.



858-565-7432

SPORTS for Exceptional Athletes

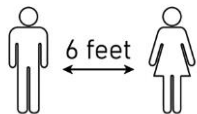
www.s4ea.org

~ September 2020 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports - Basketball (BB) [Zoom] - Cycling (CY) - Soccer (SO) [Zoom] - Tennis (TE)	<u>San Diego Co. Location</u> C - San Diego City EC - East County NC - North County SB - South Bay SR - Scripps Ranch	<u>Facilities</u> Barnes Tennis Center	<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>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>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.
Stay safe at home during Coronavirus Pandemic. Keep doing stretching, exercises & walking while maintaining social distancing (6' away from others).	<u>S4EA Facemasks</u> S4EA has a limited supply of S4EA Facemasks for \$6 (1 color) & \$8 (multi-color) at S4EA office.	1 Zoom Soccer Workout 6- 7pm Home	2 Zoom Yoga Workout 6- 6:45pm Home	3 Zoom Basketball Workout 6-7pm Home	4	5 CY-No Ride (Labor Day Weekend)
6	7 Labor Day	8 Zoom Soccer Workout 6- 7pm Home	9 Zoom Yoga Workout 6- 6:45pm Home	10 Zoom Basketball Workout 6-7pm Home	11	12 S4EA Zoom Talent Show 6- 8pm From the Comfort of Home CY 1:15-3:30pm Plaza Bonita on Bay Bike Path
13	14 TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6- 6:45pm Home	15 Zoom Soccer Workout 6- 7pm Home	16 Zoom Yoga Workout 6- 6:45pm Home	17 Zoom Basketball Workout 6-7pm Home	18 Rosh Hashanah	19 S4EA Pancake Breakfast 8- 10am North Shores Parking Lot CY 1:15-3:30pm Tidelands Park in Coronado (parking lot nearest bay) down Silver Strand
20	21 TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6- 6:45pm Home	22 Autumn Begins Zoom Soccer Workout 6- 7pm Home	23 Zoom Yoga Workout 6- 6:45pm Home	24 Zoom Basketball Workout 6-7pm Home	25	26 CY 1:15-3:30pm Crown Point Shores (north end) to South Mission
27 Yom Kippur	28 TE-C 6-7 Barnes Tennis Ctr Zoom Exercise Workout 6- 6:45pm Home	29 Zoom Soccer Workout 6- 7pm Home	30 Zoom Yoga Workout 6- 6:45pm Home		<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>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!



Message from Executive Director

Walter Jackson

SPORTS for Exceptional Athletes has been developing a new S4EA website. Please take a look at www.s4ea.org and let us know if you like it.

Because of the Coronavirus (COVID-19) Pandemic, our lives have changed completely. We have a soft opening of select S4EA practices of cycling and tennis using new [S4EA Guidelines](#) including social distancing, facemasks, etc. S4EA has a limited supply of S4EA Facemasks for \$6 (1 color) & \$8 (multi-color) at S4EA office.

S4EA has exciting new activities of Zoom Exercise & Sports Workouts at 6pm during the week. On select Saturdays, S4EA has Zoom activities including a Talent Show on Sep 12 and socially distancing parking lot activities including the S4EA Pancake Breakfast on Sep 19. Please join us at these activities.



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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.

[Volunteers](#) are needed as coaches for the Summer & Fall Season in cycling 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.