



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 - OCTOBER 2021

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

S4EA Halloween Bunco Saturday, October 9 at S4EA/North Shores



SPORTS for Exceptional Athletes presents Halloween Bunco on Saturday, October 9 at [S4EA/North Shores Courtyard](#) (9575 Aero Drive, San Diego 92123) from 4-6pm. Because it's safer outside, we will eat at 4pm & start playing at 4:30pm in the Courtyard. Tickets are \$20 - which includes hors d'oeuvres, soft drinks and two rounds of tournament play. If interested in playing Bunco, winning prizes (most wins, most losses & most Buncos), wearing your Halloween Costume, and supporting S4EA, call 858-565-7432.



2021 SPORTS Camp November 12-14 at Green Oak Ranch in Vista

[S4EA SPORTS Camp](#) on November 12-14 at [Green Oak Ranch](#) (1237 Green Oak Rd, Vista 92081) offers a general program of camp & sports activities. Join in the fun visiting the Nature Center, going on a Hayride, playing various sports, dancing, showing your talent at the Talent Show, and 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.

The S4EA SPORTS Camp Registration Fee is \$195 per person to help pay for lodging, meals, insurance, supplies, etc. Mail Fee & [S4EA Camp Registration Form](#) as soon as possible to S4EA (9575 Aero Drive #B, SD, CA 92123). Turn in S4EA Camp Registration Form and Fee by October 12 and pay Early Bird Price of only \$180. A non-refundable deposit of \$75 will reserve your spot in S4EA SPORTS Camp. Everyone attending SPORTS Camp must turn in a [COVID-19 Waiver of Liability Form](#). To help stop the spread of COVID-19, S4EA would like everyone (age 12 & above) participating in S4EA activities to have been vaccinated.

Because of COVID-19 restrictions, SPORTS Camp will be run a little differently. Activities will be spread out more. Groups maintain social distance from other groups while still seeing other S4EA families & friends. Meals may be held outdoors. **Transportation will not be available** because of the Coronavirus Pandemic. Campers must be brought directly to Green Oak Ranch which is only a 35 minute drive from San Diego. Limited spots available because of the pandemic.

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.



SPORTS for Exceptional Athletes

What To Do To Get Vaccine

The Delta Variant of COVID-19 is spreading rapidly. Getting the vaccine is the best way to keep from getting virus & going to hospital. Anyone 12 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.

To keep our athletes & others safe, please continue to social distance & wear a mask when indoors. We want to all stay healthy until vaccine is widely distributed & we can once again start playing SPORTS & seeing our friends and relatives. S4EA has opened our indoor sports (based on Delta status). Get your vaccine now & be safe to play our sports.



S4EA Event Dates

October 3	S4EA Fall Sports (Bocce & Flag Football) Festival—Morley Field Bocce Courts (9am-3:30pm)
October 9	S4EA Halloween Bunco – S4EA/North Shores Courtyard (4-6pm)
Nov 12-14	S4EA SPORTS Camp – Green Oak Ranch, Vista (Fri 4pm-Sun 4pm)
November 20	S4EA Volleyball Tournament – Balboa Park Activity Center (9am-4pm)
Dec 4 (?)	S4EA Floor Hockey Tournament – Park de la Cruz (9am-5pm) [tentative]

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

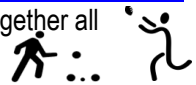
Based on CDC recommendations to help stop the spread of COVID-19 & especially the new Delta variant, S4EA would like everyone (age 12 & above) participating in indoor S4EA activities to have been vaccinated.

Athletes, families & volunteers must wear masks to indoor practices with further guidance given at indoor practice.

Sport-Practices	Day	Time	Location	For Fall Indoor Sports Status, Call S4EA at 858-565-7432
Bocce 	Tue	5:30-7:00pm	Morley Field Bocce Courts (2221 Morley Field Dr., SD 92104) ending Sep 7 [League Play]	
	Thu	5:30-7:00pm	Chula Vista Elks Lodge (901 Elks Lane, Chula Vista 91910) ending Sep 30	
	Thu	5:30-7:00pm	Brenge Terrace Park (1200 Vale Terrace Dr., Vista 92084) ending Sep 16	
	Festival-Oct 3 Sun	9am-3:30pm	Morley Field Bocce Courts/Passive Areas #2 & #4 (2221 Morley Field Dr., SD 92104)	
Bowling 	Sat	11am-1pm	Bowlero Chula Vista (845 Lazo Ct, CV 91910)-\$8 for 2 games [League Play]	
	Sat	11am-3pm	Parkway Bowl (1280 Fletcher Pkwy, EC 92020) resumes Oct 9 (must call Sue to first register)	
			Mira Mesa Lanes (8210 Mira Mesa Blvd, SD 92126) [may replace Kearny Mesa Bowl-closed]	
Cycling 	Sat	1:15-3:30pm	Oct 2- Liberty Station take 2pm Ferry Around SD Bay (1:30-5pm), Oct 9 No Ride, Oct 16- Liberty Station take Ferry 2pm to Coronado (1:30-4:15pm) Oct 23- Hospitality Point to Sunset Cliffs, Oct 30-No Ride [see calendar, S4EA website, coach for more info]	
Flag Football 	Wed	5:45-7:15pm	Morley Field Athletic Fields (2221 Morley Field Dr., San Diego 92104) ending October 13	
	Festival-Oct 3 Sun	9am-3:30pm	Morley Field Bocce Courts/Passive Areas #2 & #4 (2221 Morley Field Dr., SD 92104)	
Floor Hockey 	Mon	6:30-8:30pm	Park de la Cruz (3901 Landis St., San Diego 92105) ending Dec 6 [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-5pm	Park de la Cruz (3901 Landis St., San Diego 92105) [tentative]	
Volleyball 	Mon	5:30-7:00pm	Park de la Cruz (3901 Landis St., San Diego 92105) ending Nov 15 [League Play]	
	Fri	6:30-7:30pm	Boys & Girls Club-Vista (410 W California Ave, Vista 92083) ending November 19	
	Tourn-Nov 20 Sat	9am-4pm	Balboa Park Activity Center (2145 Park Blvd., San Diego 92101)	
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: Hiking Oct 9 & Sailing Oct 30			

S4EA Fall Sports (Bocce & Flag Football) Festival Oct 3 at Morley Field in Balboa Park

S4EA has scheduled a Fall Sports Festival on Sunday, October 3 from 9am-3:30pm at the [Morley Field Bocce Courts/Passive Areas #2 & #4](#) in Balboa Park (2221 Morley Field Dr., SD 92104 near Upas St. & Jacaranda Dr.). The Fall Sports Festival brings together all of our bocce and flag football teams in a fun day of sports. Activities include bocce, flag football & lunch. Party time!!!



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.



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

S4EA may open our indoor fall sports that meet all Guidelines.

SPORTS for Exceptional Athletes

858-565-7432

www.s4ea.org



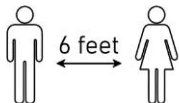
~ October 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Designate S4EA with United Way 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>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>Volts 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.	For Indoor Practices Masks Required. Get your COVID Vaccine & Be Safe to Play our Sports.	1 VB-NC 6:30-7:30 B&G Vista	2 BO-SB 11am-1pm Bowlero CV CY 1:30-5:00pm Liberty Station (2pm Ferry) Around San Diego Bay
3 S4EA Fall Sports Classic (Bocce & Flag Football) - Morley Field in Balboa Park 9am-3:30pm	4 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	5	6 FF-C 5:45-7:15pm Morley Fd.	7 FH-EC 6-7:30pm Bostonia	8 VB-NC 6:30-7:30 B&G Vista	9 S4EA Halloween Bunco – North Shores 4-6pm BO-SB 11am-1pm Bowlero CV BO-EC 11am-3pm Parkway Bowl CY 1:15-3:30pm No Ride Limitless Adventure Hike
10	11 <u>Columbus Day</u> FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	12	13 FF-C 5:45-7:15pm Morley Fd.	14 FH-EC 6-7:30pm Bostonia	15 VB-NC 6:30-7:30 B&G Vista	16 BO-SB 11am-1pm Bowlero CV BO-EC 11am-3pm Parkway Bowl CY 1:30-4:15pm Liberty Station take Ferry 2pm to Coronado
17	18 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	19	20	21 FH-EC 6-7:30pm Bostonia	22 VB-NC 6:30-7:30 B&G Vista	23 BO-SB 11am-1pm Bowlero CV BO-EC 11am-3pm Parkway Bowl CY 1:15-3:30pm Hospitality Point to Sunset Cliffs
24	25 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	26	27	28 FH-EC 6-7:30pm Bostonia	29 VB-NC 6:30-7:30 B&G Vista	30 BO-SB 11am-1pm Bowlero CV BO-EC 11am-3pm Parkway Bowl CY 1:15-3:30pm No Ride Limitless Adventure Sailing
31 Halloween	<u>Fall Season Sports</u> - Bowling (BO) - Cycling (CY) - Flag Football (FF) - Floor Hockey (FH) - Volleyball (VB)	<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> Bostonia Recreation Center Bowlero Chula Vista Boys & Girls Clubs Vista Morley Field-Balboa Park Park de la Cruz Gym Parkway Bowl		<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 Indoor To Help Protect our Athletes with Disabilities!



Message from Executive Director Walter Jackson

Join S4EA at Halloween Bunco on Sat Oct 9 at S4EA/North Shores. S4EA has opened our indoor fall sports with masks required to be worn to practice. Get your vaccine now & be safe to play our sports. & go to SPORTS Camp November 12-14 at Green Oak Ranch in Vista. Check out the rest of the Newsletter, visit www.s4ea.org or call S4EA at 858-565-7432 for more information.

SPORTS Camp-Chaperones Needed

Volunteers ages 18 & over are needed to chaperone for SPORTS Camp November 12-14 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.



SPORTS
for Exceptional Athletes



SPORTS for Exceptional Athletes
9575 Aero Drive Suite B
San Diego, CA 92123
E-mail: sds4ea@gmail.com
Website: www.s4ea.org
Phone: 858-565-S4EA (7432)
Fax: 858-565-7431

NONPROFIT ORG.
US POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO. 1781

ADDRESS SERVICE REQUESTED



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 fall season in bowling, cycling, 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.

 Find us on
Facebook
WWW.FACEBOOK.COM/SPORTS4EA

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.