



Ramona hosts Cheer Camp

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School hasn't started yet, but Ramona High School's parking lot was full, pop-ups and music pervaded the campus, and about 1,200 girls learned dance routines, stunts, jumps and more during the Palomar Conference Pop Warner Cheer and Dance Camp on Aug. 7 and 8.

Hosted by Ramona Pop Warner, the two-day camp at Ramona High School found cheer squads practicing outside the gymnasium and inside the school's newer and the older gyms.

About 200 cheer coaches spent four hours the evening of Aug. 6 at the Coaches Clinic learning Pop Warner rules, proper stunting techniques, how to run a practice, proper game etiquette and how to team build.

The young participants ranged in age from 5 to 15 and came from Pop Warner cheer squads in communities such as Carlsbad, Oceanside, Fallbrook, La Costa Canyon, Menifee, Murrieta, Poway, Rancho Bernardo, Rancho Penasquitos, San Marcos, Scripps Ranch, Temecula, Torrey Pines, Valley Center, Vista, Wildomar—and Ramona.

It's the first time this season all of the cheer teams in the Palomar Conference got together, said Rebecca "Becca" Vargas, Ramona Pop Warner cheer director. The second time they'll be together will be when they compete in Cox Arena in October.

Cheer Camp training came from JAMZ, an organization of experienced cheerleaders who put on camps throughout the state, said Vargas.

"Most if not all of them have cheered at the college level," she said. "They have been doing the Palomar Conference camp for several years."

"Play Perform Inspire" are written on most of JAMZ's posters. More information about the organization is at jamz.com.

Three months of planning went into preparing for Cheer Camp in Ramona.

"The Ramona Pop Warner Board of Directors all helped out this weekend to make the camp successful," said Vargas.

Bernie Celaya, Ramona Pop Warner Board president, was among those assisting.

In addition to Vargas, cheer members of the board are Holly Michaelles, cheer coordinator, and Michelle Hile, cheer player agent.

"Intermountain (Fire & Rescue Department) was fabulous," said Vargas. "They volunteered both days so we were able to provide EMTs on-site all weekend."

Camp ended Sunday afternoon with demonstrations of dance routines, stunts and cheers for the families and friends of the cheerleaders. Late afternoon found a continuous chain of vehicles from the high school on Hanson Lane to state highways 67 and 78, heading home.

Feedback from the other Pop Warner groups participating was all positive.

"There were no complaints," said a relieved Vargas. "It's been a really good first week for Ramona Pop Warner Cheer."

More about Ramona Pop Warner Football & Cheer is at www.ramonapopwarner.net.



Ramona High School's gymnasium was full of energetic cheerleaders from throughout the region during the two-day Palomar Conference Cheer and Dance Camp hosted by Ramona Pop Warner.

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