



# 2016



## VISTA POP WARNER





No Mercy has earned 30 California State USA Wrestling Freestyle/Greco Club Titles  
12 AAU Grand National Club Champions  
3 XUSJO National HS Judo Team Champions  
5 USA National Champions  
1 USA World Team Member  
35 USA All Americans  
142 California State Freestyle/Greco State Champions  
5 CA CIF State Champions including Bellator MMA Champion Brandon Halsey  
If you are ages 5 and up, Male or Female, you are invited to join

## NO MERCY WRESTLING CLUB

**Date:** October 7<sup>th</sup>, 2016 – August 1<sup>st</sup>, 2017

**Time:** 6PM – 8PM Tuesdays and Thursdays

**Where:** Rancho Buena Vista High School  
1601 Longhorn Drive, Rm# 339 Vista, CA 92081

**Cost:** Check us out for FREE! ONLY \$75.00 (*not a Typo*) for the entire year after that!

**More info:** DJ McGraw at: dandmmcgraw@yahoo.com “Like” us on Facebook!

**FB Group**



# President's Message

Thank you all, for an amazing 10-year journey and for giving me the opportunity to be your President these last 2 years I've made so many friends whose friendship I will treasure for life and some who's children still have many years left in VPW; don't be surprised when you see us at games! Thank you to my family, George, Kaleob, and Jacob, for sharing their family time with all the children at VPW for so many years!!

Thank you VPW family and friends for joining us for the 2016 Season! VPW faced it's share of challenges before the season even got going. Thank you to the 2016 Board for all the hard work and perseverance!! It was a long journey with NO down time between the end of the 2015 season and the start of the 2016 season; a sacrifice that ensured we were ready to focus on the new season come August.

Thank you to those parents, sponsors and friends without children in VPW who stepped up to help VPW pay back debts from 2015; as well as the vendors that worked with us after learning of our debacle. You guys are AMAZING!! We all face challenges throughout life that seem insurmountable, overwhelming and can be down right depressing. You WILL get through all the storms thrown at you; it's up to you HOW that happens!! I learned a few things about that this year and I'd like to share some of them with you:

- Break it down into smaller chunks, manageable pieces and take it one day at a time; your problem won't feel so overwhelming
- Keep your faith daily by being thankful for at least 3 things that you are grateful for; this way your entire day isn't spent focused on the challenge your facing
- Listen to your gut and trust what it's saying to you!! It is the best compass we have when dealing with unknown situations
- Allow yourself breaks. Spend time with family, friends and yourself; it will keep you going over the long haul.
- Think positive. Try not to focus on the negativity of the problem your facing, otherwise it will feel like a constant burden that will slowly bring you down. YOU don't have time to be depressed when there's a problem to solve!! YES, IT IS HARD!! Not only is working through the storm tough but then you face critics. Everyone has an opinion and that's okay. You must decide which ones are helpful and which aren't worth your time. That's why it's so important to listen to your gut and/or 4nd someone who has experience with the problem and was successful at the end.

"Do what you feel in your heart to be right- for you'll be criticized anyway."

~ Eleanor Roosevelt



# *Vice President's Message*

*It has been another great year of academics, football and cheer. We've been able to put together a years of incredible accomplishment through adversity over the past few years with this year being no different. I can't imagine that another program has a more resilient group than the people that make up Vista Pop Warner. No one does everything but everyone does something. Congratulations to the JV Panthers for yet another Championship season going undefeated all year. Congratulations to the JV Fighting Panthers and the JPV Panthers for making it to the conference championships as well. We have come to expect a lot from our cheer teams who for the second year in a row sent a team to Florida and as an entire group continued to place in their tournaments.*

*Beyond the games and tournaments are the values that we are instilling in our participants from our collective actions as a group of adults setting the example. Every year we can always improve how we interact with them and each other for their benefit. Let's continue the upward momentum we have in this area into the 2017. At the end of the day this entire organization exists for the kids.*

*As the years go on the children we've seen at the field for years make a very quick trip through High School, then suddenly they are graduates. Graduation is when we really see the results of what they were taught here. Seems like just yesterday we were watching the VPW "Wildcats" playing at our field as children, then in the blink of an eye it's the 2016 season where some of them have played their last football game. This is an incredible journey that we get to participate in with these children in order to positively affect their lives.*

*Life can get hard for everyone at some point whether physically, emotionally or mentally we all get knocked down. I hope that everyone leaves this season recognizing that getting back up when you get knocked down is a choice, one you'll have to make often as things happens in your life. Continue to work through life's challenges, ask for help if you need to if that's hat it takes to keep yourself on track. I encourage each and every one of you to be the best version of yourself that you can possible be everyday whether parent or participate. Your effort makes a difference in the results of everything that you do.*



# 2017 Registration

## Registration periods:

- Early - February 1st - March 19th 2017 **MUST BE PRE REGISTERED ONLINE**
- Regular Registration - April 1st (*April Fools*) - May 15th
- Late - May 29th - June 12th (*Final Payments*)
- Scholarship Window February 1st - May 15th

Head Coach interviews (*New Candidates*) - February 8<sup>th</sup> and March 8<sup>th</sup>

April 1<sup>st</sup>: Head Coaches Rules Meeting (FB, Cheer) Prior to Conference Meeting

## Live Registrations:

- Sunday, March 5th from Noon-2PM (*Active Mobility, 1680 S. Melrose Dr., Ste 105 Vista 92081*)
- Sunday, March 19th from Noon-2PM, (*Active Mobility, end of early registration*)
- Saturday, April 1st from Noon-2PM, (*Active Mobility, beginning of regular registration*)
- Saturday, April 22nd, 2017 from Noon-2PM (*Active Mobility, middle of regular registration*)
- Monday May 15th from 6-8 (*Cheer space, Last day for cheer signups, Cheer fitting*)
- Saturday June 3rd from 10AM-1PM (***at the home field***)
- Saturday June 3rd from 7:30-9:30 Equipment cleaning and inventory

## Speed Camp

June 12th to July 21st M, W, F 5:30PM-700PM (*Early equipment issue on final day of Speed Camp for Speed Campers who complete full program*)

## Monday, June 12th, 2017 from 5:30PM-7PM (at the field):

- Includes meet the coaches
- Final paperwork turn in
- Final reports cards
- Final Payments
- Complete pre-season staff rosters, applications





### **Chiropractic Care**

Our professional staff of Chiropractic Doctors emphasize improving your joint mobility and muscular function in an effort to reduce the risk of painful injury in the first place. Most people would rather avoid developing a painful condition, if they could. This is one of the main reasons for the big surge in the popularity of preventive health care and wellness.

### **Corrective Exercises**

We teach our patients special strength, endurance, and stability exercises to help correct their own unique problem. In most cases, these exercises can be performed in the comfort of your own home and can improve the effectiveness of your treatments. Specific exercises and stretches can help your body recover from an injury more rapidly and, if continued, can help prevent the issue from developing again.

### **Lifestyle Advice**

We often find it helpful to "coach" our patients on certain activities they should avoid or do differently to avoid aggravating their particular health challenge. Our goal is to help every patient achieve a fulfilling and happy lifestyle full of the activities they enjoy most. We recognize that each of our patients is a whole person, and helping them reach true health and wellness is a collaborate effort between our professionals and our patients.

### **Nutritional Counseling**

We provide specific recommendations on nutritional supplements and healthy food choices to enhance our patient's return to optimal health. Do you know which supplements and vitamins are good for you? Do you know how these supplements and vitamins interact with one another? Dr. Ron Cottrell can provide a structured nutritional program based on your individual needs.

### **Massage Therapy**

Massage therapy offers a natural conservative treatment approach that relieves musculoskeletal pain for many patients. Our office provides specific massage and muscular therapy that is tailored to meet the patient's condition and injury. The benefits of massage therapy may include increasing blood circulation, reducing swelling, relaxing muscles, relieving muscle pain and spasms, and aid in recovery and range of motion.

### **ADDRESS FOR ACTIVE MOBILITY**

Active Mobility Chiropractic Rehabilitation Group  
1680 South Melrose Drive, Suite 105  
Vista, CA 92081  
Phone: 760-599-4900  
Fax: 760-599-9037  
Email: [active.mobility@att.net](mailto:active.mobility@att.net)

#### **Hours:**

**Mon – Thurs:** 8AM -12PM, 3PM - 6PM

**Friday:** 8AM -12PM

**Sat, Sun CLOSED**

*Thank you Active Mobility for your 10+ Years of support for Vista Pop Warner – VPW Board*



## 2016 VISTA POP WARNER BOARD OF DIRECTORS

PRESIDENT	GABY BLAS
VICE PRESIDENT	ANDREW M STAICER
SECRETARY	CHRIS MCCLAIN
TREASURER	LISA LAURELTORRES
FOOTBALL COMMISSIONER	RUBEN ARCEO
CHEER COORDINATOR	MAGGIE VANDERLOOP
BUSINESS REPRESENTATIVE	KERI RIDER
PLAYERS AGENT	SANDRA ANDINO BOWMAN
SNACK BAR MANAGER	ROBERT VICK
TEAM PARENT REPRESENTATIVE	CAROLYN DOUGLAS
EQUIPMENT MANAGER	ROBERT VICKS
PUBLICITY MANAGER	CAROLYN DOUGLAS
FUNDRAISER COORDINATOR	MARLEEN REYES
FIELD MANAGER	STEVE SEBISKI







# Vista Pop Warner Little Vista Panthers 2016



**HEAD COACH** ROBERT VICKS  
**COACH** CHAD HEBERT

- |                      |                          |
|----------------------|--------------------------|
| 1 ELI CRUZ           | 12 JAYDIEL ZAFRA ARTEAGA |
| 2 ISAAC BALTIERRA    | 13 DARREN ALSTON         |
| 3 ANDREW MERLO       | 14 NOLAN MCCARTHY        |
| 5 ROWAN MARX         | 20 ISAAC NAVARRO         |
| 6 ASHTON MILLS       | 21 AYDEN CORTEZ          |
| 7 ROCCO PICKARD      | 23 DANIEL LATHAM         |
| 8 ISAIAH ARELLANO    | 36 JAMES MARSALIS        |
| 10 SHANE BLANCHARD   | 48 VAN PIERCY            |
| 11 ELLIANA RODRIGUEZ |                          |

















## Vista Pop Warner Mighty Mite 2016



**HEAD COACH** KHRISTOPHER TORRES

**ASST COACH** TRAVIS COLEMAN

**ASST COACH** SCOTT DUBRISH

**ASST COACH** JOE VALVERDE

**ASST COACH** RICHARD CRUZ

**ASST COACH** COLBY KRONCKE

**ASST COACH** POLO CHAVEZ

2 ISRAEL YANEZ  
4 MISAEL LOPEZ  
6 HERON RESENDIZ, JR  
8 VICTOR SARMIENTO  
10 ZION HICKS  
12 TRAVIS COLEMAN  
14 LOGAN THOMPSON  
16 GAVIN CONTRERAS  
18 WYATT DUBRISH  
20 DIEGO FUENTES  
22 JEREMIAH TORRES  
24 WYATT SKEENS  
26 FELICIANO ROJAS  
28 NESTOR SUMMERSON GUZMAN  
30 ERIC MORALES

32 KINGSTON FILO  
34 DIEGO GOMEZ CRUZ  
38 ROBERT MCKINLEY  
42 OLIVIA SIBISKI  
44 TRAVIS PEETZ  
46 GAGE PIERCY  
50 JOEL VALVERDE  
54 RICHARD CRUZ JR  
56 GAVIN WARD  
58 HENRY ALLEN  
72 ANTHONY PYPYER  
76 ROMAN POHTO  
82 ZACHARIAH POHTO  
88 MARKO QUINN  
96 JOSIAH FILO

**TEAM PARENT** MARINA DAVIS

**TEAM PARENT** KORINA ALLEN

**TEAM MGR** STEFANI VALVERDE

# MITEY-MITE PANTHERS 2016















## Vista Pop Warner Junior Pee Wee Panthers 2016



**HEAD COACH** RUBEN ARCEO

**ASST COACH** RANDALL OSHIMA  
**ASST COACH** JOHN BUCKLEY  
**ASST COACH** RICK CRAWFORD

**ASST COACH** RICK CRAWFORD  
**ASST COACH** DAVID SULLI  
**ASST COACH** GEORGE CORONEL

2 JAYDEN FINLEY  
 4 ELIJAH OSHIMA  
 6 DEREK MCCLINTIC  
 8 ADRIAN FRANCO  
 10 TYSON BUCKLEY  
 12 LOGAN BORKOWSKI  
 16 DEVON HURLEY  
 22 BRYSON WOMACK  
 24 SEAN AGUILAR  
 26 JAYDEN HERRERA  
 32 NICHOLAS CORTEZ  
 36 ISAAC ROBINSON  
 42 JACK CRAWFORD

46 MARCO CURIONE JR  
 48 JORDAN DOUGLAS  
 50 SALVADOR LAURELTORRES JR  
 52 AVANT HICKS  
 54 JOHNNY IBANEZ  
 56 VICENTE NAVARRO  
 58 ANGEL COCHRAN  
 64 IAN SPAYDE  
 78 ANDREAS PACHECO  
 84 TYE PHILLIPS  
 88 OSCAR RAMOS  
 94 TY SULLI

**TEAM PARENT** LISA LAURELTORRES  
**TRAINER** JOSHUA OSHIMA

**TEAM MGR** BRIANNE BUCKLEY  
**EQUIPMENT MGR** ADAN ARCEO















## Vista Pop Warner Pee Wee Longhorns 2016



**HEAD COACH ANDREW STAICER**

**ASST COACH RICHARD DEIBLER**  
**ASST COACH PHIL RICHARDSON**  
**ASST COACH CHARLES MOSS**

**ASST COACH STEVE SIBISKI**  
**ASST COACH TREVOR PEETZ**

2 COLTON MALLET  
 6 BRANDON MOSS  
 8 ANDRES OCHOA  
 10 TENAYA LITTLES  
 12 TRE OLIVER  
 14 CHRISTOPHER SUMMERSON  
 16 JONATHON BEAZ  
 20 ALFREDO ARAMBULA  
 24 KAYVION HICKS  
 28 ROARKE RENTERIA  
 30 DANOOSH "PB" POURBAFRANI

32 ANGELINO TRAPASSO  
 36 SEBASTIAN VIELMA  
 42 LOGAN SIBISKI  
 44 TREYTON PEETZ  
 50 JOSEPH BROWN  
 52 JADEN DEIBLER  
 54 CHRISTIAN HUGHES  
 56 EVAN NUNEZ  
 68 JAX MENKEE  
 74 ROBERT VILLEJO  
 88 HOLDEN PHILLIPS

**TEAM PARENT CYNTHIA MALLET**

**TEAM MGR JAMIE PEETZ**

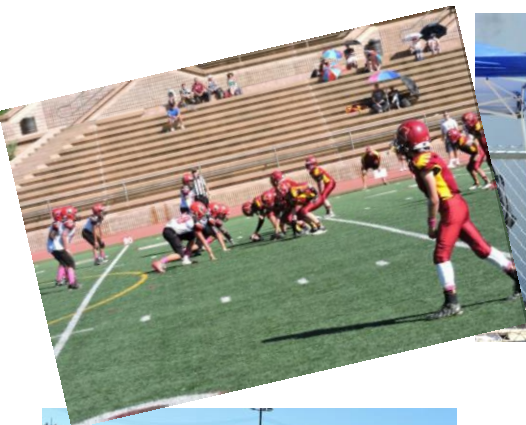




## Offense



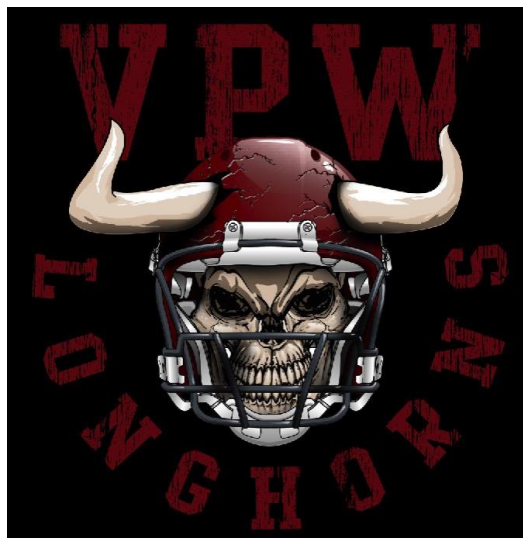
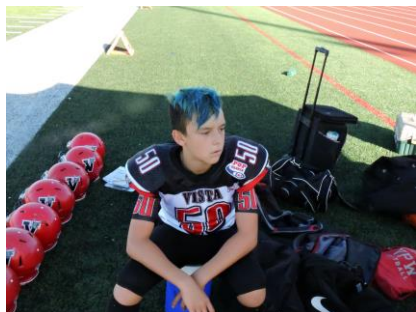




## Defense







**2016 Pee Wee Longhorns**





**PEETZ #44**



Football doesn't build character.  
It eliminates the weak ones. ~Darrel K Royal



We are very proud of you both.  
You gave it your all.  
That's all that matters.  
Love,  
Dad & Mom

*"For I know the plans I  
have for you," declares  
the Lord.  
"Plans to prosper you  
and not to harm you,  
plans to give you hope  
and a future."  
Jeremiah 29:11*

PICCOLLAGE

## Thank You Pee Wee Longhorn Sponsors







## Vista Pop Warner Junior Varsity Panthers 2016



### Best of the West Division 1 Champions

HEAD COACH GLENN MILLER, JR

**ASST COACH OSCAR CHAVEZ**  
**ASST COACH MANUEL MACIAS**  
**ASST COACH STEPHEN SANDERS**

**ASST COACH KENNETH ELLIOTT**  
**ASST COACH GLENN MILLER**

2 TYTAN TAYLOR  
 4 RUSSELL CHAVEZ  
 6 ELI SANDERS  
 8 KANOA PICKARD  
 10 JAKOB WILLIAMS  
 12 TORIN DUFFIN  
 16 DEONDRE ALEXANDER  
 18 CONNOR MALAUULU  
 20 ISAAC MILLER  
 22 ASLAN PAGAKIS  
 24 JACK KILPATRICK  
 26 CAMERON WOOLSEY  
 28 QUINCY SCOTT II

32 JONAH EILERS  
 34 JADEN LETUA  
 36 DAVID SOTO  
 38 ZACHARY SCHIPPER  
 44 COLBY RAFAIL  
 42 AIDAN VILLEJO  
 44 BRYCE BROCK  
 48 DONOVAN MCGRAW  
 50 ANTHONY SCALZO  
 56 JUSTIN HUGHES  
 72 ZACHARY BORKOWSKI  
 90 CISCO CISNEROS III  
 96 LORENZO NAVARRO

**TEAM PARENT LINDA MILLER**

**TEAM MGR SANDRA BOWMAN**

**EQUIPMENT MGR MICHAEL BAGSHAW**

**TRAINER TREVOR MCMAHON**





















**The 2016 JV Division 1 Palomar Conference Champions  
and 2016 Best of the West Champions would like to thank the  
following for their support and help to get us to our Championship game**



**Carlos Floral  
Encinitas Flower shop  
Precise Plumbing in Vista, CA  
Best Choice Restoration**



**Old Proz Embroidery & Sportswear  
Pro Pacific Pressure Washing**



**Ken Elliot, Attorney  
The Draft  
Lamppost Pizza  
Vista Firefighters Local 4107**



**Toyota of Escondido  
Jack Powell Chrysler Jeep Dodge RAM  
Filipi's 5353 Kearny Villa Rd, San Diego, CA 92123  
Filipi's 10330 Friars Rd. #101, San Diego, CA 92120**



**Isaac,**

**We are so very blessed to have been  
able to watch you grow here at  
Vista Pop Warner. We still can't believe  
that 8 years have gone by.**

**We love you so much Isaac and  
we look forward to what the future  
has in store for you.**



**God bless you today and everyday Isaac!  
We love you to the moon and back,  
Dad, Mom, Kalea, Mya & Leila**

**#20 we are your biggest fans!**





**"Colby,  
Great season #40 !  
...on to the Freshman team."  
Love,  
Mom and Dad**



M  
C  
G  
R  
A  
W

**48**

Donovan,  
You have worked hard to contribute to  
an amazing team. You've shown  
tremendous heart and dedication. Gain  
Weight #48! We are so proud of you.  
-Mom, Dad, and Diana

*Congratulations*  
**KANOA**

**"MAUI BOY"**

**8**

*Love,  
your Ohana*



**"What a way to end your Pop Warner career Zack! Palomar D1 Championship Plus Best of the West State Championship! A perfect undefeated season that you'll remember for the rest of your life! We love you! Off to VHS next year! GAS PEDAL!!"**



**Koolade,  
You never cease to amaze us kid.  
Your special combination of gentle spirit, genuine heart and athleticism makes you a joy to watch. Never lose any of that. Continue to work hard and respect the game and see where that takes you. Dad, Diego and I love you with all our hearts and want to thank you for giving it all out there on the field. What an amazing way to finish your Pop Warner years. It's been our extreme pleasure to watch you grow under the coaching of the Millers and their staff.**



TO ALL OF THE PANTHER PLAYERS, FAMILIES, FRIENDS, COACHES AND  
STAFF:

THANK YOU ALL VERY MUCH FOR ALLOWING ME TO BE A PART OF THIS  
FAMILY FOR THE LAST THREE YEARS. THE SUCCESS THESE BOYS HAVE  
ACHIEVED HAS BEEN NOTHING SHORT OF AMAZING.

THREE PALOMAR CONFERENCE CHAMPIONSHIPS

2015 WESCON CHAMPIONS

BEST OF THE WEST CHAMPIONS

HAWAI'I BOWL CHAMPIONS

THEY HAVE DONE IT ALL WITH HARD WORK, DEDICATION,  
COMMITMENT AND RESPECT. I LOOK FORWARD TO HEARING GREAT  
THINGS ABOUT EACH OF THEM IN THE FUTURE, BOTH ON AND OFF THE  
FIELD.

COACH KEN ELLIOTT

***"NO YOU DID NOT!!"***





## Vista Pop Warner Junior Varsity Fighting Panthers 2016



**HEAD COACH JACK CHILDRESS**

**ASST COACH MARK SNELLER**  
**ASST COACH ANTONIO NAVARRO**

**ASST COACH ROSS KERSHAW**

1 CONNOR MCWAYNE  
7 SAMUEL ROBERTS  
9 JERRY VASQUEZ  
11 AUSTIN HOWARD  
13 RICARDO JUAREZ  
15 ZACHARY GIBBS JOHNSON  
17 DUSTIN HURLEY  
19 TYCHICUS STANISLAS II  
21 WHYATT BUSICK  
23 ADRIAN OJEDA  
33 MARCOS LUCIO

35 CHRISTIAN CORTEZ  
39 JACOB HAMMOND  
41 BRANDON LIMON  
43 JAYDEN LUZON  
47 KYLE DAILEY  
53 ZACHARY DIXON  
55 ANTONIO NAVARRO  
79 NATE KERSHAW  
81 LUCA CORTEZ  
83 RICHARD TRUJILLO JR  
97 DOMINIK POZOS

**TEAM PARENT STEVE DAILEY**

**TEAM MGR CRYSTAL DAILEY**

**PHOTOGRAPHER / ASST TEAM MGR CHRISTINE MAY**



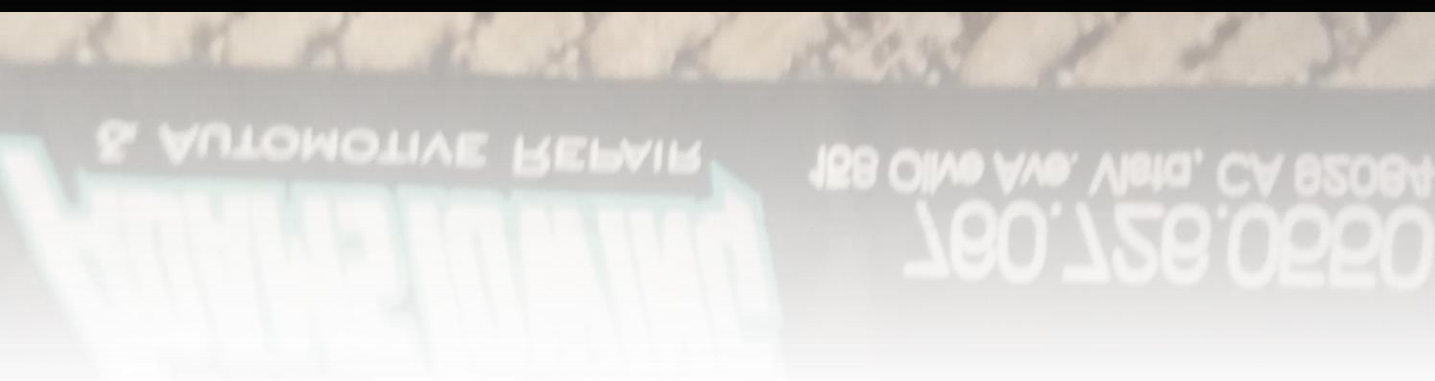
# Fighting Panthers Sponsors



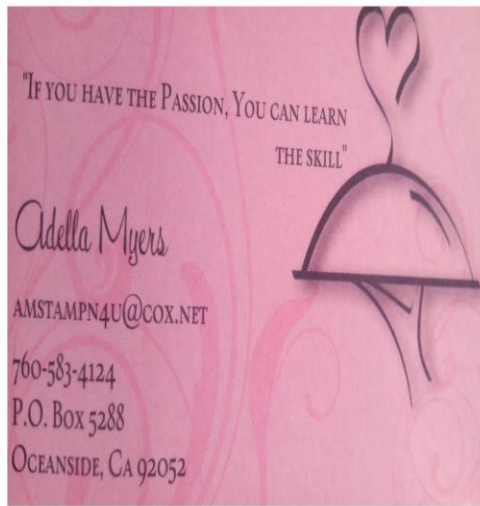
Light / Medium / Heavy Duty  
Family Owned & Operated Since 1950

**ADAMSTOWING**  
& AUTOMOTIVE REPAIR

760.726.0550  
158 Olive Ave. Vista, CA 92084

























# Double trouble TRU-JO'S



*Your love for the game is **CONTAGIOUS**. Your commitment to be better is **INSPIRING**. Your **HEART, DESIRE, DRIVE & LOVE** of the game shows through every moment on that field. You **TWO** are destined for great things & we are so glad we can be a part of it.*

**YOU # 1 FANS MOM & DAD**

*I am so proud of you both. You both have grown so much over this past year. May this next year be full of cheer and touchdowns in your life.*

**Love you to the moon. Nana**



# THANK YOU

*A BIG THANK YOU to all the parents and volunteers that helped to make THE FIGHTING PANTHERS season special and such a success for the players.*

- *Crystal & Steve Dailey*
- *Kevin McWayne*
- *Christine May*
- *Alvin Dixon*
- *Buster Gibbs*
- *Mike Lucio*
- *Coaches*





For our Christian! We can't believe your Pop Warner years are over and you are now headed to conquer high school! You have never given up despite some minor injuries and have shown your dedication and love for the sport, and for that we are proud of you. We love you and will always be by your side to guide you every step of the way. Mom and Dad

© Vista Pop Warner 2016





*Life4much*



## Vista Pop Warner FLAG CHEER 2016



**HEAD COACH MAGGIE QUIGLESS**

**ASST COACH NINE BEEBE**

**ASST COACH ALICIA GREEN**

**ASST COACH TRACY TURRUBIATE**

**ASST COACH ROSALIE BEEBE**

ALIZAY ALVARADO

CAPRI HEBERT

NALANIE FRANCO

JOCELYN MENDEZ

JESSICA QUIGLESS





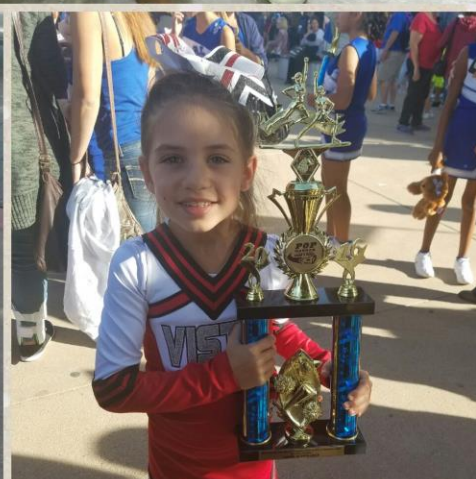
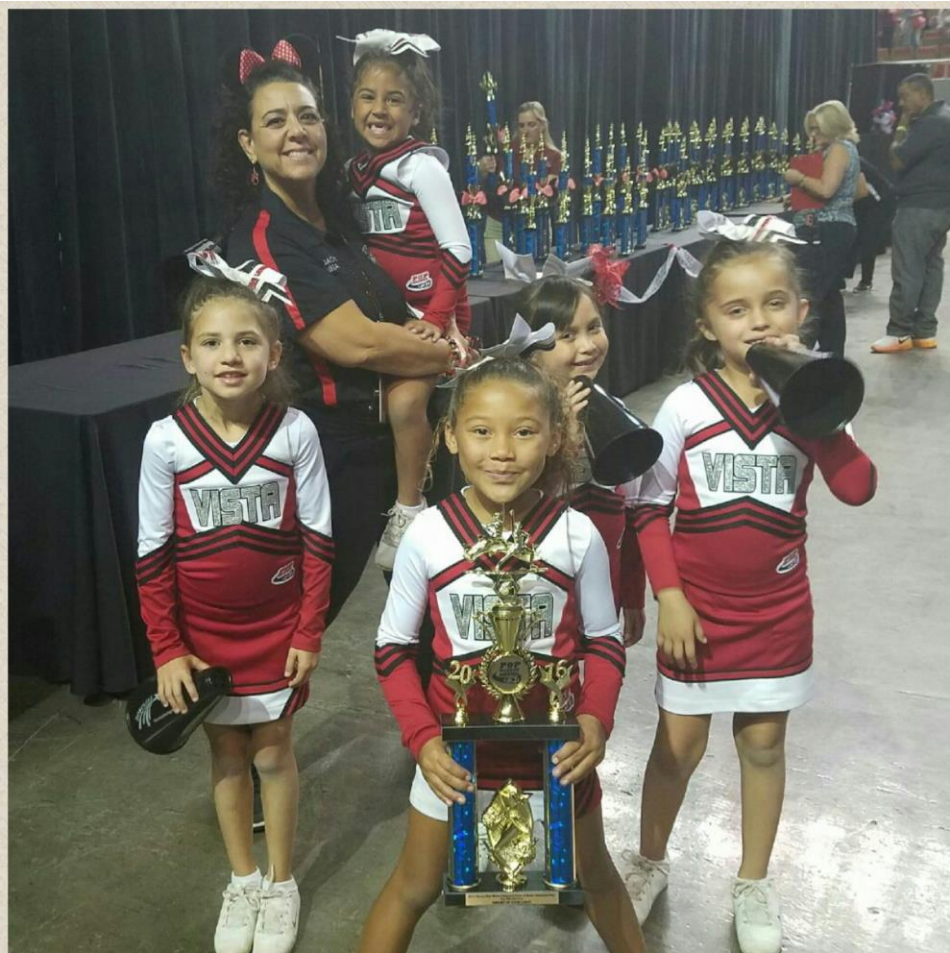




















## Vista Pop Warner Mighty Mite Cheer 2016



**HEAD COACH ERICA COLEMAN**

**ASST COACH SHAUNA TEIXERIRA**

**ASST COACH DONELLA JACKSON**

**CHEER COORIDNATOR MAGGIE QUIGLESS**

EMMA COLEMAN

GENEVIEVE SILVEA

ALONDRA GRYE

ALANI TEIXERIA

ABIGAIL MORENO

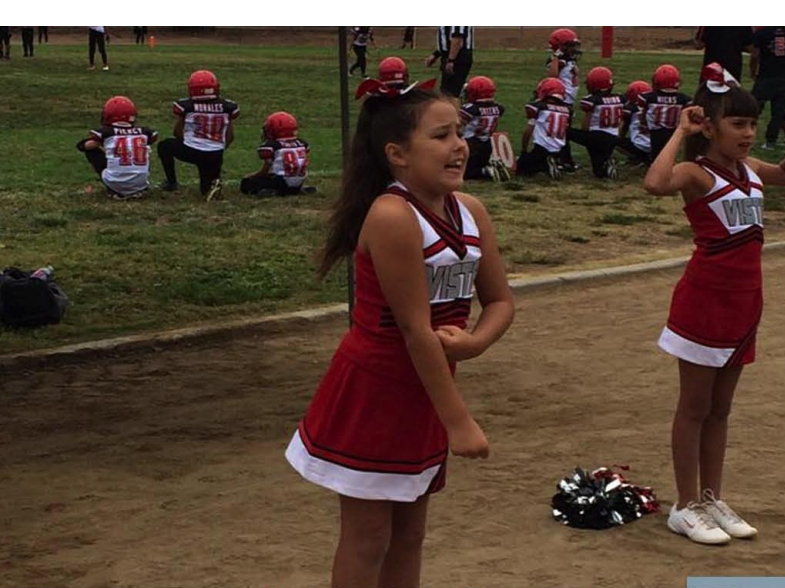
CHANTAL ZAFRA ARTEAGA

BRIANNA MORENO

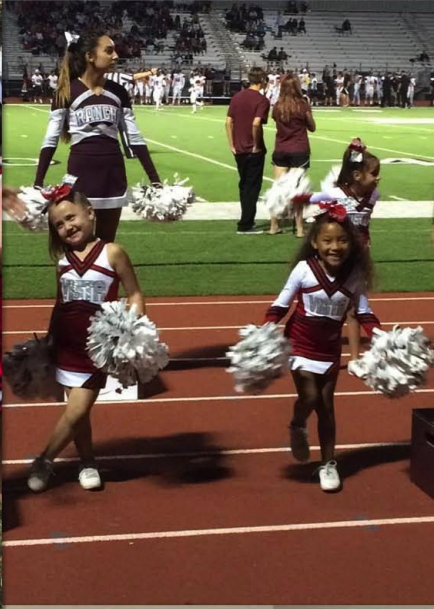




















## Vista Pop Warner Pee Wee Panthers Cheer 2016



### HEAD COACH SHAILANA QUIGLESS

**ASST COACH** SHAREANA QUIGLESS

**ASST COACH** AMBER ARREDONDO

**CHEER COORD** MAGGIE QUIGLESS

**TEAM MANAGER** TASHA WILSON

**ASST COACH** NINA BEEBE

**ASST COACH** TRACY TURRUBIATE

**TEAM PARENT** MARLEEN REYES

**STUDENT DEMO** ROSALIE BEEBE

DEANNA BROWN

KYANA CHIN

ALANA CRUZ

EVE LATHAM

MAKAYLA MACMILLAN

DREW MCCARTHY

BRIANA POZOS

CHEYENNE QUIGLESS

GABRIELLA QUIGLESS

MARBELLA REYES

SAVANNAH TRUJILLO

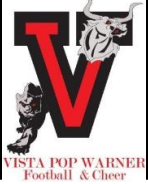




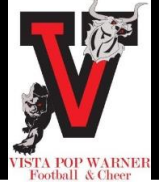








## Vista Pop Warner JV Panthers Cheer 2016



**HEAD COACH KERI RIDER**

**ASST COACH SARA SCIANNEMEA**

**ASST COACH AMBER ARREDONDO**

**STUDENT D ESUMMER DYER NESS**

**CHEER COORD MAGGIE QUIGLESS**

**TEAM PARENT CAROLYN DOUGLAS**

ARIEL ALVAREZ

KARYSSA ASKINE

EBONY BRAZELTON

DANIELLA COVARRUBIA

ALEXIA DOUGLAS

MYA GARRETT-SCIANNEMEA

KAYLA KAWANO

KAILANI MOLLOY

ISABEL ORTIZ

ANGELINA PEREZ

MALEAH RIDER

MARIAH SILVA





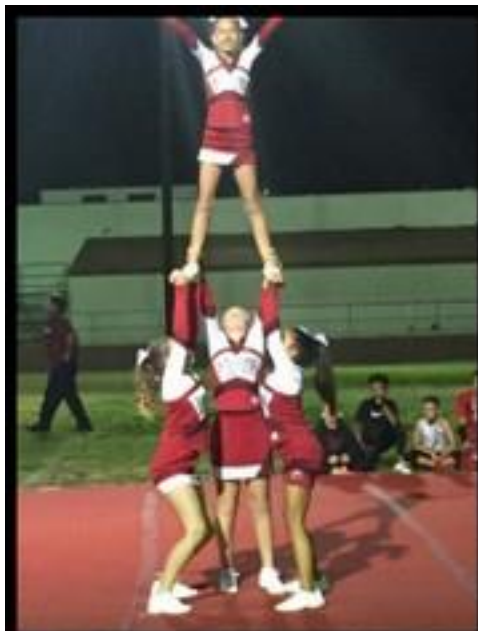






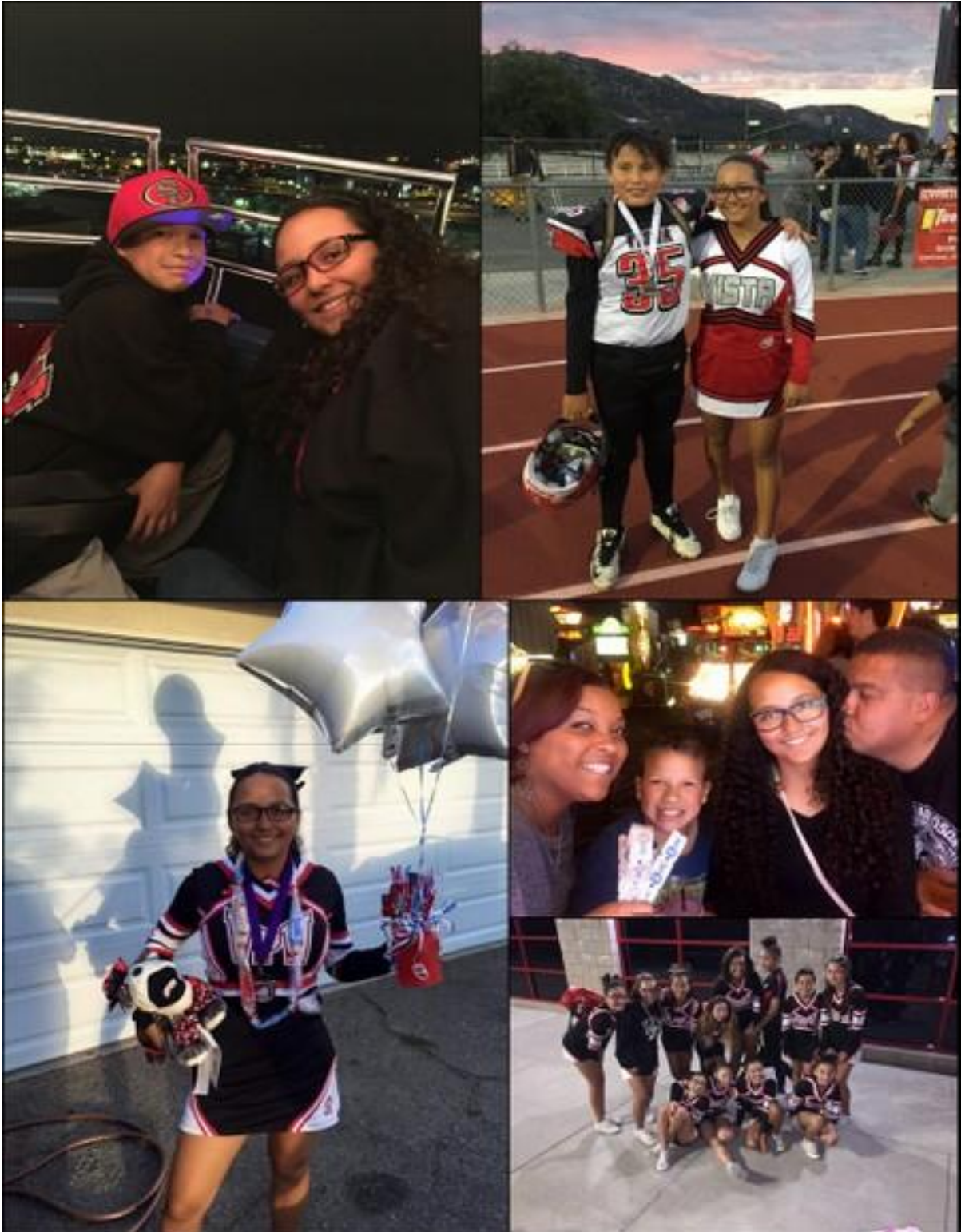








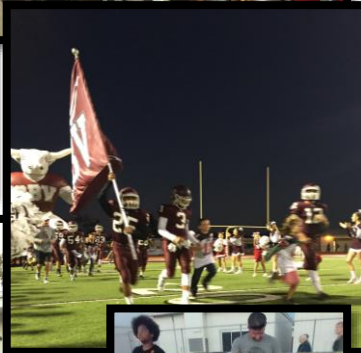
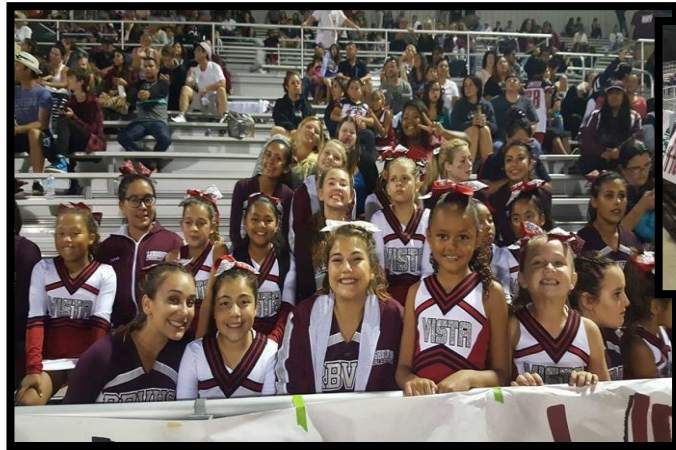
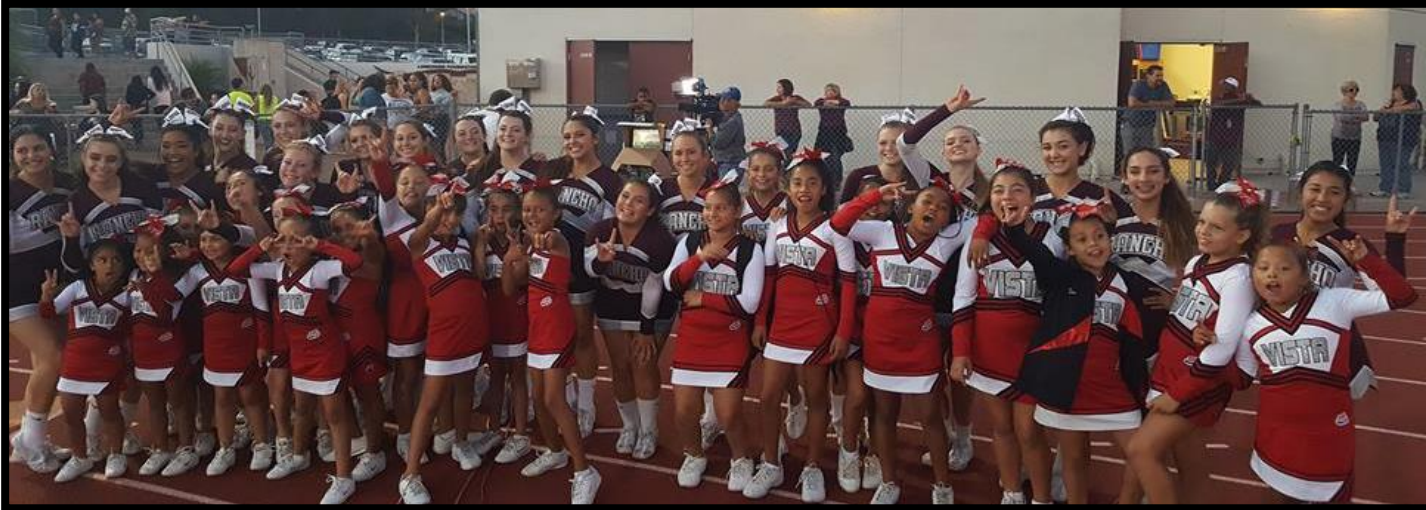
# ALEXIA DOUGLAS- WE LOVE YOU MIMI



ALEXIA, IT HAS BEEN AN AMAZING BLESSING TO WATCH YOU GROW INTO SUCH AN AMAZING, BEAUTIFUL AND LOVING GIRL. YOU HAVE TAKEN YOUR LIFE BY THE REINS AND YOU ALWAYS STRIVE TO BE THE BEST VERSION OF YOU. WE CAN'T WAIT TO SEE WHAT THE FUTURE HAS IN STORE FOR YOU. WE LOVE YOU, DAD, MOM AND JORDAN



# Rancho Buena Vista Night





# Speed Camp





# Scrimmage Fest





# Flag Fest





# HOMECOMING 2016





# VISTA HIGH NIGHT 2016





# VISTA HIGH NIGHT 2016







Vista  
15 Main St., #B100  
Vista, CA 92083  
(760) 407-7600

Open M-Th 11:00am – 11:00 pm  
Fri, Sat 11:00am – 12:00 am  
Sun 11:00am – 11:00 pm

**“The Official Pizza Party Sponsor of Vista Pop Warner”**

## Our Story

Established in May 1976 by Tom and Dan Barro, along with their father, Angelo, Lamppost Pizza has grown from three individual establishments to a successful chain of thirty restaurants operating in several California counties and Nevada. Direct management of the company continues under Tom and Dan. Innovative, creative, disciplined grass roots marketing with superior products, friendly, neighborhood service, and a fun, family oriented atmosphere fuel Lamppost's success.

## Quality Ingredients, Environment, People & Service

The menu focuses on pizza made with the finest ingredients and an expanded menu of pastas, sandwiches, and appetizers to please the palates of all ages. Our pizza product ranges from the basic pizza with your choice of toppings to a more sophisticated specialty product pioneered by Lamppost in the early 1980's.

*Thank you Lamppost Pizza for your continued support of Vista Pop Warner – VPW Board*



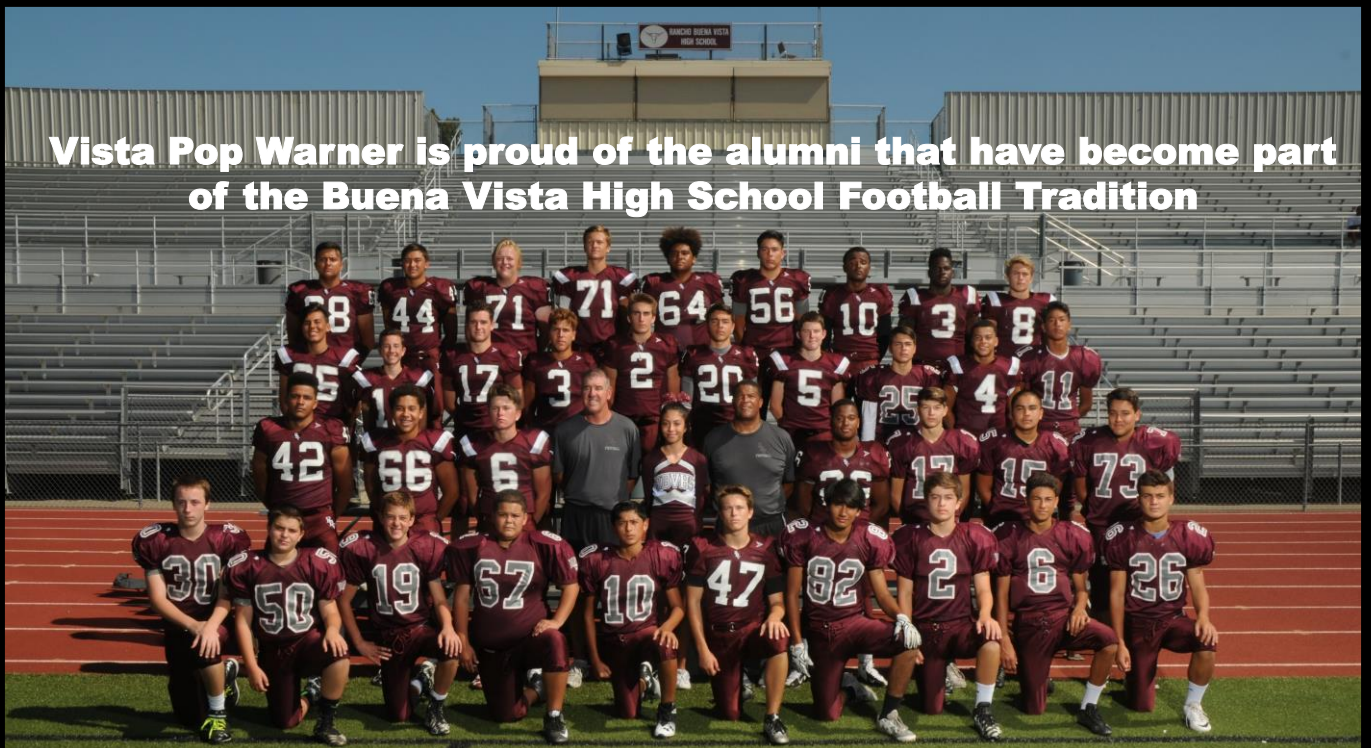


# Autographs





# Our Legacy - Vista Pop Warner Alumni







OVER  
**25** YEARS  
SERVING VISTA  
& SAN DIEGO



## Vista Defense Lawyer, Kenneth R. Elliott, Attorney at Law

The Vista Law Office of Kenneth R. Elliott stands ready to represent you or a loved one who has been charged with a crime such as Domestic Violence, DUI, DMV Violation or Traffic Tickets, Drug Violation, Manslaughter, Murder or similar Violent Crime, Probation Violations, Sex Crimes or Sexual Assault, White Collar Crimes or a Theft Crime in a Vista or [San Diego County Superior Court](#). As an aggressive attorney experienced in the [San Diego Superior Court](#) system, Vista Defense Attorney, Ken Elliott, knows the importance of hiring the correct attorney to help with your felony or misdemeanor offense. Time is of the essence when your freedom is on the line! Mr. Elliott is ready to put his extensive knowledge of the California justice system to work in order to achieve the best possible conclusion to your criminal charges in Vista or [San Diego County](#).

### Legal Services Offered

#### [DMV Violations](#)

Traffic Infractions, Speeding Tickets, Red Light Camera

#### [Drug Charges](#)

Narcotics Violations, Cultivation, Transportation, Possession, Intent to Sell, Distribution of Controlled Substance, Simple Possession, Cocaine, Marijuana, Methamphetamine, Prescription Drugs, LSD, Ecstasy, Molly, Heroin

#### [Sex Crimes](#)

Sexual Assault, Rape, Child Molestation, Online or Internet Solicitation, Sex With A Minor, Lewd Behavior and Acts, Date Rape, Sexual Abuse, Sexual Battery, Statutory Rape, Aggravated Sexual Assault, Possessing Child Pornography, Prostitution, Child Molestation, Meagan's Law

#### [Theft](#)

Burglary, Grand Theft Auto, Car Jacking, Breaking and Entering, Robbery, Shoplifting, Embezzlement, Identity Theft, Larceny

#### [Weapons Violations](#)

Felon In Possession Of A Firearm, Gun Charges

#### [Domestic Violence](#)

Domestic Abuse, Child Abuse, Spousal Abuse, Restraining Orders

#### [DUI](#)

Driving Under The Influence, Drunk Driving, BUI, Boating Under the Influence, Wet and Reckless, DWI, Driving While Intoxicated

#### [Three Strike Law](#)

3 Strikes, Felonies Considered a Strike

#### [Violent Crimes](#)

Assault, Assault & Battery, Armed Robbery, Attempted Murder, Capitol Murder, Homicide, Kidnapping, Manslaughter, Murder, Murder For Hire, Solicitation To Commit Murder

#### [White Collar Crimes](#)

Embezzlement, Identity Theft, Extortion, Fraud, Wire Fraud

**Kenneth R. Elliott**

**Criminal Defense Attorney**

550 West Vista Way

Suite 200, Vista, CA 92083

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Office: 760 650-3333

**¡Se Habla Español!**