

South County

PREP SPORTS

MONTGOMERY'S EVELYNN CORONADO WRESTLES WITH FULL AGENDA

Senior is capt. of two teams, class secy., homecoming queen

BY STEVE BRAND

SAN DIEGO

Evelynn Coronado is one of the favorites heading into the San Diego Section girls wrestling tournament Feb. 4.

But it won't be her first title — that one came last month when Montgomery High won the Non-Tumbling, All-Girls Cheerleading championship.

Winning has come in waves for the Aztecs senior this year as she also was voted Homecoming Queen.

"That was really surprising," she said of getting the crown placed on her head at halftime of Montgomery's 20-0 football victory over Sweetwater. "You get the sash, the crown and the whole (cheerleading) team cheered. Then there were fireworks."

She's also senior class secretary where she's al-

ready working on Senior Night in addition to being heavily involved in the Special Olympics/Best Buddies Cheer Team.

And she's the captain of both the wrestling and cheer squads.

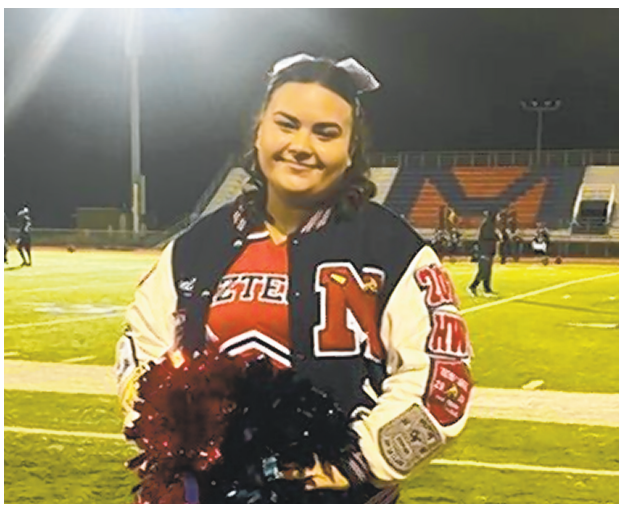
While juggling isn't her forte, she's having to do a lot of that as after competing in the Metro Conference wrestling championships on Friday, she tried to get a good night's sleep before getting up early to travel to Manhattan Beach for state cheerleading.

Whew! All while maintaining a 3.3 GPA.

"I stay up late at night or go to the Magic Center (library) at lunch to study — I don't waste time," the 17-year-old said.

Asked which sport she likes best, she doesn't hesitate to say wrestling where, starting last week, she had an 18-4 record, including being unbeaten against section girls, in the 235-pound weight class.

She's hoping to improve on her third-place finish in last year's section champi-



SANDRA CORONADO

Evelynn Coronado is captain of the cheer and wrestling squads, among other activities.

onships, which qualified her for state, where she won her first match and then lost the next two. Consider that the two other section competitors, El Cajon Valley's Valeira Rocha (fourth) and Olympian's Angelina Leal (sixth), battled deep into the tournament.

"I learned the wrestlers at state are very tough," said

5-6, started the season ranked No. 8 in the state by Cal Grappler.

"If she just focused on wrestling, she'd be really, really good," said Aztecs coach David Jarumayan, "but I support her being active at school."

"I call her a gamer because she's very competitive and she wants to learn. She works hard, but she's not obsessive — a good listener."

"Since we don't have any other 235-pound girls, she practices against her cousin, Abel."

If Coronado expected her cousin to take it easy on her, she should have known better. Remember, he's family.

"He's tough, and he shoots a lot," said Evelyn of her 240-pound cousin. "That prepares me for my matches, so I have to take it seriously. Sometimes I get mad at him but all that does is make both of us more aggressive. I've known him forever, so it's great."

In cheerleading, she's the one who hoists up the smaller girls and says she's never dropped one of them.

The 16-member cheerleading team will be going to the JAMZ Mountain West National Challenge in Utah in April, so there's no slowing down.

As the captain, she has had to keep the girls focused since early summer when they started working every day.

Wrestling is a different story as she balances the girls and the boys, trying to boost all of their confidences.

Of course, there are times Coronado just has to rush.

She attended every football game as a cheerleader but during the winter, cheering and basketball tend to overlap.

"There are times when I would have to go straight from cheerleading practice and to a basketball game," she said. "The boys basketball team (17-3 to start the week) is really good, but I think our cheerleading team is better."

Spoken like a true captain.

Brand is a freelance writer.

SOUTH COUNTY HAPPENINGS

National City chamber hosts networking

The National City Chamber of Commerce hosts "Thrive — Mentoring Women in Business," free monthly workshops for women in business, every second Thursday. The first event this year will be from noon to 1:30 p.m. Feb. 9 at the chamber conference room, 901 National City Blvd. Susanne Romo will speak on target marketing and how to ID your best networking partners. Register at nationalcitychamber.org/events.

Free orchestral concert at Chula Vista church

The First United Methodist Church Chula Vista, 1200 East H St., presents a free concert by the Tifereth Israel Community Orchestra of San Diego at 4 p.m. Feb. 5. The full orchestra will be performing works by Brahms, Bizet and Saint-Saens. Call (619) 656-2525.

Imperial Beach senior center starts walking program

The Imperial Beach Senior Community Center offers a new class, "Walk With

Ease," starting at 2:30 p.m. Feb. 6. The center is at 1075 Eighth St. Contact parksandrec@imperialbeachca.gov or call (619) 424-7077.

Olivewood Gardens offers Lunch & Learn

Join the staff at Olivewood Gardens and Learning Center for an in-person walking tour and a sit-down Q&A to learn more about the center's programs. The event is from noon to 1:30 p.m. Friday at 2525 N Ave., National City. Bring your lunch and visit in the garden to learn what's on the horizon and how to become involved. A snack of hummus and fresh veggies will be provided. Register at olivewoodgardens.org/events/lunch-learn-3.

Chula Vista club honors member with award

Altrusa International Club of Chula Vista recently celebrated member Rosemarie Hudson, the club's most senior member, by establishing the Rosemarie Hudson Award in her honor. Altrusa is an organization that serves the community in varying ways. Hudson is a native

San Diegan and has held every position on the club board and also served as foundation treasurer and district secretary. She was the recipient of the Marilyn Atwood Outstanding Altrusa Award in 2012. Outside Altrusa, Hudson has also served on the board of directors of the Border View Family YMCA and the Chula Vista Chamber of Commerce. She was honored with the Golden Triangle of Distinguished Service Award for the YMCA of San Diego County in 2012 — one of only six recipients in the county to receive the honor in recognition of volunteer commitment, dedication and loyalty. The club then presented the first Rosemarie Hudson Award to member Rebecca Garcia for her exemplary attendance and participation. Hudson also received a commemorative plaque recognizing her 43 years of service to Altrusa. Visit altrusacv.club.

Free classes to help start a child care business

Southwestern College and the Women's Business Center of San Diego and Imperial Counties offer free classes on how to establish a family childcare business. Earn a Southwestern College Childcare Certificate at the Higher Education Center at National City, 880

National City Blvd., Room 7214. Book an appointment with a Women's Business Center adviser in English or Spanish. Sign up first at tiny.cc/childcare1; contact kibarra@swccd.edu. After completing the five class modules in the spring semester, graduates may receive a \$250 stipend. The free in-person classes start Feb. 14 through March 16. Register in person at Southwestern College National City at the student services office, at tiny.cc/family-childcare or call (619) 482-6376 for assistance.

Hungry Dog Dash raising funds for XC team

The Point Loma High School Cross Country team and PLHS Pointer Association Cross Country Boosters bring back the Hungry Dog Dash Community 5K race and fundraiser at 8 a.m. Feb. 12 at NTC waterfront park in Liberty Station, 2455 Cushing Road. Get some fresh air and exercise with family and friends before Super Bowl festivities in the afternoon. Runners and

walkers of all ages are welcome, even four-legged friends. The USATF-certified and -sanctioned course draws competitors of all levels from the racing community. Registrants receive a Hungry Dog Dash T-shirt, goodie bag and dog tags. Finish line festivities include live music, awards and a community vendor village. All proceeds go to the school's Pointer Association Cross Country Boosters. Register at hungrydogdash.com. Cost is \$35 for ages up to 14 years, and \$40 for ages 15 and up. Pre-race packet pick-up is from 9 a.m. to 1 p.m. Feb. 11 at Dick's Sporting Goods, 3265 Sports Arena Blvd., San Diego. Race day packet pick-up starts at 7 a.m. at NTC Park. Contact (619) 204-1287 or plhscountry@gmail.com.

Youth4Climate Marina View Park Cleanup

Join Youth4Climate from 11 a.m. to 1 p.m. Saturday to clean up Marina View Park, 900 Marina Pkwy., Chula Vista. All welcome, with a particular welcome to students from Chula Vista. Meet in the

parking lot near the bathrooms and clean up the J-Street part of the park. Waivers are required for people under 18 and are available at bit.ly/3WBZHvx. Email it to andrea@sandiego350.org or bring a hard copy. Learn more at sandiego350.org/teams/youth4climate.

Dog adoption event set at brewery

North Park's The Original 40 Brewing Company is hosting a dog adoption with Bonita-based PAWS 4 Thought Animal Rescue from 11 a.m. to 2 p.m. Saturday. The open-air and dog-friendly brewery is at 3117 University Ave., San Diego, and will have several pups on hand for application for adoption. PAWS 4 Thought is a nonprofit, all-breed rescue organization handling shelter dogs that had been at risk of euthanization. Visit paws4thoughtrescue.com.

Send items to fyi.south@suniontribune.com at least two weeks before events.

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