



Republic of the Philippines
Department of Education
DIVISION OF MISAMIS ORIENTAL


July 15, 2019

DIVISION ADVISORY
Series 2019

SEMINAR-WORKSHOP ON SPORTS-COACHING

TO : All Private School Sports Coordinators

1. In preparation for the 2019 Unit Meet, this Office will hold a **live-out Seminar-Workshop on Sports – Coaching** to all private school sports coordinators on August 1-2 2019 at the Division Conference Hall, Velez Street, Cagayan de Oro City.
2. A registration fee of Eight Hundred pesos (Php 800.00) will be charged to each participant to cover cost of their meals. The first meal is breakfast on day 1 of August 1,2019. Hence, all participants are expected to be at the venue before 8:00 o'clock in the morning. The last meal will be lunch on August 2, 2019.
3. Please confirm participation thru Ms Cathy Orasan at 09177069417. Attached is the Program of Activities for reference
4. Wide dissemination of this Advisory is hereby enjoined.


RANDOLPH B. TORTOLA
Schools Division Superintendent

RBT/sgod/tuason



DIVISION OF MISAMIS ORIENTAL

SPORTS COACHING – MISAMIS ORIENTAL PRIVATE SCHOOLS

August 1 – 2, 2019

Division Conference Hall

Time	Topics	Person in-charged
Day 1/ August 1		
7:00 am – 8:00 am	Arrival and Registration	Ms. Eva Dela Peña
8:00am -8:30am	Opening Program <ul style="list-style-type: none"> • Prayer • National Anthem • Welcome Message 	Dr. Randolph B. Tortola
8:30am – 9:30am	Statement of Purpose	Dr. Vevian T. Tuason
9:30am – 10:30am	Legal Basis: 10 Commandments of Coaching	Mr. Johnny Redondo
10:30 am – 12nn	Mangament of Sports Injuries	Dra. Vida Suganob
12:pm – 1:00pm	LUNCH BREAK	
1:00pm – 2:00 pm	Sports Psychology	Mr. Rico Sumastre
2:00 pm – 3:00pm	Sports Science	
3:00pm – 4:00pm	Sports Conditioning	Mr. Jeralph Ronquillo
4:00pm = 5:00pm	Training Principles	Mr. Rico Sumastre
Day 2/ August 2		
7:30am – 8:30am	Management of Learning	
8:30am – 10:00am	Preparation of training program (Different trainings: Circuit, Macro, Micro and Meso)	Ms. Cherry Cabilina
10:am – 12:nn	Selection of Potential Athletes	Mr. Marven Bescayno
12:00 pm = 1:00pm	LUNCH BREAK	
1:00pm – 2:00pm	Composition of the Team : Updates on the Rules of the Game	Ms. Rosanna Adaya
2:00pm – 3:00pm	Rules on Participation	Dr. Melende Catid
3:00 pm – 4:00pm	Wrap- up	
4:00 pm	Closing Program	