



DEPARTMENT OF EDUCATION
Region X
DIVISION OF MISAMIS ORIENTAL
Cagayan de Oro City



DIVISION MEMORANDUM

No. 081, s. 2017

**To: All Public Schools District Supervisors
All Elementary and Secondary Administrators
This Division**

Attention: District/School Sports Coordinators

**From: CHERRY MAE L. LIMBACO, Ph. D., CESO V
Schools Division Superintendent**

Date: February 17, 2017

**Subject: ENHANCEMENT TRAINING FOR STUDENT-ATHLETES TO THE
2017 PALARONG PAMBANSA**

1. In preparation for the 2017 Palarong Pambansa in Antique Province, the Northern Mindanao Regional Athletic Association (NMRAA) shall hold a **REGIONAL ENHANCE MENT TRAINING FOR STUDENT-ATHLETES** in three (3) phases, to wit:

- | | | |
|------------------------------|------------------------|-----------|
| Phase 1 – School Based | - February 13-28, 2017 | - 15 days |
| Phase 2 – Clustered Training | - March 1-31, 2017 | - 31 days |
| Phase 3 - Unified Training | - April 1-7, 2017 | - 7 days |

2. The training aims to:

- 2.1 Enhance the competence level of student athletes in their respective sports discipline;
- 2.2 Familiarize the house rules imposed by the delegation;
- 2.3 Raise the overall performance of 2017 Palarong Pambansa &
- 2.4 Establish teamwork and camaraderie among members of the team and entire delegation in general.

3. The training of athletes shall be clustered according to sports events, accessibility of the training venues and availability of facilities.

CLUSTER	SPORTS EVENTS	VENUE
A	Archery, Arnis, Wushu, Badminton-Elementary, Billiard, Dance Sports and Swimming	Camiguin
B	Taekwondo, Gymnastics, Table Tennis, Lawn Tennis, Badminton Secondary, Boxing, Chess &	TBA

	Wrestling	
Cluster C	Athletics	TBA
	Team Events:	
	Baseball Elementary	Jimenez Central School Misamis Occidental
	Baseball Secondary	Iponan National HS Cagayan de Oro City
	Basketball Elementary	Xavier University Grade School Cagayan de Oro City
	Basketball Secondary	Corpus Christi School, Cagayan de Oro City
	Basketball (Girls) Secondary	Indahag National HS Cagayan de Oro City
	Football Elementary	Plantation Elementary School Manolo Fortich, Bukidnon
Cluster D	Football Secondary	Bukidnon Faith Christian School Bukidnon
	Futsal	Xavier University High School Cagayan de Oro City
	Sepak Takraw Elementary	Aloran Central School Aloran, Misamis Occidental
	Sepak Takraw Secondary	Aloran Trade High School, Aloran, Misamis Occidental
	Sepak Takraw (Girls) Secondary	Talairon National High School Oroquieta
	Softball Elementary	San Martin Elementary School Villanueva, Misamis Oriental
	Softball Secondary	MOGCHS, Cagayan de Oro City Misamis Oriental
	Volleyball (Boys)Elementary	Kadingilan Elementary School, Bukidnon
	Volleyball (Girls) Elementary Volleyball (Boys) Secondary	Valencia City Central School Quezon National High School Bukidnon
	Volleyball (Girls) Secondary	Libertad National High School, Libertad, Misamis Oriental
Cluster E	PARA Games	At respective schools

4. The training venues of Cluster D are areas where these teams emerged as CHAMPION. It is advised that the school, district and this office shall provide assistance of food and other needs of the team that arise therein. **Adopt an Athlete** is encouraged for **Guest Athlete** coming from other divisions.

5. Coaches of the athletes together with the Division Sports Coordinator shall make prior arrangement to comply class requirements in advance with their respective advisers and subject teachers. As stated in the **Republic Act No. 10676** which was approved August 26, 2015 “**An Act Protecting The Amateur Nature of Student – Athletes In The Philippines By Regulating The Residency Requirement And Prohibiting The Commercialization of Students Athletes**” saying that no school or its representative shall authorize to perform the act on a student – athlete on the sole reason of his/her transfer to another school Sec. 4.d.4 that no school gives incomplete grades in subjects in which the student-athlete is exempted by virtue of being a student-athlete. Further Section 7 Authority of the Department of Education (DepEd) and Commission of Higher Education (CHED) stating that the DepEd in furtherance to its mandate to supervise all basic education institutions are hereby further authorized to regulate and oversee school athletic associations and are tasked to ensure that the rights of student-athletes are respected and protected.

6. Daily schedule of activities must be strictly followed for implementation. Training Supervisors/Managers shall monitor and evaluate the progress of the training following the tool to be

used which will be submitted immediately after every monitoring and evaluating. This tool shall be submitted thru fax Attn: Ms. Manolita B. Bolos Project Development Officer II of ESSD Division with fax number 088-856-3932. Schedule of Monitoring and Evaluation shall be every Thursday and Friday starting March 2, 2017.

7. Athletes, Coaches, Chaperons, Trainers and Support Staff shall bring their own eating utensils/gadgets/paraphernalia and beddings at the start of the training up to Palarong Pambansa proper.

8. To promote Clean & Green Environment, coaches have to include the value of cleanliness and shall highly observe the Zero Waste Management in and out the camp.

9. Teachers Coaches/Chaperons/Trainers who will serve on the entire duration of the pre and actual palaro are hereby recommended with grant of service credit per Dep ED Memo. No. 53, s. 2003 re: Revised DepED Order for Granting Service Credits for teachers.

10. Traveling expenses in going to the training venues on March 1, 2017 shall be charged against local funds subject to the usual budgeting & accounting rules and regulations.

11. Prior to the departure to the Province of Antique, athletes, coaches, chaperons and trainers coming from the three clusters shall converge on April 1, 2017 at Misamis Oriental General Comprehensive High School (MOGCHS) for general orientation, saludo & parade rehearsals and thanksgiving mass. Traveling expenses of athletes, coaches chaperons and trainers where training is done outside Cagayan de Oro City, reimbursement shall be charged from NMRAA Training Funds.

13. Enclosed are the templates for your guidance and reference:

List of Athletes, Coaches, Chaperons, Training Staff and Officials
Schedule of Activities
Functions of Training Managers and Responsibilities of Coaches & Chaperons
Training Matrix
Attendance Sheet,
Assessment Form
GANTT CHART

14. Immediate dissemination of this Memorandum is desired.

LIST OF ATHLETES, COACHES, CHAPERONES AND OFFICIALS

Elementary Level:

NAME:	EVENT	SCHOOL/DISTRICT
1. Eyana, Meck Bryant T.	Athletics	Naawan CS
2. Molina, Al Christian L.	Athletics	Naawan CS
3. Ranara, Emelyn Mae E.	Athletics	Sugbongcogon CS
4. Castolo, John Mark A.	Baseball	Artadi ES-Magsaysay
5. Salvafia, Ruy Lopez M.	Basketball	Salay CS
6. Saraos, Clyde Harris A.	Chess	Bobontugan ES-Jasaan
7. Ellevera, Josephine C.	Coach-Chess	Bobontugan ES-Jasaan
8. Quilas, Kim Rusty D.	Gymnastics	Tagoloan CS
9. Salindo, Jessiever A.	Coach-Gymnastics	Sta. Ana ES-Tagoloan
10. Villastique, Audrey Joyce O.	Gymnastics	Jampason ES-Initao
11. Caculba, Ethyl Grace C.	Softball	San Martin ES-Villanueva
12. Cainoy, Jessa Mae A.	Softball	San Martin ES-Villanueva
13. Cero, Shane B.	Softball	Balingasag CS
14. Daypuyat, Jennifer D.	Softball	Balingasag CS
15. Dingcong, Cyriel Mae V.	Softball	Artadi ES-Magsaysay
16. Salvan, Kristiflor L.	Softball	San Martin ES-Villanueva
17. Solamillo, Maica P.	Softball	Tagoloan CS
18. Salvan, Merliflor E.	Coach-Softball	San Martin ES-Villanueva
19. Jo, Risel	Asst. Coach-Softball	Balingasag CS
20. Asis, Keinth Arnel L.	Taekwondo	Barra ES-Opol
21. Jadman, Lorenz C.	Gymnastics	Kabulawan ES-Lagonglong

Secondary Level:

22. Clema, Gabriel Lois D.	Archery	MOGCHS
23. Bullanday, Xyzel Mae O.	Archery	MOGCHS
24. Jalapan, Reyell Yuann L.	Athletics	Aposkahoy NHS-Claveria
25. Mancao, Erwin C.	Athletics	Villanueva NHS
26. Pama, Ma. Arnel Lee	Athletics	Alubijid NCHS
27. Reformina, Ryan Jay T.	Badminton	St. Marys of Tagoloan
28. Reformina, Renz Joshua T.	Badminton	St. Marys of Tagoloan
29. Oclaman, Ian D.	Coach-Badminton	St. Marys of Tagoloan
30. Hilot, Rejin May S.	Badminton	MOGCHS
31. Bulat-ag, Jenro R.	Baseball	Consuelo NHS-Magsaysay
32. Janubas, Honey Jade S.	Basketball	MOGCHS
33. Sazon, Diana C.	Basketball	Lugait NHS
34. Tan, Mary Joy A.	Chess	Jasaan NHS
35. Teopiz, Rhea Oliva D.	Coach-Chess	MOGCHS
36. Calaputan, Jose Raymund T.	Gymnastics	Villanueva NHS
37. Daclag, Kyzer King	Gymnastics	Tagoloan NHS
38. Tubo, Lumarvin A.	Coach-Gymnastics	Tagoloan NHS
39. Escabarte, Herla Rhea C.	Gymnastics	MOIST-Balingasag
40. Baena, Liezel Mae C.	Softball	MOGCHS
41. Caculba, Ella C.	Softball	MOGCHS

42. Elecias, Razel A.	Softball	MOGCHS
43. Impas., Lorie Marie L.	Softball	MOGCHS
44. Jacub, Abegail B.	Softball	MOGCHS
45. Nebris, Katherine Mae N.	Softball	MOIST-Balingasag
46. Rementizo, Mary Rose P.	Softball	MOGCHS
47. Salvaña, Charlene D.	Softball	MOGCHS
48. Villanueva, Rose Mae T.	Softball	MOGCHS
49. Lugmay, Jenelyn C.	Coach-Softball	Tagoloan NHS
50. Buntag, Sunrise C.	Asst. Coach-Softball	MOGCHS
51. Aguilar, Ara Candice A.	Chaperone-Softball	MOGCHS
52. Gaviola, Gladys Marie C.	Taekwondo	MOGCHS
53. Mendez, Shane Mary M.	Taekwondo	MOGCHS
54. Kauffman, Anthony V.	Volleyball	MOGCHS
55. Anggot, Windelyn B.	Volleyball	Libertad NHS
56. Anggot, Esphe B.	Volleyball	Libertad NHS
57. Bodiongan, Jules Kate T.	Volleyball	MOGCHS
58. Bongo, Princess Missy C.	Volleyball	Libertad NHS
59. Cajilla, Gwyndyl A.	Volleyball	Libertad NHS
60. Cajilla, Ella Mae A.	Volleyball	Libertad NHS
61. Digang, Meralyn L.	Volleyball	Libertad NHS
62. Abut, Jennifer P.	Coach-Volleyball	Libertad NHS
63. Suganob, Vida C.	Medical Officer	Division Office
64. Cagang, Rey Ignacio	Dentist	Division Office
65. Uba, Ronnie B.	DASC	Kalingagan NHS
66. Redondo, Johnny D.	Monitoring	Division Office

Prepared by:


JOHNNY D. REDONDO
 EPS-1 Division Sports Coordinator

APPROVED BY:

CHERRY MAE L. LIMBACO, PhD., CESO V
 Schools Division Superintendent

SCHEDULE OF ACTIVITIES
Day 1- March 1 to Day 31- March 31, 2017

TIME	ACTIVITIES	PERSONS INVOLVED
4:45 a.m.	Wake up Call	Prefect of Discipline
4:45 a.m. – 5:00 a.m.	Hot Beverage	Kitchen Personnel
5:00 a.m. – 5:15 a.m.	Checking of Attendance	Training Managers
5:15 a.m. – 5:30 a.m.	Prayer/Devotional	Social/Spiritual Team
5:30 a.m. – 5:40 a.m.	Reminders/Announcements/Message	Focal Person
5:40 a.m. – 6:00 a.m.	Hataw/Morning Exercise	Training/Saludo Team
6:00 a.m. – 7:00 a.m.	Body Conditioning	Coach/Trainer
7:00 a.m. - 7:30 a.m.	Breakfast	Kitchen Personnel
8:00 a.m. – 12:00 nn	Training Proper by Event	Coach/Trainer
12:00 1:00 p.m.	Lunch Break	Kitchen Personnel
1:00 p.m.- 5:00 p.m.	Training Proper by Event	Coach/Trainer
5:00 p.m. – 6:30 p.m.	Saludo/Unity Dance	Saludo Team
6:30 p.m. – 7:00 p.m.	Dinner	Kitchen Personnel
7:00 p.m. – 8:00 p.m.	Meeting/ Other concern	All Concern

Note: This schedule must be strictly followed.

FUNCTIONS OF TRAINING MANAGERS:

1. Monitor the intensive training of the athletes
2. Assess the level of performance by checking the accuracy of the assessment form used by the coaches
3. Provide technical assistance to the team assigned
4. Check the attendance of the entire team
5. Motivate athletes and coaches in the actual competitions
6. Conduct assessment meetings during night time
7. Serve as parents of the athletes
8. Impose discipline to the team
9. Work diligently in the attainment of targets
10. Coordinate with the different working committees
11. Make weekly report
12. Sign in the monitoring sheet with coaches 'signature affixing the date of visit
13. Do multi-tasking

RESPONSIBILITIES OF THE COACHES & CHAPERONES

1. Require the athletes with Parental Consent and Medical Certificate
2. Develop a comprehensive Training Plan and Gantt Chart
3. Train the athletes to his/her maximum potential
4. Assess the athletes of their level of performance by accomplishing the rating form of every athlete and rating of the team as a whole
5. Serve as role model of the athletes by emulating good values essential for sports
6. Expose the team in and out sports activities
7. Adhere to the daily schedule of activities
8. Check the completeness of the required documents of the athletes for Screening and Accreditation.
9. Seek technical assistance from the experts
10. Inform the athletes to bring beddings and kitchen paraphernalia
11. Educate and monitor the nutritional status of the athletes. Policy on NO SOFT DRINK, NO JUNK FOOD, NO CHOCOLATE, NO ICE CREAM, NO SMOKING, NO COFFEE shall be strictly followed and observed of the entire duration.
12. Make athletes: Feel better, Move better, Play better
13. Use the muscle property with correct exercise
14. Assess the strength of the athletes
15. Develop strong lower of the athletes
16. Efficiency of movements creates power

