

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

**DIVISION ADVISORY**

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: ~~November 27, 2013~~

Re: School Based Athletic Training.

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1. Please be informed that this Office hereby advises all qualified athletes, coaches and chaperons for the 2013 Palarong Pampook to start the Phase I School Based Athletic Training on December 1 to December 6, 2013 (6) days.
2. The School Based Training shall be held in the area/school where the athletes emerged as champion in their respective sports events while the Unified Athletic Training will start on December 6 to December 8, 2013 at Pelaez Sports Center, Cagayan de Oro City and will have a follow up training at Baroy and Tubod, Lanao del Norte on December 9-12, 2013.
3. The training aims to:
  - 3.1 Enhance the competence level of pupil/student athletes in their respective sports discipline;
  - 3.2 Familiarize the house rules imposed by the delegation;
  - 3.3 Raise the overall performance in the 2013 Palarong Pampook ; and
  - 3.4 Establish teamwork and camaraderie among members in the team and in the entire delegation in general.
4. The following are the schools where the School Based Training will be conducted to wit:

Events:	School:	District:
3.1 Baseball (Boys) Elementary	Artadi ES	Magsaysay District II
3.2 Baseball (Boys) Secondary	Artadi ES	Magsaysay District II
3.3 Softball (Girls) Elementary	Balingasag CS	Balingasag North
3.4 Football (Boys) Secondary	Initao NCHS	Initao District
3.5 Football (Boys) Elementary	Manticao CS	Manticao District
3.6 Volleyball (Boys/Girls) Secondary	Libertad NHS	Libertad District
3.7 Basketball (Boys/Girls) Secondary	Alubijid NCHS	Alubijid District
3.8 Basketball (Boys) Elementary	Balingasag CS	Balingasag North

3.9 Volleyball (Boys) Elementary	Igpit ES	Opol District
3.10 Sepak Takraw (Boys) Secondary	Villanueva NHS	Villanueva District
3.11 Softball (Girls) Secondary	MOGCHS	Cagayan de Oro City

5. All other athletes from other schools identified as qualified in their respective sports event to the 2013 Palarong Pampook will report to the winning school as guest pupil/student and shall be accompanied by their School Head/District/School Sports Coordinator in going to the school identified as venue of the training upon receipt of this advisory.

6. Winning Coaches are required to develop a training design covering the necessary skills to be developed for the athletes and this will serve as basis for monitoring and evaluation by the PESS Supervisor.

7. Identified Qualified Athletes, Coaches and Chaperons are advised to render 6 hours training period per day to meet the objectives of the undertaking. Suggested time for daily training is as follows:

3.1	4:00 – 4:30 A.M. Wake up time
3.2	4:30 – 7:30 A.M. Training
3.3	7:30 – 8:00 A.M. Breakfast
3.4	8:00 – 3:00 P.M. Classes Hour
3.5	3:00 – 6:00 P.M. Training

8. All identified athletes, coaches and chaperons are advised to bring their kitchen paraphernalia's and beddings to be used during the entire duration of the training period (Phase I and 2) and Palarong Pampook proper.

9. Meals and snacks of all qualified athletes, coaches and chaperons during the School Based Training shall be borne from local/school board/school/PTA funds subject to the usual accounting and auditing policies rules and regulations.

10. Traveling expenses of athletes, coaches, chaperons, district sports coordinator, district supervisors and other officials shall be charged against local/school/PTA funds subject to the usual accounting and auditing policies rules and regulations.

11. Attached is the List of All Qualified Athletes and Coaches to the 2013 Palarong Pampook.

12. Immediate dissemination of this Division Advisory is hereby desired.

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