



Department of Education
Region X-Northern Mindanao
DIVISION OF MALAYBALAY CITY
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DepEd-MALAYBALAY CITY DIVISION

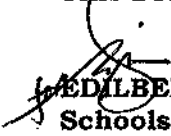
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DIVISION MEMORANDUM

No. 326, s. 2014

To : Education Program Supervisors/Division Coordinators
Public Schools District Supervisors
Public Elementary & Secondary School Heads
This Division

From :  EDILBERTO L. OPLENARIA
Schools Division Superintendent

Date : October 23, 2014

Subject : Seminar-Workshop on Sports Medicine & Sports Nutrition
for Qualified Coaches and Chaperons in the 2014 Palarong
Pampook (Regional Meet)

1. This office thru Physical Education and School Sports (PESS) division shall hold a **Seminar-Workshop on Sports Medicine and Sports Nutrition for Qualified Coaches and Chaperons in the 2014 Palarong Pampook (Regional Meet)** on November 5, 2014. Venue shall be announced later.
2. The activity aims to:
 - 2.1 acquire basic knowledge and information about sports medicine, sports nutrition and proper protocol of any untoward incidents during the training;
 - 2.2 equip coaches and chaperons in the prevention and management of common sports injuries that will probably be encountered by the athlete;
 - 2.3 prepare coaches and chaperons in the long training to be done on both school and division based which will lasts to thirty days; and
 - 2.4 be familiar with one's role and responsibilities as a coach and chaperon.
3. Participants to this workshop are qualified coaches and chaperons of regular sports, demo and special games. District Supervisors, District Sports Coordinators, and select Event Managers shall serve as speakers, facilitators and consultant of sports events assigned. Each participant is required to bring sample training matrix and Gantt chart by event for the workshop. See attached schedule of activities and list of qualified coaches and chaperons for reference and information.
4. Traveling expenses of participants shall be charged against local/school board/school/PTA funds while 2 meals, 2 snacks, handouts, certificates and honorarium of speakers shall be charged to this Office subject to the usual accounting and auditing policies, rules and regulations.
5. Immediate dissemination of this Memorandum is desired.

Incls. As stated

Enclosure No. 1**Seminar-Workshop on Sports Medicine and Sports Nutrition for Qualified Coaches and Chaperons in the 2014 Palarong Pampook (Regional Meet)****November 5, 2014****SCHEDULE OF ACTIVITIES**

7:00 – 8:30	Arrival and Registration
8:30 – 9:00	Opening Program
9:00 – 10:00	Session 1: Sports Medicine
10:00 – 11:00	Session 2: Sports Nutrition
11:00 – 12:00	Session 3: Domains of Effective Coaching
12:00 – 1:00	Lunch Break
1:00 – 2:00	Session 4: Sports Ethics & Sanctions of Coaches
2:00 – 2:30	Session 5: Eligibility of Athletes & Coaches
2:30 – 3:00	Session 6: Goal & Target Setting
3:00 – 4:00	Workshop 1: Orientation/Training Design by Event
4:00 – 5:00	Presentation & Oral Defense of Training Design
5:00 – 5:30	Closing Program

LIST OF PARTICIPANTS:

No	A. ELEMENTARY	REMARKS	EVENT	CATEGORY / LEVEL		SCHOOL	DISTRICT
1	Leonisa M. Abatayo	Coach	Arnis	Boys	Elem.	Sumpong ES	North
2	Valerie S. De Leon	Chaperon	Arnis	Boys	Elem.	MCCS	Central
3	Evelyn P. Ma	Coach	Arnis	Girls	Elem.	New Ilocos ES	North
4	Arimateo B. Halina	Coach	Track	Boys	Elem.	New Ilocos ES	North
5	Antonio L. Aboroto	Coach	Athletics- Field	Boys	Elem.	Simaya ES	South
6	Evangeline L. Halina	Coach	Athletics- Track	Girls	Elem.	Kalasangay CS	North
7	Marites A. Caterial	Coach	Field	Girls	Elem.	MCCS	Central
8	Rosemarie Morano	Coach	Badminton	Boys	Elem.	St. Peter ES	Far East
9	Jenely Relova	Coach	Badminton	Girls	Elem.	Managok ES	East
10	Marciano P. Jurolan	Coach	Baseball	Boys	Elem.	Managok ES	East
11	Nena TN. Dinopol	Chaperon	Baseball	Boys	Elem.	MCCS	Central
12	Albert Celebran	Coach	Basketball	Boys	Elem.	BSU-ESL	Non-DepEd
13	Rufino Jesus Tilap	Asst. Coach	Basketball	Boys	Elem.	Dalwangan ES	North
14	Lyven T. Flores	Coach	Chess	Boys	Elem.	Kalasangay CS	North
15	Emijeda Nahial	Coach	Chess	Girls	Elem.	AVES	West
16	Demie Pabillaran	Coach	Football	Boys	Elem.	MCCS	Central
17	Mercedita B. Antonio	Chaperon	Football	Boys	Elem.	Sumpong ES	North
18	Jennicylle H. P. Serina	Coach	Gymnastics	RG	Elem.	Tintina-an ES	North
19	Arlyn Joy Fernandez	Coach	L. Tennis	Boys	Elem.	MCCS	Central
20	Fe Sebuguero	Coach	L. Tennis	Girls	Elem.	MCCS	Central
21	Erwin P. Cabucos	Coach	Sepak Takraw	Boys	Elem.	Balangbang ES	East
22	Sharon P. Feliciano	Coach	Softball	Girls	Elem.	MCCS	Central
23	Liezelle Binaylo	Chaperon	Softball	Girls	Elem.	MCCS	Central
24	Jonathan Dagaang	Coach	Swimming	Boys	Elem.	Bangcud CS	South
25	Judy Escubio	Chaperon	Swimming	Girls	Elem.	Bangcud CS	South
26	Fitz Patrick Bayo	Coach	Swimming	Girls	Elem.	St. John Sch.	Private
27	Leah Tarnate	Coach	Table Tennis	Boys	Elem.	MCCS	Central
28	Elvira S. Datu	Coach	Table Tennis	Girls	Elem.	San Jose ES	West
29	Sylveia B. Macapundag	Coach	Taekwondo	Boys	Elem.	MCCS	Central
30	Kristina Kate L. Palma	Coach	Taekwondo	Girls	Elem.	Sumpong ES	North
31	Mark M. Tuquib	Coach	Volleyball	Boys	Elem.	Candi-isán ES	North
32	Evangeline P. Rojas	Chaperon	Volleyball	Boys	Elem.	New Ilocos ES	North

33	Homer B. Cambangay	Coach	Volleyball	Girls	Elem.	Imbayao ES	Central
34	Jacirnth Ivy Daig	Chaperon	Volleyball	Girls	Elem.	BBCA-ED	Private
35	Tresilita J. Liñan	Coach	Special Events	Boys	Elem.	MCCS	Central
36	Giselle Ann Dedicatoria	Coach	Special Events	Girls	Elem.	MCCS	Central
37	Feliciano Sante Jr.	Coach	Special Events	Boys	Elem.	MCCS	Central
38	Jessiebert Sulatan	Coach	Special Events	Girls	Elem.	Kalasangay CS	North
39	Jessiebel Ceriales	Coach	Special Events	Girls	Elem.	MCCS	Central
40	Daisy M. Cabase	Coach	Special Events	Girls	Elem.	MCCS	Central

B. SECONDARY:

41	Roland R. Eugenio	Coach	Archery	Boys	Sec.	Buk. NHS	Central
42	Niza Nancy Y. Saluntau	Chaperon	Archery	Girls	Sec.	Buk. NHS	Central
43	Joseph M. Tugas	Coach	Arnis	Boys	Sec.	Buk. NHS	Central
44	Dian S. Villanueva	Coach	Arnis	Girls	Sec.	Buk. NHS	Central
45	Daryl R. Sabote	Coach	Athletics - Track	Boys	Sec.	Silae NHS	Far East
46	Ellyn L. Incepido	Coach	Athletics - Field	Boys	Sec.	Silae NHS	Far East
47	Rogelio Miñoza	Coach	Athletics - Track	Girls	Sec.	Silae NHS	Far East
48	Felipe Balinas	Coach	Athletics - Field	Girls	Sec.	Managok NHS	East
49	Ramon P. Castor Sr.	Coach	Badminton	Boys	Sec.	Buk. NHS	Central
50	Liliosa T. Castor	Coach	Badminton	Girls	Sec.	Buk. NHS	Central
51	Loreto A. Labadan	Coach	Baseball	Boys	Sec.	Buk. NHS	Central
52	Cresilito Jadraque	Asst. Coach	Baseball	Boys	Sec.	Buk. NHS	Central
53	Jireh Ben S. Lahayon	Coach	Basketball	Boys	Sec.	BBCA - HS	Private
54	Pelsie D. Pandong, II	Asst. Coach	Basketball	Boys	Sec.	Buk. NHS	Central
55	Lyrca Sol O. Gabrinez	Coach	Basketball	Girls	Sec.	Buk. NHS	Central
56	Joy M. Miñoza	Coach	Billiard	Boys	Sec.	Silae NHS	Far East
57	Jerry Quilaton	Coach	Boxing	Boys	Sec.	Bangcud NHS	South
58	Noli G. Gardose	Coach	Chess	Boys	Sec.	Managok NHS	East
59	Annie Lucy B. Añora	Coach	Chess	Girls	Sec.	Buk. NHS	Central
60	Valentino B. Eborá	Coach	Football	Boys	Sec.	Buk. NHS	Central
61	John Michael Cagaanan	Asst. Coach	Football	Boys	Sec.	Buk. NHS	Central
62	Romulo M. Sarmiento, Jr.	Coach	Football	Girls	Sec.	Buk. NHS	Central
63	Julieta P. Alas	Chaperon	Football	Girls	Sec.	Buk. NHS	Central
64	Vladimir Daapong	Coach	Gymnastics	Boys	Sec.	Buk. NHS	Central
65	Meriensky Balmocena	Coach	Gymnastics	Girls	Sec.	Buk. NHS	Central
66	Annabelle J. Idulsa	Coach	Gymnastics - RG	Girls	Sec.	Buk. NHS	Central
67	Joel R. Hortillano	Coach	Lawn Tennis	Boys	Sec.	Casisang NHS	West
68	Niela T. Allado	Coach	Lawn Tennis	Girls	Sec.	Buk. NHS	Central
69	Jonathan Tadlip	Coach	Sepak Takraw	Boys	Sec.	Buk. NHS	Central
70	Francis W. Manalo	Coach	Softball	Girls	Sec.	Buk. NHS	Central
71	Anabel G. Cabug-os	Chaperon	Softball	Girls	Sec.	Sn. MAINHS	South
72	Aireen Sarauz	Coach	Swimming	Boys	Sec.	Buk. NHS	Central
73	Anastacio Ordanza	Coach	Swimming	Girls	Sec.	Bangcud NHS	South
74	Teresita G. Asiñero	Coach	Swimming	Girls	Sec.	Bangcud NHS	South
75	Romulo Ongkiatco	Coach	Lawn Tennis	Boys	Sec.	Buk. NHS	Central
76	Julius Rosalejos	Coach	Lawn Tennis	Girls	Sec.	Buk. NHS	Central
77	Oliver T. Lugmay	Coach	Taekwondo	Boys	Sec.	Buk. NHS	Central
78	Rhea G. Rarogal	Coach	Taekwondo	Girls	Sec.	Buk. NHS	Central
79	John P. Rarogal	Asst. Coach	Taekwondo	Girls	Sec.	MCNSHS	West
80	Armard N. Barete	Coach	Volleyball	Boys	Sec.	Buk. NHS	Central
81	Ethel E. Caluna	Coach	Volleyball	Girls	Sec.	MCNSHS	West
82	Irene Mae T. Belderol	Chaperon	Volleyball	Girls	Sec.	Buk. NHS	Central

C. DISTRICT/SCHOOL SPORTS COORDINATORS/SELECT EVENT MANAGERS

83	Anastacio M. Ma	P- I	Natid-asan ES	Central	Arnis -Elem./Sec. (B/G)
84	Servillano Balicanta, Jr.	P- I	Macote ES	South	Sipa- Elem./Sec.
85	Sonny M. Rojas	P- I	Can-ayan IS	North	Basketball - Elem./Sec. (B/G)
86	Renato R. Reyes	P- I	Miglamín ES	East	Billiard/Boxing - Sec.
87	Ferdinand V. Mortera	HT	Laguitas ES	West	Football/Futsal- Elem./Sec.
88	Manny A. Pimentel, Ed. D	P- II	Zamboanguita CS	Far East	Chess - Elem./Sec. (B/G)

89	Romil T. Jabonero	SP II	MCCS	Central	Table Tennis - Elem./Sec. (B/G)
90	Jesus V. Muring	SP II	Managok ES	East	Baseball - Elem/Sec.
91	Ma. Antonietta S. Reburiano	SP II	Bangcud CS	South	Swimming - Elem. (B/G)
92	Teofilo L. Ontoy, Jr.	SP I	Kalasungay CS	North	Volleyball - Elem./Sec. (B/G)
93	Paul O. Orong	SP II	Managok NHS	East	Softball - Elem./Sec. (G)
94	Rosalio P. Arangco	T-3	Casisang NHS	West	Lawn Tennis - Elem./Sec. (B/G)
95	Flavio P. Alas, Jr.	T-2	Annex Imbayao	Central	Athletics - Elem./Sec. (B/G)
96	Amparo C. Bautista	SP 2	Bangcud NHS	South	Swimming - Sec. (B/G)
97	Dinaflor L. Raagas	SP 2	San Martin AINHS	South	Sepak Takraw - Sec. (B)

D. DIVISION/DISTRICT NURSES/SECRETARIAT

98	Nancy L. Dequito	Division Nurse In-charge			
99	Mary Larcy B. Pojas	North			
100	Ma. Corazon P. Abregana	Central			
101	Sheryl Jane T. Melendez	South			
102	Alma B. Molina	East			
103	Hazel M. Rusiana	Secondary			
104	Esther A. Bultahan	Far East			
105	Ramon T. Castor, Jr.	Secondary			

E. STAFF/PSDS/EPS

106	Benjamin E. Macario	PSDS	Central	Billeting Quarters
107	Lorenzo O. Capacio, Ed. D	PSDS	East	Taekwondo - Elem. (B/G)
108	Noel A. Tan Nery	PSDS	South	Accreditation of Documents
109	Jovy G. Molina	PSDS	North	Badminton - Elem./Sec. (B/G)
110	Carlos G. Rara	PSDS	Far East	Taekwondo - Sec. (B/G)
111	Coslita K. Muring	OIC- PSDS	West	Gymnastics - Sec. (B/G)
112	Pariso L. Orong	SP- IV	Central	Billeting Quarters
113	Edilberto L. Oplenaria	SDS	Div. Office	Head of Delegation
114	Lou-Ann J. Cultura	EPS - MAPEH	Div. Office	Athletic Manager
115	Luis S. Alajar, Jr.	EPS - TLE	Div. Office	Camp Director
116	Ana Belen S. Muring, Ph.D	EPS - PS	Div. Office	Chairman, Food

Summary: 120 participants/speakers/staff

Participants	Elementary	Secondary	Total
1. Coaches	33	37	70
2. Chaperons	7	5	12
3. Sports Coordinator	6	9	15
4. Nurses	6	2	8
5. Resource Speakers	-	-	5
6. Staff/Secretariat			10
TOTAL			120