



DEPARTMENT OF EDUCATION  
Region X- Northern Mindanao

**DIVISION OF MALAYBALAY CITY**

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Deped-MALAYBALAY CITY DIVISION  
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By: *[Signature]*



January 21, 2016

**DIVISION MEMORANDUM**  
NO. 032 S. 2016

**DISSEMINATION OF REGIONAL MEMORANDUM NO. 11, S. 2016  
(Enhancement Training and Orientation Workshop for Qualified Coaches  
to the Palarong Pambansa)**

**TO:** Chief Education Supervisor and Staff, Curriculum Implementation Division  
Chief Education Supervisor and Staff, Schools Governance and Operation Division  
Public Schools District Supervisors  
School Heads, Elementary and Secondary  
All Others Concerned

1. For the information and guidance of all concerned, attached is a Regional Memorandum No. 11, s. 2016 re: "**Enhancement Training and Orientation Workshop for Qualified Coaches to the Palarong Pambansa**", the content of which is self-explanatory.
2. Immediate dissemination and compliance of this Memorandum is highly desired.

*[Signature]*  
**EDILBERTO L. OPLENARIA, CESO VI**  
Schools Division Superintendent

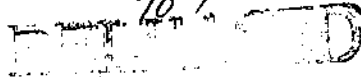


**DepED-X**  
 Cagayan de Oro City

January 19, 2016

**REGIONAL MEMORANDUM**  
 NO. 11 S. 2016

22 JAN 2016  
 489



**ENHANCEMENT TRAINING AND ORIENTATION WORKSHOP FOR QUALIFIED COACHES TO THE 2016 PALARONG PAMBANSA**

To: Schools Division Superintendents  
 This region

1 In quest for Outstanding Performance in the National Sports Premiere, Palarong Pambansa, this Office through the Educational Support Services Division (ESSD) shall hold an ENHANCEMENT TRAINING AND ORIENTATION WORKSDHOP FOR QUALIFIED COACHES TO THE 2016 PALARONG PAMBANSA on February 4-5, 2016 at NEAP R-10, Lapasan, Cagayan de Oro City.

- 2 The activity aims to:
- Orient the roles of coaches in handling the athletes as they reach the elite level of sports Competition;
  - Enhance the coaching skills of teacher coaches as they embark intensive training;
  - Equip the benefits of coaches as they push efforts for championship

3 Participants are winning coaches, select trainers and select regional staff.

4 Teacher coaches shall bring soft and hard copies of the training plan together with Gantt Chart for critiquing and improvement of the matrix covering Preliminary and Intensive Training Phases.

5 Travelling expenses shall be charged against local funds, while board and lodging shall be charged to Regional Office Funds subject to the usual accounting and auditing policies, rules and regulations.

6 Enclosed are list of participants and training matrix for reference and guidance.

7 Immediate dissemination of this Memorandum is hereby desired.

**ALLAN G. FARNAZO, Ph. D., CESO IV**  
 Regional Director

To be inticated in the Perpetual Index  
 under the following subject

SPORTS	SCHOOL	ACTIVITIES	ATHLETICS
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ESSD/mbb

### SCHEDULE OF ACTIVITIES

TIME	1 <sup>ST</sup> DAY	TIME	2 <sup>ND</sup> DAY
7:30-9:00 AM	Arrival and Registration	8:00 -9:00 AM	Sports Ethics its Sanctions and Child Protection Policy
9:00-9:30AM	Opening Program	9:00-10:00AM	Targets/Assessment
9:30-12:00NN	Sports Conditioning and Drills/Exercises	10:00-12:00NN	Presentation and Critiquing of Training Design
12:00 – 1:00PM	L U N C H		
1:00-3:00PM	First Aid and Prevention on Injury in Sports	1:00-3:00PM	Presentation and Critiquing of Training Design
3:00-4:30PM	Sports Nutrition	3:00-4:00PM	Updates
4:00-5:30PM	Sports Psychology	4:00-5:00PM	Updates
Night Session	Development of Training Design	3:00-4:00PM	Updates

Enclosure to Regional Memorandum No. 11, s. 2016

Republic of the Philippines  
DEPARTMENT OF EDUCATION  
**Region X - Northern Mindanao**  
Cagayan de Oro City

**LIST OF COACHES to the 2016 PALARONG PAMBANSA**

Event	No.	NAME			School	Division	Remarks
		Surname	First Name	MI			
<b>ARNIS (E/B)</b>							
Coach	1	Ura-ura	Ronnie	P.		CDO	
<b>ARNIS (E/G)</b>							
Coach	2	Ipanag	Clarence	B.		CDO	
<b>ATHLETICS (E/B)</b>							
Coach (Track)	3	Broce	Helen		Feliza Bond MES	Lanao DN	Public
Coach (Field)	4	Maano	Rudito		Oroquieta City Central School	Oroquieta	Public
<b>ATHLETICS (E/G)</b>							
Coach (Track)	5	Tabai	Emelita	G.	Lupagan ES	Mis. Occ.	Public
Coach (Field)	6	Herrera	Junivalim	C.	Plaridel CS	Mis. Occ.	Public
<b>BADMINTON (E/B)</b>							
Coach	7	Dal	John	B.	Sto. Niño Integrated School	Camiguin	Public
<b>BADMINTON (E/G)</b>							
Coach	8	Miguel	Eric	A.		CDO	
<b>BASEBALL (E)</b>							
Coach	9	Vale	Emmanuel	L.		Mis. Occ.	
Asst. Coach	10	Macalisang	Maritess			Mis. Occ.	
<b>BASKETBALL (E)</b>							
Coach	11	Velez	Mariano			CDO	
Asst. Coach	12	Abad	Jared			CDO	
<b>CHESS (E/B)</b>							
Coach	13	Ellevera	Josephine	C.	Bobontogan ES	Mis. Or.	Public
<b>CHESS (E/G)</b>							
Coach	14	Nahial	Emejeda	L.	AVES	Malaybalay	Public
<b>FOOTBALL (E)</b>							
Coach	15	Sumampong	Mario		Rosevalle School	CDO	Private
Asst. Coach	16	Tolitol	Jun Mario			Bukidnon	
<b>GYMNASTICS (MAG)</b>							
Coach	17	Genobia	Sharlene Mae	S.	Tagoloan CS	Mis. Or.	
<b>GYMNASTICS (WAG)</b>							
Coach	18	Mabilla	Consolacion	G.	City Central School	CDO	Public
<b>GYMNASTICS (RG)</b>							

Coach	19	Wahing	Devie	J.			
<b>LAWN TENNIS (E/B)</b>							
Coach	20	Ramo	Carlito Jr.	R.	Oroquieta CES	Oroquieta	Public
<b>LAWN TENNIS (E/G)</b>							
Coach	21	Alguso	Josephine	L.	Rufo dela Cruz MES	Lanao DN	Public
<b>SEPAK TAKRAW (E)</b>							
Coach	22	Laurilla	Shirley	D.		CDO	
<b>SOFTBALL (E)</b>							
Coach	23	Cagalawan	Gregorio		Balingasag CS	Mis. Or.	Public
Asst. Coach	24	Jo	Risel		Balingasag CS	Mis. Or.	Public
<b>SWIMMING (E/B)</b>							
Coach	25	Dacion	Joan	M.	Valencia NHS	Valencia	Public
<b>SWIMMING (E/G)</b>							
Coach	26	Valdez	Cecilia	I.	Iligan City SPED Center	iligan	Private
<b>TABLE TENNIS (E/B)</b>							
Coach	27	Dote	Carlito	G.		Bukidnon	
<b>TABLE TENNIS (E/G)</b>							
Coach	28	Draug	Pedro Jr.	C.		Bukidnon	
<b>TAEKWONDO (E/B)</b>							
Coach	29	Toledo	Ben Ree			CDO	
<b>TAEKWONDO (E/G)</b>							
Coach	30	Elmedulan	Juvylove			CDO	
<b>VOLLEYBALL (E/B)</b>							
Coach	31	Cayman	Johnny Boy	L.		Mis. Occ.	
<b>VOLLEYBALL (E/G)</b>							
Coach	32	Abella	Esther			Bukidnon	

#### SECONDARY

Event	No.	NAME			School	Division	Remarks
		Surname	First Name	MI			
<b>ARCHERY (S/B)</b>							
Coach	33	Revelo	Maria Gehecita			Tangub	
<b>ARCHERY (S/G)</b>							
Coach	34	Berondo	Edwin	N.	Lanao CNHS	Lanao DN	Public
<b>ARNIS (S/B)</b>							
Coach	35	Mamasu	Ma. Consejo	C.	Baloi National High School	Lanao DN	Public
<b>ARNIS (S/G)</b>							
Coach	36	Reas	Jocelyn	J.	Cagayan De Oro NHS	CDO	Public
<b>ATHLETICS (S/B)</b>							
Coach (Track)	37	Agbalog	Ellenita	D.	Bulua National High School	CDO	Public
Coach (Field)	38	Medija	Amelia	A.	Looc NHS	Mis. Occ.	Public
<b>ATHLETICS (S/G)</b>							
Coach (Track)	39	Paragamac	Rhodelaine	B.	Looc NHS	Mis. Occ.	Public
Coach (Field)	40	Jumamil	Edgar		Looc NHS	Mis. Occ.	Public

<b>BADMINTON (S/B)</b>							
Coach	41	Pareño	Jerico	V.	St. Mary's Academy of Tagoloan	Mis. Or.	Private
<b>BADMINTON (S/G)</b>							
Coach	42	Ramos	Vilma	P.	Christ the King College	Gingoog	Private
<b>BASEBALL (S/B)</b>							
Coach	43	Dumotan	Karl Marx	C.	Manolo Fortich NHS	Bukidnon	Public
Asst. Coach	44	Tan Nery	Jonathan	E.	Langcatoon CES	Bukidnon	Public
<b>BASKETBALL (S/B)</b>							
Coach	45	Racines	James Clifford		Assumption Montessori School	CDO	Private
Asst. Coach	46	Sta. Cruz	Antonio Bryan		Assumption Montessori School	CDO	Private
<b>BASKETBALL (S/G)</b>							
Coach	47	Daday	Bernabe Jr.	E.	Carmen Integrated School	Mis. Occ.	
<b>BOXING (S)</b>							
Coach	48	Boborol	Ma. Theresa	M.	Camaman-an NHS	CDO	Public
Asst. Coach	49	Tabarnd	Marjun			CDO	Private
<b>CHESS (S/B)</b>							
Coach	50	Teopiz	Wencitito		MOGCHS	Mis. Or.	Public
<b>CHESS (S/G)</b>							
Coach	51	Chua	Carol Anne	M.	Merry Child School	CDO	Private
<b>FOOTBALL (S)</b>							
Coach	52	Tamagos	Jess	D.	Valencia NHS	Valencia	Public
Asst. Coach	53	Umbac	Pets Gerald	C.	Looc NHS	Mis. Occ.	Public
<b>GYMNASTICS (MAG)</b>							
Coach	54	Galera	Honey Belle	D.		Mis. Or.	
<b>GYMNASTICS (WAG)</b>							
Coach	55	Waga	Arnald	E.	Corpus Christi School	CDO	Private
<b>GYMNASTICS (RG)</b>							
Coach	56	Waga	Arnald	E.	City Central School	CDO	Public
<b>SEPAK TAKRAW (S)</b>							
Coach	57	Toledo	Richard	S.	Aloran Trade High School	Mis. Occ.	Public
<b>SOFTBALL (S/G)</b>							
Coach	58	Tangapa	Ramon	V.	MOGCHS	Mis. Or.	Public
Asst. Coach	59	Paguican	Karen			CDO	
<b>SWIMMING (S/B)</b>							
Coach	60	Ambalong	Myra	A.	Iligan National HS	Iligan	Public
<b>SWIMMING (S/G)</b>							
Coach	61	Fernandez	JJ Rousseauane		Tangub NHS	Tangub	Public
<b>TABLE TENNIS (S/B)</b>							
Coach	62	Besira	Tito	O.	East City Central School	CDO	Public
<b>TABLE TENNIS (S/G)</b>							
Coach	63	Pagdato	Arnel	P.	Kalilangan NHS	Bukidnon	Public
<b>TAEKWONDO (S/B)</b>							
Coach	65	Lao	Marivic	P.			
<b>TAEKWONDO (S/G)</b>							
Coach	66	Arsenal	George			CDO	

<b>TENNIS (S/B)</b>							
Coach	67	Palad	Norwin	F.	LNNCHS	Lanao DN	Public
<b>TENNIS (S/G)</b>							
Coach	68	Florendo	Butch	T.	Ozamiz City School of Arts & Trade	Ozamiz	Public
<b>VOLLEYBALL (S/B)</b>							
Coach	69	Sanchez	Anthony		Manolo Fortich NHS	Bukidnon	Public
Co-Coach	70	Gultiano	John Carl		Quezon NHS	Bukidnon	Public
<b>VOLLEYBALL (S/G)</b>							
Coach	71	Rameri	Reynante	L.		CDO	
<b>DEMONSTRATION SPORTS</b>							
<b>EVENT</b>	<b>No.</b>	<b>Name</b>			<b>School</b>		<b>Remarks</b>
<b>BILLIARD - Sec.-Boys</b>							
Coach	72	Codilla	Federick	I.		Mis. Occ.	
<b>BILLIARD - Sec.- Girls</b>							
Coach	73	Martho	Nicolas	A.		Carriguin	
<b>SEPAK TAKRAW - Sec.-Girls</b>							
Coach	74	Parian	Estelito Jr	N.			
<b>TOTAL</b>	<b>74</b>						