



Republic of the Philippines
Department of Education
Region X
DIVISION OF MALAYBALAY CITY
Purok 6, Casisang, Malaybalay City
Telefax #088-314-0094

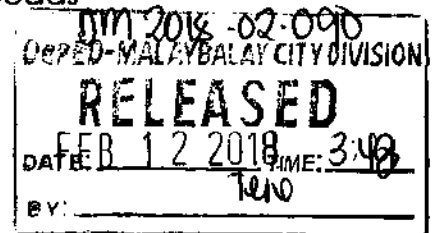


DIVISION MEMORANDUM

No. 090 s, 2018

TO: Chief Education Supervisors & Staff, CID & SGOD
Public Elementary and Secondary School Heads
This Division

From: 
EDILBERTO L. OPLENARIA, CESO VI
Schools Division Superintendent



Date: February 12, 2018

Subject: **DISSEMINATION OF REGION MEMORANDUM NO. 92, S. 2018 RE:
ENHANCEMENT TRAINING FOR STUDENT ATHLETES FOR THE 2018
PALARONG PAMBANSA**

1. This Office hereby disseminates the herein Region Memorandum No. 92, S. 2018 entitled "ENHANCEMENT TRAINING FOR STUDENT ATHLETES FOR THE 2018 PALARONG PAMBANSA", for information, guidance and compliance.

3. Immediate dissemination of this memorandum is highly desired.

Copy furnished:
Records Unit

TO BE POSTED THE WEBSITE



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO
Zone 1 Upper Balulang
Cagayan de Oro City



Telephone No. (088) 880-7072, 880-7071, 880-2087 Telefax No. (08822) 72-26-51

RECEIVED

February 1, 2018

REGION MEMORANDUM

No. 92, s. 2018

**ENHANCEMENT TRAINING FOR STUDENT ATHLETES
FOR THE 2018 PALARONG PAMBANSA**

To: **The Schools Division Superintendents**
This Region

1. In preparation for the 2018 Palarong Pambansa in Ilocos Sur Province, the Northern Mindanao Regional Athletic Association (NMRAA) shall hold a REGIONAL ENHANCEMENT TRAINING FOR STUDENT ATHLETES in three phases, to wit:

Phase 1 -	School-Based	- February 12-28, 2018	17 days
Phase 2 -	Clustered Training	- March 2-31, 2018	30 days
Phase 3 -	Unified Training	- April 2-6, 2018	5 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 in the 2018 Palarong Pambansa; and
- 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.

Clustering	Sports Venues	Venue
Cluster A (Individual)	Taekwondo Swimming Wrestling Wushu Boxing Arnis (Sec G & Elem B) Billiard Gymnastics Badminton Chess Aero Gymnastics Pencak Silat Dance Sports Lawn Tennis Elem B	CDO
Cluster B (Individual/Dual)	Athletics Arnis (Sec B & Elem G) Archery Lawn Tennis (Sec B, Elem B & G)	Lanao del Norte
Cluster C (Ball Games)	Baseball Elementary	CDO
	Baseball Secondary	Mis Or
	Basketball Elementary	CDO
	Basketball Secondary B	CDO
	Basketball Secondary G	Mis Or
	Basketball 3 X 3 Sec B	CDO
	Basketball 3 X 3 Sec G	Mis Or
	Football Elem B & Sec B	CDO
	Sepak Takraw (Sec B & G)	Oroquieta
	Sepak Takraw (Elem B)	CDO
	Volleyball Elem B	Mis Occ
	Volleyball Elem G	CDO
	Volleyball Sec B	Valencia
Volleyball Sec G	Iligan	
Softball Elem G & Sec G	Mis Or	
Cluster D	Para Games	Respective Schools

4. The training venues of Cluster C are the areas where these teams emerged as Champion. It is advised that the school and school divisions shall provide food assistance 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 Coordinators, shall make prior arrangements to comply in advance with the class requirements of their respective class advisers and subject teachers.
6. Daily schedule of activities must be strictly followed for implementation. Training Supervisors/Managers shall monitor the progress of the training while selected Tournament Managers shall conduct technical evaluation, following the tool and rubrics made, which will be submitted immediately after every M & E and shall be sent through email manolita.bolos@deped.gov.ph the following Monday.
7. Enclosed are the templates for guidance and reference:
 - 7.1 Schedule of Activities
 - 7.2 Tool for Monitoring
 - 7.3 Training Plan
 - 7.4 Attendance Sheet
 - 7.5 Individual/Team Assessment Form
 - 7.6 Gantt Chart
8. Athletes, coaches, chaperons, trainers, and support staff shall take with them their own eating utensils/paraphernalia and beddings from the start of the training to the Palarong Pambansa proper.
9. To promote Clean and Green Environment, Coaches have to inculcate the value of cleanliness and shall highly observe the Zero Waste Management in and out of the camp.
10. Teacher- Coaches/Chaperons/Trainers who will serve during the duration of the pre and actual Palaro are recommended with a grant of service credit per DepED Memorandum No. 53, s. 2003, re: Revised DepED Order for Granting Service Credits for Teachers.
11. Travel expenses in going to the training venues on March 1, 2018 shall be charged against local funds, subject to the usual accounting and auditing rules and regulations.

12. Prior to the departure to the Province of Ilocos Sur, athletes, coaches, chaperons, and trainers coming from these clusters shall converge on April 1, 2018, at Misamis Oriental General Comprehensive High School (MOGCHS) for the general orientation, saludo and parade rehearsal, and thanksgiving mass. For travel expenses of athletes, coaches, chaperons, and trainers whose training is done outside Cagayan de Oro City, reimbursement shall be charged to NMRAA training funds.

13. Immediate and wide dissemination of this Memorandum is desired.


ALLAN G. FARNAZO
Director IV

Enclosures : As stated
Reference : RA 10588

To be indicated in the Perpetual Index
under the following subjects:

STUDENTS

TEACHERS

SPORTS PROGRAM

ESSD/HRDD/rsa/manol

**NMRAA DIVISION BASED INTENSIVE TRAINING
TRAINING MATRIX**

EVENT: _____ GENDER: _____ LEVEL: _____ 20
DATE _____ : FROM: _____ TO: _____

TIME	VENUE	OBJECTIVES/ SKILLS TO BE DEVELOPED	ACTIVITIES	EXPECTED OUTPUT	REMARKS

Prepared by: _____

Recommending Approval: _____

APPROVED: _____

**NMRAA DIVISION BASED INTENSIVE TRAINING
TRAINING MATRIX**

VENT: _____ GENDER: _____ LEVEL: _____
DATE : FROM: _____ TO: _____ 20__

TIME	VENUE	OBJECTIVES/ SKILLS TO BE DEVELOPED	ACTIVITIES	EXPECTED OUTPUT	REMARKS

Prepared by: _____

Recommending Approval: _____

APPROVED: _____

NMRAA DIVISION BASED INTENSIVE TRAINING

Inclusive Date: _____

ASSESSMENT FORM

Athlete's Name : _____

Event: _____

Gender: _____

LEVEL: _____

SKILLS	RATING (1 TO 10) (1 lowest, 10 highest)							TOTAL	REMARKS
	WEEK _____	WEEK _____	WEEK _____	WEEK _____	WEEK _____	WEEK _____	WEEK _____		
TOTAL									

Prepared by: _____

 COACH

Recommending Approval: _____

Approved: _____

NMRAA DIVISION BASED INTENSIVE TRAINING

Inclusive Date: _____

GANTT CHART

EVENT: _____

GENDER: _____

LEVEL: _____

SKILLS	Month:																											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	

Prepared by:

Recommending Approval:

Approved:

Coach

NMRAA DIVISION BASED INTENSIVE TRAINING

ATTENDANCE

EVENT:

GENDER:

LEVEL:

Name Of Athletes	Month:												Month:											

Prepared by:

_____ Coach

**NMRAA DIVISION BASED TRAINING (Phase 1)
SUGGESTED DAILY TRAINING SCHEDULE**

TIME	# OF MINUTES	ACTIVITIES	Persons Responsible
4:30 AM		Wake up call	Coach/Trainer
4:30-4:40am	10	Drink Something Hot	Self Manage
4:40-4:50am	10	Assembly Time	Coach/Trainer /Athletes
4:50-5:00am	10	Prayer/ Devotional/Reminders	Coach/Trainer
5:00-6:00am	60	Body Conditioning	Coach/Trainer
6:00-7:00am	60	Training Proper	Coach/Trainer
7:00-7:30am	30	Preparation for School	Self Manage
7:30-8:00am	30	Breakfast	Self Manage
8:00-12:00am	240	Classes	Athlete/Teacher/Principal
12:00-1:00pm	60	Lunch	Self Manage
1:00-3:00pm	120	Classes	Athlete/Teacher/Principal
3:00- 6:30pm	210	Training Proper	Coach/Trainer
6:30- 7:30pm	60	Household Chores	Athlete
7:30- 8:00	30	Dinner	Self Manage
8:00- 8:30	30	Study	Athlete
8:30pm	8 Hrs	Bed Time	Athlete, Coach, Chaperon