

## Department of Education Region X-Northern Mindanao

### DIVISION OF MALAYBALAY CITY

Corner Don Carlos & Guingona Sts., Malaybalay City Telefax # 088-813-2894, E-mail add: depedmlyblycity@yahoo.com



CITY DIVISION

## **DIVISION MEMORANDUM**

No. 330

s. 2014

To

**Education Program Supervisors/Division Coordinators** 

Public Schools District Supervisors

Public & Private Elementary & Secondary School Heads

This Division

From

EDILBERTO L. OPLENARIA

Schools Division Superintendent

Date

October 30, 2014

Subject

Addendum to Division Memorandum No. 320, s. 2014

(Seminar-Workshop on Sports Medicine & Sports Nutrition for Qualified Coaches and Chaperons in the 2014 Palarong

Pampook)

- 1. This office thru Physical Education and School Sports (PESS) division issued a Division Memorandum No. 320, s. 2014 re Seminar-Workshop on Sports Medicine and Sports Nutrition for Qualified Coaches and Chaperons in the 2014 Palarong Pampook (Regional Meet) on November 5, 2014. Be informed that the venue will be at Roberto's Place, Casisang, Malaybalay City.
- 2. Arrival and registration of participants shall be on the same day at 8:00 o'clock in the morning which will be followed by an Opening Program at 8:30 am.
- 3. District Supervisors, District Sports Coordinators, and select Event Managers are advised to attend this seminar to extend technical assistance in the development of training design of sports events assigned. Enclosed is the form of the Training Matrix and Gantt chart to be accomplished by the coaches.
- 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

# DIVISION BASED ATHLETIC TRAINING TRAINING TRAINING MATRIX

		REMARKS									
the real property of the second secon	20	EXPECTED OUTPUT									APPROVED;
LEVEL;	: FROM:	ACTIVITIES									
GENDER:	DATE	OBJECTIVES/ SKILLS TO BE DEVELOPED									Recommending Approval:
		VENUE									
EVENT:		TIME							<i>7</i> =-*		repared by:

EPS-1, MAPEH/MSEP

## DIVISION BASED ATHLETIC TRAINING GANTT CHART

	_	1 -		1	Ţ	<del>-</del>  -	Ţ	1	Т	T	Т	$\top$	T	Т	Т	T	T	T	1	$\overline{}$	1	٦
		۶	5	1	1		-	ļ		1	Ì	Ì	1	ì				Ì	1	1	1	ì
		20			1		1	1	$\top$		$\top$	+	+	+	+	1	+	+-		1	†	1
		_	1	ļ	<u>i</u>	i				İ					1	1			1			ı
		28	1						7 -	abla	Ţ		T	Ţ		П		1	Ţ.	1		1
			<del></del>	4	-	ļ_	_	$\leftarrow$	↓_	ļ	ــــــــــــــــــــــــــــــــــــــ		╄	<b>↓</b>	ļ. <u>.</u>	╄	╙	┺		1	1_	1
		27	ľ			1			İ										1			1
	ĺ	<u></u>	4	<del> </del> -	+	+-	╅	+	+	-	-	╁	+	+	┿		╀	+	+	+	<del> </del>	4
		26	1	1	1	}	1	ĺ	}	1		1	1	1	}	ì	1		}	1	i	١
	İ	25		Τ	Т	T		1		$\top$		1	1	T		<del>                                     </del>	╁	†···	1	1		1
		2	ļ	_	<u> </u>	_	↓	ļ	<u> </u>	┖				L								1
	ļ	24	1	1				)								}		Γ.		Т	Г	7
			<b>-</b>	┼-	┼	╁	+	┼		╄	-	+	┼	-	<u> </u>	_	▙	╄-	-	<b> </b>	┶	4
E		23	ı								1						1					ı
LEVEL:		7	1-	╁╌	<del> </del> -	+	+-	┼	╁	╁╌	$\vdash$	+	+-	<del> </del>	<del> </del> -	$\vdash$	$\vdash$	┿	╁─╌	+	┿╾	┨
	İ	22	1	<u> </u>		<u>.</u>	1	\	<u>i</u>	<u> </u>	1	i		}	1	1	Ì		}	1		١
		21	1	1															Ī		Γ	1
	ĺ		4	╀	+	+		╬	$\vdash$	╀	+	<del></del>	┼	├	-	├	ļ	<del> </del>	┼	$\leftarrow$	╄	4
		20	1	1			ļ	}		1		1	1			}		1			]	١
		19	<b>-</b>	†	1	1	1	<del> </del>	<u> </u>	<del> </del>	T	T	┿	-	<del> </del>	$\vdash$	$\vdash$	+	+	<del> </del>	+	1
i		Į.	L	<u> </u>			<u> </u>		L.	<u> </u>		<u>L</u>	<u></u>	1.				<u></u>	]	1.		
		18	l																			1
	ER			┢	$\vdash$	<del>-}</del>	<del> </del>	╫	⊢	-	╁	<del> </del>	╀	1	┝	<del> </del>	ļ <u>.</u>	┼—	-	╀	┼	1
	MB.	17	1				Ì							1		1	1					1
	NOVEMBER	16				Π	T			Π		1	T			<b>—</b>	1	1	T		١.	1
	2		<u> </u>	<b>.</b>		1	_	-	ļ	↓_	<u> </u>	_	ļ	ļ	<u> </u>	<u> </u>	_	<u> </u>	ļ			1
		15			1				1		1				]			1				
			<b>!</b>	<del>                                     </del>		+	$\vdash$	+	$\vdash$	$\vdash$	$\vdash$	$\vdash$	<del> </del>		<del>                                     </del>		$\vdash$	├	<del> </del> -	<del> </del> —	1	ł
		14					Ţ.,		ļ	ĺ			l	Į .	l						l	l
		13					1								Γ	[					1	1
		$\vdash$	<u> </u>		├	<del> </del>	ļ	₩	1	├-	-	ļ			Ļ	<b>-</b>		┡	┡	ऻ_	-	1
		12	1				ļ			-		1										ı
		11		f	1	ſ	1	<u> </u>		$\vdash$	Ĺ		-	<del> </del>			一	┌┈	<del> </del>		<del>                                     </del>	1
		1		L	_		<u> </u>	ļ	L.,	L			_				<u> </u>					
	l	10								1												1
			-		├	┼─	╁	┼-	-		⊢	-	<del> </del>	╁	ļ .			-	<del> </del>	ļ	ļ	ł
		6							l					-								ı
		8			T			$\top$							-					┢╌		1
			ļ	<u> </u>	<u> </u>	ļ	<u> </u>	_	<u> </u>	ļ		ļ	ļ	<u> </u>	_		ļ	ļ			L	1
ı		7											İ									
		9	_	<del> </del>	<del> </del>	$\vdash$	+	<del>                                     </del>	一		$\vdash$			-				<b></b>	1—	-		ł
GENDER:		Ψ						L												i	1	
≘ા		מיו			}			)				1							Γ.	1		١
台			-	$\vdash$	<u> </u>		ļ <u> </u>	-		<b>-</b>	<u> </u>	<del> </del>	_	<u> </u>	<u> </u>	L		_		ļ	ļ	1
۳		4						Ι.			Ì							İ				l
- 1	1	3			$\vdash$	-	1				<del> </del>	<del>                                     </del>				-				$\vdash$		1
- 1	_																					
		31						li				}						İ			"-	ł
Į	ŀ	_				├	$\vdash$					$\vdash$		<u> </u>				<u> </u>	ļ			1
		30				ļ															}	l
- 1		29				Ī	1				-				ļ ——	···-				Ι	-	1
		$\overline{}$			<u> </u>	ļ	ļ														L.,	
i	- (	28				ĺ	( )	1						1					i	ł		l
ŀ	ı					<del>                                     </del>									_				-			ı
ı		27																				
- [	뗐	26	]		}	1													Γ			
ŀ	2					├	<del> </del> -			<b>_</b>										<b>-</b>		
1	OCTOBER	25			ĺ		1											;				
- 1	-}	24					<del> </del>	П		_	<b></b>			H			$\neg$				-	
- 1	ļ			· 								$oxed{oxed}$			$\Box$	[						
ļ	- 1	23														ļ				]	,	
- 1	ł	_						<del>  </del>	-	—,		$\vdash \dashv$			$\dashv$					$\dashv$		
1	Ì	22	1				<u> </u>							_	<u> </u>	١	j					1
	ſ	21																				i
	}	_				ļ		$\vdash \vdash$		<b>_</b>												i
- 1	- 1	20	į						1						- 1	- }	- 1					
ľ				$\neg$										+			-	$\dashv$				ĺ
				f	- 1					Ì	ļ				1				į			
- {		- [	ĺ	1	Į			İ					ļ					ļ				
- 1	SKILLS	}		- 1					]		]	}	)	]	]	]	1					İ
								.							ļ							ŀ
[	$\mathbf{\Sigma}$	}	ł						Ì		Į		i				1					l
ENT		'	. [	1	¦				- 1	{	Ì	1	Ì	1	- 1	- {	1			' <i> </i>		1
zl		Į	ļ	. !						ĺ		l		[			-	i		J		ļ
777.5					_	_	-	$\Box$									_				_	

Prepared by:

Coach

## DIVISION BASED ATHLETIC TRAINING GANTT CHART

EVENT:				GE	NDE	R:		LEVEL:																				
SKILLS										DECE	MBE	R					17 18 19 20											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20								
		<u> </u>		<u> </u>					<b> </b>									<u> </u>										
							İ				İ	ĺ																
			1 -			T	$\Box$																					
		1				<del>                                     </del>	<del>                                     </del>	-			<del> </del>		_	-	$\vdash$	_				· · · · ·								
			<del> </del>			$\vdash$	<del> </del> -			<b> </b>	ļ		<u> </u>		<del> </del> -													
		<del> </del> -	├	-										_	<u> </u>				···· .									
		ļ	<u> </u>	<u> </u>	<b></b> _	<u> </u>			<u> </u>			<b></b>		ļ		<u></u>												
			<u> </u>	ļ <u>.</u>												<u> </u>												
										[																		
<u> </u>											i																	
		<del> </del>							<del></del> -	-																		
		┼	<del> </del> -	<del> </del> -		_			<del> </del> -		_		-						w									
		<del> </del>	<b>├</b> ─∹			<b>-</b>	<del>-</del>								<u> </u>													
·			L		<u> </u>								, <u>.</u>															
		<u>L</u>		<u> </u>	<u>L</u> _																							
	-		] -														,											
			$\vdash$	ļ					_																			
	$\top$	1	┌┈		<del> </del>																							
				!	<del>                                     </del>								··· <del>-</del> -															
		ļ									<u> </u>																	
	<u> </u>		<u> </u>																									
			<u> </u>																									
<u> </u>	1-							$\neg$							-													
	<u> </u>	1	٠			<u>.</u>										Щ.												

Prepared by:		
Coach	Monitoring	