



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

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**DIVISION MEMORANDUM**

No. 069, s. 2015

174  
Dep-MALAYBALAY CITY DIVISION

**RELEASED**

MAR 16 2015 Time: 2:46 PM

**TO :** Education Program Supervisors/Division Coordinators  
Public Schools District Supervisors  
Elementary and Secondary Public and Private School Heads  
This Division

**From :**   
**EDILBERTO L. OPLENARIA**  
Schools Division Superintendent

**Date :** March 13, 2015

**Subject :** Dissemination of Regional Memorandum No. 16, dated March 5, 2015 Re: **CLUSTERED REGIONAL INTENSIVE TRAINING FOR QUALIFIED ATHLETES AND COACHES TO THE 2015 PALARONG PAMBANSA**

1. Enclosed is a copy of the Regional Memorandum No. 16, dated March 5, 2015 re **Clustered Regional Intensive Training for Qualified Athletes and Coaches to the 2015 Palarong Pambansa** in Tagum, Davao del Norte on May 3 - 9, 2015 for your reference.
2. This is to inform further, that, all qualified athletes from Grades 4 to 9 and 4<sup>th</sup> Year be given special examination on this purpose.
3. For immediate dissemination.



Republic of the Philippines  
 Department of Education  
**REGION X - NORTHERN MINDANAO**  
 Gregorio A. Palanca, Sr. Memorial Sports Center  
 Veloz Street, Cagayan de Oro City



**REGIONAL MEMORANDUM**

No. 19 s. 2015

To : The Schools Division Superintendents  
 This Region

From : *Shirley O. Chatto*  
**ATTY. SHIRLEY O. CHATTO**  
 OIC, Office of the Regional Director

Date : March 5, 2015

Subject : **CLUSTERED REGIONAL INTENSIVE TRAINING FOR  
 QUALIFIED ATHLETES AND COACHES TO THE  
 2015 PALARONG PAMBANSA**

1 In preparation for participation to the 2015 Palarong Pambansa in Tagum City, Davao del Norte, the Northern Mindanao Regional Athletic Association (NMRAA) shall hold a Regional Intensive Training for Qualified Athletes to be hosted by the Local Government of Misamis Oriental and the Division of Misamis Oriental.

2 The venue of training shall be clustered according to sports events and accessibility of the playing venues, to wit:

Cluster	Classification	Training Period	Sports/Events	Venue
1	Individual/ Dual	March 14 to April 25, 2015	Athletics	Pelaez Sports Complex
			Arnis	South Central School, CDO
			Archery	Pelaez Sports Complex
			Boxing	Pelaez Sports Complex
			Badminton	Shuttle Square, Gusa, CDO
			Chess	MOGCHS
			Gymnastics	Corpus Christi
			Table Tennis	MOGCHS
			Lawn Tennis	Pelaez Sports Complex
			Swimming	Pelaez Sports Complex

			Taekwondo	MOGCHS
2	Team/Ball Games	March 14 to April 25, 2015	Basketball	Elem Boys Xavier University Grade School
				Sec Girls - Indahag Natl High School
				Sec Boys - Assumption Montessori School, CDO
			Baseball	Elem - Magsaysay, Misamis Oriental
				Sec - Iponan, Cagayan de Oro City
			Football	Elem - Camp Philips, Bukidnon
				Sec - Gingoog City
			Sepak Takraw	Elem - Aloran, Mis Occ
				Sec - Mis occ,
			Softball	Elem & Sec - Balingasag, Misamis Oriental
Volleyball	Elem Boys - Opol, Misamis Oriental			
	Elem Girls - Iligan City			
	Sec Boys - Danggagan, Bukidnon			
	Sec Girls - Quezon, Bukidnon			
3	Demo Sports	March 14, to April 25, 2015	Futsal	Plaridel, Misamis Occidental
			Billiard	Sec Boys - Macabalan, CDO
				Sec Girls - Camiguin
4	Special Games	March 14, to April 25, 2015	Goal Ball, Boccia, Athletics & Swimming	At their respective schools

3 Billeting quarter for Cluster 1 shall be at Misamis Oriental General Comprehensive High School (MOGCHS) while the rest shall be at their respective schools/divisions. Clusters 1 to 4 shall converge and report to MOGCHS on April 19, 2015 for the unified training, orientation of policies and rehearsal of Saludo and Parade.



**Enclosure No. 1 Guidelines of the Training**

**Coaches shall develop training plan to be used during the intensive training. This design shall be the basis in monitoring and assessing the attainment of competencies setforth.**

**Coaches and chaperons are required to attend an Enhancement Training and Orientation Workshop.**

**The required number of hours for the training shall be based on the prescribed number of hours in the training plan Monday to Saturday and half day on Sunday.**

**Guest students shall attend classes to the school where the team belongs. School Principals and Teachers Advisers shall serve as foster parents during the stay of guest student.**

**Athletes are required to submit parental consent for the entire duration of the training.**

**Coaches shall check the completeness of the required documents for the athletes. Parental consent and Medical Certificate must be sought for the purposes of training.**

**Sports equipment shall be taken care of by division while this Office may augment the perishable ones.**

**NMRAA CLUSTERED REGIONAL INTENSIVE TRAINING  
March 14, 2015 to April 25, 2015**

**GENERAL TRAINING SCHEDULE**

<b>TIME</b>	<b>ACTIVITIES</b>	<b>PERSONS RESPONSIBLE</b>
<b>4:30 AM</b>	<b>Wake up call</b>	<b>Camp In-Charge</b>
<b>4:30 – 4:50AM</b>	<b>Drink something Hot</b>	<b>Kitchen Personnel</b>
<b>4:50 – 5:00AM</b>	<b>Checking of Attendance</b>	<b>Camp In-Charge</b>
<b>5:00 – 5:05AM</b>	<b>Prayer/Devotional</b>	<b>Sponsor's Team</b>
<b>5:05 – 5:10AM</b>	<b>Reminders/Message</b>	<b>Officer In-Charge</b>
<b>5:10 – 5:20AM</b>	<b>Hataw/Warm-Up</b>	<b>Sponsor's Team</b>
<b>5:20 – 6:30AM</b>	<b>Dynamic Stretching by Event</b>	<b>Coach/Trainer</b>
<b>6:30 – 7:00AM</b>	<b>Body Conditioning by Event</b>	<b>Coach/Trainer</b>
<b>7:00 – 8:00AM</b>	<b>BREAKFAST</b>	<b>Kitchen Personnel</b>
<b>8:00 – 9:00AM</b>	<b>Wash-up/Cleaning</b>	<b>Coach/Trainer</b>
<b>9:00 – 11:30AM</b>	<b>Lecture/Assessment</b>	<b>Coach/Trainer</b>
<b>11:30AM – 1:00PM</b>	<b>LUNCH</b>	<b>Kitchen Personnel</b>
<b>1:00 – 2:00PM</b>	<b>Rest/Siesta</b>	<b>All Concern</b>
<b>2:00 – 5:00PM</b>	<b>Training Proper by Event</b>	<b>Coach/Trainer</b>
<b>5:00 – 6:30PM</b>	<b>Wash-up/Cleaning/Saludo Practice</b>	<b>Saludo Team</b>
<b>6:30 – 7:30PM</b>	<b>DINNER</b>	<b>Kitchen Personnel</b>
<b>8:00PM</b>	<b>TAPS</b>	<b>All Concern</b>