

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



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> wed-MALAYBALAY CITY DIVISAUN RELEASED

MAR 1 6 2015

DIVISION MEMORANDUM No. 069 s. 2015

Education Program Supervisors/Division Coordinators

Public Schools District Supervisors

Elementary and Secondary Public and Private School Heads

This Division

From

TO

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 4th Year be given special examination on this purpose.
- 3. For immediate dissemination.

Incl. As stated/ 03-13-15n



Republic of the Philippines Department of Education REGION X - NORTHERN MINDANAO Chagario A. Rebax, St. Menoried Sports Caster Voice Storet, Castern de Gro City



REGIONAL MEMORANDUM

No. Y

s. 2015

To

The Schools Division Superintendents

This Region

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From

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

- 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

টোলনে	(ปีกระที่โรศอก	ากะที่เห็นรู นักเลือน	Spin(६) व्रश्नातः	Means
	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
1			Chess	MOGCHS
			Gymnastics	Corpus Christi
			Table Tennis	MOGCHS
			Lawn Tennis	Pelaez Sports Complex
			Swimming	Pelaez Sports Complex

·- 	1 4.		Taekwondo	MOGCHS
			F	Elem Boys Xavier University Grade School
				Sec Girls - Indahag Natl
				High
		•	Basketball	School
				Sec Boys - Assumption
				Montessori School, CDO Elem - Magsaysay, Misamis
			Baseball	Oriental
			Dascoall	Sec - Iponan, Cagayan de
2	Team/Ball	March 14 to		Oro City
	Games	April 25, 2015	Football	Elem - Camp Philips,
				Bukidnon
I				Sec - Gingoog City
			Sepak Takraw	Elem - Aloran, Mis Occ
				Sec - Mis occ,
		<u> </u>		Elem & Sec - Balingasag,
			Softball	Misamis Oriental
	ļ			Elem Boys - Opol, Misamis
		-		Oriental
			Volleyball	Elem Girls - Iligan City
				Sec Boys - Dangcagan, Bukidnon
				Sec Girls - Quezon,
				Bukidnon
				Plaridel, Misamis Occidental
]	Futsal	
3	Demo Sports	March 14, to		Sec Boys - Macabalan, CDO
<u> </u>	1	April 25, 2015	Billiard	Sec Girls - Camiguin
4	Special	March 14, to	Goal Ball, Boccia, Athletics &	At their respective schools
T	Games	April 25, 2015	Swimming	int aidii idapeetive seisous

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.

- Food provision of Clusters 2 to 4 shall be managed by schools/divisions while Cluster 1 shall be managed by the host division.
- 5 The training aims to:
 - 3.1 Enhance the competence level of student athletes in their respective sports discipline;
 - 3.2 Familiarize the house rules imposed by the delegation;
 - 3.3 Raise the overall performance of 2015 Palarong Pambansa; and
 - 3.4 Establish teamwork and camaraderie among members of the team and entire delegation in general.
- Attached is schedule of daily activities which should be strictly followed by the coaches and trainers. The training shall be monitored and evaluated by the Team Managers which will be issued in a separate Memorandum.
- Athletes are advised to bring their kitchen paraphernalia and beddings to be used during the entire training period and Palarong Pambansa Proper. Non appearance of athletes, coaches, and chaperons on the prescribed date of arrival shall be replaced, however, due process shall be taken before appropriate actions shall be dealt with.
- Teacher coaches who shall be serving the entire duration are recommended by this Office a grant of service credit based on the provision articulated in DepED Order No. 53, s. 2003 re Revised DepED Order for Granting Service Credit for Teachers.
- Traveling expenses of athletes, coaches, chaperons and Team Managers shall be charged against local funds.
- II Immediate dissemination of this Memorandum is desired.

Incls.

As stated

References

Regional Memorandum No. 10, 2013

Regional Memorandum No. 07, s. 2014

To be indicated Under Perpetual Index

Athletics

Sports

Students

Teachers

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

TIME	ACTIVITIES	PERSONS RESPONSIBLE
4:30 AM	Wake up call	Camp In-Charge
4:30 - 450AM	Drink something Hot	Kitchen Personnel
4:50 - 5:00AM	Checking of Attendance	Camp In-Charge
5:00 - 5:05AM	Prayer/Devotional	Sponsor's Team
5:05 - 5:10AM	Reminders/Message	Officer In-Charge
5:10 - 5:20AM	Hataw/Warm-Up	Sponsor's Team
5:20 - 6:30AM	Dynamic Stretching by Event	Coach/Trainer
6:30 - 7:00AM	Body Conditioning by Event	Coach/Trainer
7:00 - 8:00AM	BREAKFAST	Kitchen Personnel
8:00 - 9:00AM	Wash-up/Cleaning	Coach/Trainer
9:00 - 11:30AM	Lecture/Assessment	Coach/Trainer
11:30AM - 1:00PM	LUNCH	Kitchen Personnel
1:00 - 2:00PM	Rest/Siesta	All Concern
2:00 - 5:00PM	Training Proper by Event	Coach/Trainer
5:00 - 6:30PM	Wash-up/Cleaning/Saludo Practice	Saludo Team
6:30 – 7:30PM	DINNER	Kitchen Personnel
8:00PM	TAPS	All Concern