



Republic of the Philippines
Department of Education
Region XI
SCHOOLS DIVISION OF DIGOS CITY
Digos City



DIVISION MEMORANDUM
No. 721, s. 2018

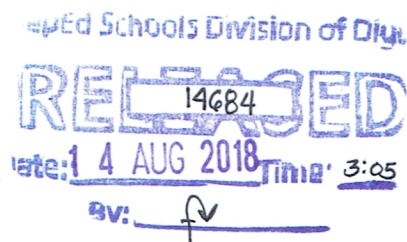
August 14, 2018

UPDATES ON REGIONAL TRAINING OF COACHES

To: ZENAIDA G. GUYA
PSDS
Acting Division Sports Coordinator

1. In pursuance to Unnumbered Regional Memorandum dated August 13, 2018, regarding the conduct of the Training of Coaches on August 17-19, 2018 at the Davao City National High School, F. Torres St., Davao City, you are hereby informed of the updates on the said training particularly her assignment in the monitoring and evaluation of Tennis and Badminton Events.
2. Attached is the training matrix for reference.
3. All provisions in the previous Memorandum still remain.
4. For information, guidance and compliance.

WINNIE E. BATOON, EdD
Officer in Charge
Office of the Schools Division Superintendent



Encls: As stated
References: Regional Memorandum No. 145, s. 2018
Unnumbered Regional Memorandum dated August 13, 2018
To be indicated in the Perpetual Index under the following subjects:
Curriculum Sports Training

user: Updates on Regional Training of Coaches
14 August 2018



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MEMORANUDUM

TO: **Schools Division Superintendents**

RE: **UPDATES ON REGIONAL TRAINING OF COACHES**

DATE: **August 13, 2018**

1. In line with the Regional Memorandum 145, s. 2018 regarding the conduct of the Training of Coaches on August 17-19, 2018 at the Davao City National High School, F. Torres St., Davao City, this Office informs the following updates on the said training particularly on the concerned teachers and officials who will serve as mentors and facilitators, to wit:

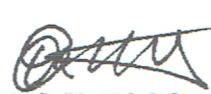
Monitoring and Evaluation

Name	Division	Event
Isaias E. Maghuyop	Tagum City	Softball and Baseball
Clemente E. Timbal	Davao del Norte	Volleyball and Billiard
Herman Aldous R. Bodikey	Davao del Sur	Wushu, Taekwando and Wrestling
Eppie Grace E. Presto/ Zenaida G. Guya	Digos City	Tennis and Badminton
Arlene M. Lubrano	Samal City	Swimming
Bernabe M. Alicaya	Davao City	Athletics

Sports Event Facilitators

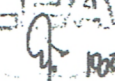
Name	Division	Event
Efrin Butlig/Ronald Conde	Davao City/ Tagum City	Arnis
Nathaniel A. Ballerda/ Celestino Revamonte Jr.	Davao del Sur/ Panabo City	Boxing
Kevin Rondel O. Yatan/ Christopher Biniagan	Davao City/ Davao del Norte	Futsal
Oscar Salvador/ Alex Baldos	Davao City/Mati City	Basketball
Rechillo Ates Benito/Cyrus Barcina	Davao Oriental/Panabo City	Wrestling
Jeremy Semic/ Mervin Hangad	Davao City/ Tagum City	Table Tennis
Rex C. Sayson	Digos City	Table Tennis

2. Attached hereto is the training matrix for reference.
3. All other provisions of the said Memorandum still remain.
4. For information and guidance.


ATTY. ALBERTO T. ESCOBARTE, CESO III

Regional Director

ROC6/mlib

DEPARTMENT OF EDUCATION
RECORDS SECTION
RELEASED
By:  1000-4772
Date: 8/14/18 9:40 AM



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Lungsod ng Davao



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THREE DAY SPORTS TRAINING MATRIX FOR COACHES

Day/Date/Time	Activities/Topic	Person In-Charge	Venue
Day-01 Date:			
8:00 – 9:00	Registration of Participants	Technical Working Group	Davao City National High School Gym
		A. Documentation Marilyn L. Laborte – Davao City NHS B. Stage Preparation, Hall Preparation, Restoration, and Sound System 1. Janna P. Correo – Davao City NHS 2. John Riv Aklatan – Davao City NHS 3. Nazareno S. Porras – Davao City NHS C. Attendance and Certificates 1. Mardy P. Delaamon, Ed.D. – Davao City NHS D. Room (Breakout Session and Accommodation in charge) 1. Khaske O. Clerigo – Davao City NHS 2. Oscar Little Alon – Davao City NHS E. Program and Communication 1. Jed I. Bete – Davao City NHS 2. Jerome D. Delaamon – Davao City NHS	
9:00-10:00	Plenary session - Opening program / Orientation	Bernabe M. Alicaya Division Sports Coordinator Davao City	Davao City National High School Gym

10:00 – 12:00	Parallel session by Sports Discipline Developing Coaching Philosophy a. Coaching Objectives b. Coaching Styles Workshop	Rodrigo M. Melay Division Sports Supervisor Davao Occidental	Davao City National High School Gym
1:00 – 5:00pm	Sport Specific Training (SST) Athletics, Archery, Amis, Badminton, Baseball, Basketball, Chess, Dance Sports, Football/Futsal, Gymnastic, Softball, Taekwondo, Table Tennis, Tennis, Volleyball, Swimming, and etc. Practicum	Lunch Break Isaias E. Maghuyop Apolinario D. Macebulos Clemente E. Timbal Bernabe M. Basileco Teofilo C. Resorte Dexter Cequña Rodrigo M. Melay Herman Aldous R. Bodiley Eppie Grace E. Presto Arlene M. Lubrano Bernabe M. Alicaya	Davao City National High School Gym
Day -02 Date: 8:00-10:00	Parallel session by Sports Discipline Sports Physiology 1. Principles of Training 2. Fitness for Sports 3. Developing a Training Program Micro and Macro cycle training program 4. Tapering 5. Hydration and Nutrition Workshop Parallel Session by sports discipline 1. Risk Management – Sports Injuries, Prevention, First Aid, and Rehabilitation.	Clemente T. Timbal Division Sports Supervisor Davao Del Norte	Davao City National High School Gym
12:00 – 1:00	LUNCH BREAK		

3:00 – 4:00	Demonstration/Presentation of Learnings by Sports Event	Bernabe M. Basillisco Division Sports Supervisor Davao Oriental	Davao City National High School Gym
4:00 – 5:00	Closing Program	Technical Working Group A. Documentation Margita L. Laborte – Davao City NHS B. Stage Preparation, Hall Preparation, Restoration, and Sound System 1. Jonna P. Correo – Davao City NHS 2. John Rlv Aktian – Davao City NHS 3. Nazareno S. Porras – Davao City NHS C. Attendance and Certificates 1. Mardy P. Delaamor, Ed.D. – Davao City NHS D. Room (Breakout Session and Accommodation in charge) 1. Khaske O. Ciergo – Davao City NHS 2. Oscar Little Aton - Davao City NHS E. Program and Communication 1. Jed I. Bete – Davao City NHS 2. Jerome D. Delaamor – Davao City NHS	