



DEPARTMENT OF EDUCATION

DIVISION OF CEBU PROVINCE

SUDLON, LAHUG, CEBU CITY



January 22, 2019

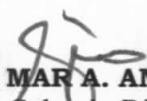
DIVISION MEMORANDUM

No. 047 s. 2019

TRAINING AND ACCREDITATION IN SPORTS COACHING

To: Assistant Superintendents
Chiefs, CID/SGOD
Education Program Supervisors/Coordinators
District Supervisors/OICs
Elementary and Secondary School Heads
Heads, Private Elementary and Secondary Schools

1. This Office announces the conduct of the Regional Training and Accreditation in Sports Coaching for coaches, assistant coaches and chaperons recommended to join the CVIRAA Meet 2019. This will be conducted at Sisters of Mary Boys Town, Minglanilla, Cebu on January 23-25, 2019 for the non-combative sports and January 23-27, 2019 for the combative sports to meet the required number of hours.
2. Participants to this undertaking are the coaches, assistant coaches and chaperons who are recommended to join the 2019 CVIRAA Meet. However, those coaches in the 2nd and 3rd ranks may also join. Other districts who wish to send their coaches are given only two (2) slots in the chosen event they want to join.
3. This is a Live-Out Training and Accreditation however, those who are living far may stay at Tungkop ES, Lipata CS and Minglanilla CS. Rooms will be provided but participants are required to bring their own bed rolls, beddings and linens.
4. Participants may buy food from the Sisters of Mary Culinary Arts students.
5. Mr. Emerito Broa and Mr. Bobby Beldad are added in the list of Resource Speakers for Softball. Mrs. Janeth Amarillo, Ms. Perlita Gimena, Mrs. Melanie Panique and Mr. Ralph Anthony Panique are added in the list of the TWG.
6. List of selected events, Training Matrix, with the names of the speakers is attached hereto.
7. All participants in the racket events are enjoined to bring their own rackets.
8. PSDSs and School Heads are directed to ensure the attendance of the concerned coaches, assistant coaches and chaperons and see to it that their classes are well-taken cared of.
9. The list of participants which is hereto attached, were the coaches, assistant coaches and chaperons who attended the workshop at the Applied Nutrition Center last January 15, 2019.
10. Participants are directed to observe punctuality and come to the venue in proper sports attire (no shorts, sleeveless, slippers and head turning outfits).
11. This Memorandum serves as Authority to Travel of the participants.
12. Transportation, per diem and other incidental expenses of the participants shall be chargeable against Local School MOOE/SEF and other funds while food and snacks of the Resource Speakers, subject to the usual accounting and auditing rules and regulations.
13. Immediate and wide dissemination of this Memorandum is desired.


RHEA MAR A. ANGTUD, Ed. D., CESO VI
Schools Division Superintendent

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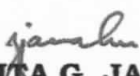
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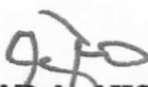
LIST OF EVENTS AND TRAINERS PER EVENT

EVENT	SPEAKERS BY EVENT
1. Athletics	Mr. Art Punay Mr. Noel Escarro Mr. Omar Basnillo
2. Gymnastics	Mr. Rodrigo Apos Mr. Ramie Gelig
3. Wushu 4. Wrestling	Mr. Jose Ryan Baterna Mr. Charlou Atamosa Mr. Christian Villabelez
5. Volleyball	Mr. Arnel Aventuna Mr. Nestor Molde Mr. Randy Pasaol
6. Pencak Silat	Mr. Gilbert Kagakit
7. Chess	Mrs. Consolacion Aninipo Mr. Darwin Cuyos Mr. Santiago Peque
8. Sepak Takraw	Mr. Noel Bragat Mr. Dioscoro Andrino Mr. Romeo Formentera
9. Basketball	Mr. Joshua Canada Mr. Aquiles Mendez
10. Table Tennis	Mr. Nicodemo Ponce Mr. Oliver Capuno
11. Tennis	Mr. Rene Borgonia Mr. Roger Banogbanog
12. Taekwondo	Mr. Edsel Ursal Mr. Amiel Villarmente
13. Arnis	Mr. Arnel Gerat Mr. Joseph Basilisco
14. Softball	Mrs. Riza Bisnar
15. Billiards	Mr. Ernesto Estrelloso
16. Badminton	Mr. Al Ceniza Mr. Eduard Luke Paulin Mr. John Mar Montecillo
17. Swimming	Mr. Joel Umbay Mrs. Erna Tecson
18. Boxing	Mr. Ruben Verdida
19. Archery	Mr. Roland Tecson

Prepared by:


NENITA G. JARALVE
EPS-MAPEH

Noted:


RHEA MAR A. ANGTUD, Ed. D., CESO VI
Schools Division Superintendent



Regional Training and Accreditation in Sports Coaching for the Qualified Coaches, Assistant Coaches and Chaperons to the CVIRAA Meet 2019

Sisters of Mary Boys Town, Minglanilla, Cebu City

January 23-27, 2019

TRAINING MATRIX

TIME	DAY 1 Jan. 23, 2019	DAY 2 Jan. 24, 2019	DAY 3 Jan. 25, 2019	DAY 4 Jan. 26, 2019	DAY 5 Jan. 27, 2019
	BREAK-OUT SESSION BY EVENT				
8:00-8:30 A.M.	Arrival /Registration	Opening Preliminaries Pre-Test	Opening Preliminaries/Warm-up	Opening Preliminaries/Warm-up	Opening Preliminaries/Warm-up
8:30-9:00 A.M.	Opening Program ↓ National Anthem ↓ Sugbo Hymn ↓ Prayer ↓ Acknowledgment of Participants ↓ Welcome Remarks ↓ Rationale ↓ Unfreezer ↓ Message SDS Rhea Mar A. Angtud ↓ House Rules ↓ Plenary Sessions	Introduction/Overview of the sport event • Speaker per sport event	Developing a Coaching Philosophy (Coaching Process, Skills and Rules)	Practicum	Training Program Designing
9:00-10:00 A.M.	Ethical Standards of a Coach Mrs. Nenita G. Jaralve	Technical Duties & Functions of a Coach			
10:00-10:20 A.M.	B R E A K				
10:20-12:00 A.M.	Sports Management ASDS Leah Apao	Theory & Demonstration on General Rules of the Game	Attacks and Defenses Practicum	Strength and Conditioning Exercises	Presentation of Training Program Design
12:00-1:00 A.M.	L U N C H B R E A K				
1:00 – 2:00 P.M.	Sports Psychology Dr. Berna Ysulan	Rules of the Game	Practicum	Flexibility Exercises & Loading Exercises	Post Test & Evaluation
2:00-3:30 P.M.	Sports Nutrition Mrs. Grace Espos	Rules and New Developments in Officiating			CLOSING PROGRAM HOME SWEET HOME
3:30-5:00 P.M.	Sports Injury Prevention & Management Dr. Melissa Paradila				
Officer of the Day	Mr. Isidore Luther Herrera	Mrs. Imelda Margaja	Mrs. Cleo Escudro	Mrs. Zennifer Corpuz	Mrs. Daphne Teo
Process Observer	Mrs. Zennifer Corpuz	Mr. Isidore Luther Herrera	Mrs. Daphne Teo	Mrs. Imelda Margaja	Mrs. Evangeline Buna
Documenter	Mr. Rommel Tanggol				

Prepared by:

N. Jaralve
NENITA G. JARALVE
EPS-MAPEH

Approval Recommended:

R. Angtud
RHEA MAR A. ANGTUD, Ed. D., CESO VI
Schools Division Superintendent

Approved

JULIET A. JERUTA Ph. D., CESO IV
Regional Director IV

Coaches Per Event For Accreditation

Athletics

1 Marina A. Urbano	-	Boys	(Elem .)	
2 Naome C. Orongan	-	Girls	(Elem.)	
3 Brenda P. Cuyos	-	Girls	(Elem.)	
4 Ernesto D. Hобрero	-	Girls	(Sec.)	
5 Ma. Elvic G. Dublin	-		(Elem.)	Daanbantayan
6 Damcelle Marie A. Valiente	-		(Elem.)	Daanbantayan
7 Welgina Taotho	-		(Sec.)	Buanoy NHS, Balamban

Arnis

1 Mylene S. Figueroa	-		(Elem)	Jubay ES, Liloan
2 Jissel A. Wagas	-		(Elem)	Jubay ES, Liloan
3 Susette B. Saplad	-		(Sec .)	Sangat NHS , San Fernando
4 Richard Daniel A. Puno	-		(Sec .)	Sisters of Mary Boys Town Inc. , Minglanilla
5 Wenslou H. Lacson	-		(Sec .)	Balud NHS, San Fernando

Archery

1 Jaime A. De Castro	-		Sec.	Badina NHS
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Badminton

1 Lucilly Q. Formentera			Elem.	Zaragosa ES
2 Arnulfo R. Bruces			Elem.	Zaragosa ES

Billiards

1 Cynthia A. Villaver			Sec.	Sibonga NHS
2 Marife Angulo			Sec.	Liloan NHS, Liloan

Basketball 5x5

1 Charta S. Alfanta			Sec.	Sibonga NHS
2 Yori Andrew D. Niez			Sec.	Carmen NHS -Day
3 Junnah P. Teo			Sec.	Argao NHS
4 Ruby Rose Palattao			Sec.	Argao NHS
5 Fildo Maximo B. Gutierrez			Elem.	Caleriohan ES
6 Joseph R. Talaugon			Elem.	Catarman ES
7 Peterson P. Chua			Elem.	Catarman ES

Basketball 3x3

1 Nino C. Rolde			Sec.	Tulay NHS
2 Giovanni Senadrin			Sec.	Catmon IS

Boxing

1 Zosimo C. Fiez			Sec	Jugan NHS
2 Ernie J. Batoctoy			Sec.	Tuburan NHS
3 Liza S. Pepito			Sec.	Arcelo MNHS

Chess

1 Chery Fred R. Kwan			Sec.	Sec.
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2	Alvin B. Apolonio		Sec.	Bartolome & Panares MNHS
3	Lina P. Tinga		Sec.	Bantayan Science High School
4	Areopaquita Badiles			
5	Teresita O. Cardosa	Boys	Elem.	Malabuyoc CS

Gymnastics

1	Jennifer C. Panggasian	Rhythmic		
2	Julie Ann F. Recio	Wag		Compostela NHS

Sepak Takraw

1	Dinah Mae V. Canoy		Sec.	Balud NHS, San Fernando
2	Irvin Cipat		Sec.	Compostela NHS
3	Mark Siarot		Sec.	Balud NHS, San Fernando

Swimming

1	Noresmer John C. Arrogante		Sec.	Logon NHS
2	Sarah Jane L. Mantos		Sec.	Logon NHS
3	Rufino M. Narsico		Sec.	Logon NHS
4	Josephine Y. Gulfan		Sec.	Logon NHS
5	May B. Centino		Sec.	Dalaguete NHS
6	Claire Ann B. Hall		Sec.	Dalaguete NHS
7	Antonietta F. Orog		Sec.	Dalaguete NHS
8	Jennibeth C. Ybarra		Sec.	Alcantara NHS

Pencak Silat

1	Jerameel K. Estrera		Sec.	Badian NHS
2	Gilbert A. Kagakit		Sec.	Badian NHS

Softball

1	Arman A. Bisnar		Sec.	Cabadiangan IS
2	Dyan Narra P. Sollano		Sec.	Cabadiangan IS
3	Lorena C. Mercader		Elem.	Elpedio De Dios ES, Carmen
4	Abel R. Abello		Sec.	Patao NHS, Bantayn II

Taekwondo

1	Isidro M. Cantina			
2	Albert A. Amadeo			
3	Marianne Christie Ragay			
4	Edgardo M. Tagarao			

Table Tennis

1	Angelo Bitoon		Sec.	Mulao NHS
2	Reynaldo C. Mendoza		Sec.	Lipata NHS
3	Eve L. Paquera		Elem.	Agbalanga ES
4	Vina Jade S. Baylosis		Elem.	Guiwanon ES
5	Guillerma L. Alivio		Elem.	Consolacion CS
6	Anecito C. Bayang Jr.		Elem.	Dakit ES, Barili I

Tennis

1	Rommel Doble		Elem.	Bantayan CS
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2 Raquel Echavez Elem. Bantayan CS

Volleyball

1 Charmie Jean B. Pontamayor - Sec. Catmon IS
2 Regilando A. Gino - Elem Tampuan ES

Wrestling

1 Orlan Nunez
2 Vardo L. Sugarol

SPED

1	Mengie P. Villarin	-	Athletics	Lipata SPED
2	Zyrell G. Yongco	-	Athletics	Tabogob
3	Maria Corazon P. Lerazan	-	Athletics	Carmen
4	Lourdes M. Delantar	-	Athletics	Carmen NHS
5	Meriam D. Chicote	-	Athletics	Carmen NHS
6	Richel C. Tiguelo	-	Swimming	Lipata NHS
7	Esther A. Ababat	-	Swimming	Lipata NHS
8	Luchille C. Aquino	-	Athletics	Pinamungajan SPED
9	Jadee Gale T. Clavel	-	Athletics	Consolacion SPED
10	Jennifer F. Cabigas	-	Athletics	Consolacion SPED
11	Nieva G. Hubahib	-	Athletics	Pinamungajan SPED
12	Maria Portia T. Rabano	-	Swimming	Alcantara
13	Ana Maria Liza V. Dungog	-	Athletics	Cantumog
14	Mae Beverly W. Kisteria	-	Athletics	San Fransisco
15	Herber C. Tampus	-	Athletics	San Fransisco
16	Virgilia G. Nudalo	-	Athletics	San Fransisco
17	Cristina I. Ohagan	-	Swimming	Pinamungajan SPED
18	Bibiana B. Canazares	-	Swimming	Pinamungajan SPED
19	Janelyn Christe L. Dapar	-	Swimming	Pinamungajan SPED
20	Theresa Lyn S. Labayen	-	Athletics	Pinamungajan SPED
21	Henry H. Hamoy	-	Athletics	Camotes
22	Danny Ciarot	-	Athletics	Balamban