



Republic of the Philippines
Department of Education
Cordillera Administrative Region
DIVISION OF BAGUIO CITY
#82 Corner Military Cut-off, Baguio City



1st Indorsement
February 11, 2013

Respectfully referred to all school heads of public and private elementary and secondary schools the herein request of ATTY. ERIC EMMANUEL C. PASION, president, RUN4CHANGE, INC., which is self-explanatory. All school heads are encouraged to send participants (**athletes, teachers and non-teaching personnel**) to **THIS 3-DAY SEMINAR AND WORKSHOP** which will be held on February 14 & 15 from 3:00 pm to 6:00 pm and on February 16, 2013 from 9:00 AM to 4:00 PM at Quezon Elementary School Social Hall and school ground. This is free as part of their sports Development Program and Advocacy. DepEd-CAR Baguio as a co-sponsor of this activity will grant service credit & certificate of overtime credit to teachers and non-teaching personnel respectively who will attend and participate actively in this sports activity.

Please see attached documents for more details.


ESTELA LEON-CARIÑO
Schools Division Superintendent



RUN FOR CHANGE

Inspiring and motivating you to the finish line....

ESTELA LEON-CARIÑO

School Division Superintendent
Department of Education, Baguio

ATTENTION: FERNANDO B. ELEPONGA,
EPS-I
MSEP/MAPEH

Dear Madam,

Greetings from **RUN4CHANGE INC.!**

Run for Change (Run4change, Inc.) is a non-profit organization driven by its passion for sports development coupled with the vision of a society that believes in the power of sports in promoting positive change in oneself, the community, and the nation.

Since 2008, Run for Change has been implementing its three pronged program composed of Sporting Events, Sports Education and Sports Development. This year, in line with these programs, we will be holding nationwide seminars and practical workshops to further expand the knowledge of our athletes and coaches. We will create venues and opportunities to learn new skills, techniques and be updated with the latest developments in sports and performance training.

As such, we would like to invite the Department of Education in the Cordillera Administrative Region (DepEd-CAR) to participate in the 2nd leg of our Strength and Conditioning Seminar to be held in Baguio City from February 14-16. We would like to invite P.E. teachers, coaches and athletes to participate in the 3-day seminar workshop to be conducted by members of the National Coaching Staff for Athletics **Nixon Mas, Danilo Fresnido** and National Athlete **Arniel Ferrera**. We would like to present DepEd-CAR with an opportunity to have our advocates share their knowledge with the athletes and coaches of CAR.

As such, we would like to ask whether DepEd-CAR would be willing to co-sponsor this event with Run for Change and arrange the venue and other logistical requirements (ie. projector, laptop, PA system) for the seminar-workshop. **THIS 3-DAY SEMINAR AND WORKSHOP IS FREE AS PART OF OUR SPORTS DEVELOPMENT PROGRAM AND ADVOCACY.**

I hope this letter reaches you at a good time and we look forward to your most favorable response to this request. Should you have any questions or suggestions, you may contact **Arniel Ferrera** at **09392344287**.

Sincerely,

ATTY. ERIC EMMANUEL C. PASION
President
RUN4CHANGE, INC.

SCHEDULE OF ACTIVITIES

THURSDAY, FEBRUARY 14

3:00 – 3:15 PM	Registration
3:00 – 3:30	Welcome Remarks
3:30 – 4:00	Introduction to Strength and Conditioning Programs and Sessions
4:00 – 4:45	The Essential Components of Principles of Training and Programming
4:45 – 5:30	Physiological and Psychological Aspects of Training
5:30 – 6:00	OPEN FORUM

FRIDAY, FEBRUARY 15

3:00 – 3:30 PM	Talent Identification
3:30 – 4:30	Specific Exercises for Strength and Conditioning
4:30 – 5:15	Creating a Training Program
5:15 – 5:45	<i>Injury Prevention, Management and Rehabilitation</i>
5:45 – 6:00	OPEN FORUM

SATURDAY, FEBRUARY 16 (IN PARTNERSHIP WITH THROWERS CIRCLE)

9:00 – 10:30 AM	Practical Session # 1
10:30 – 11:30	Open Forum
11:30 – 1:00 PM	Lunch Break
1:30 – 3:00	Practical Session # 2
3:00 – 4:00	Open Forum
	Closing Remarks