



Republic of the Philippines
DEPARTMENT OF EDUCATION
Cordillera Administrative Region
Division of Baguio City
NORTH QUEZON DISTRICT
Baguio City



NOV 09 2018
RELEASED

**TO: Public Elementary School Heads
Private Elementary School Heads
District Sports Focal Person
District Sports Coordinator
School Sports Coordinators
Coaches, Co-coaches/Asst. Coaches, Trainers/ Chaperons**

**SUBJECT: GENERAL TRAINING OF NORTH QUEZON DISTRICT ATHLETES
FOR THE PALARONG PANLUNGSOD 2018**

DATE: November 9, 2018

1. In relation to the conduct of Palarong Panlungsod 2018 which is scheduled on **November 26-28, 2018** the North Quezon District Athletes are required to undergo general training strictly following the schedule below. Training shall start at **1:00 to 5:00 PM on weekdays and 8:00 to 4:00 PM on Saturdays.**

Event	Date of General Practices/Trainings	Scheduled Date for the City Meet Reference: Division Memorandum No.523, s. 2018
Arnīs	Nov. 19-24	Nov. 26-28
Athletics	Nov. 12-13 (Athletic Bowl) Nov. 21-24	Nov. 26-28
Badminton	Nov. 12-17	Nov. 19-21
Baseball	Nov. 19-24	Nov. 23, 26-28
Basketball	Nov. 19-24	Nov. 26-28
Chess	Nov. 19-24	Nov. 26-28
Sepak Takraw	Nov. 12-14	Nov. 15-17
Swimming	Nov. 19-24	Nov. 26-28
Table Tennis		Nov. 12-14
Taekwondo	Nov. 19-24	Nov. 26-28
Volleyball	Nov. 19-24	Nov. 26-28
Dance Sports	Nov. 12-14	Nov. 15-17
Kadangkadang	Nov. 19-24	Nov. 26

2. All athletes involved in this activity shall be excused from their classes and shall be given **Flexible Learning Option (FOL)** by the class adviser/subject teachers. Teachers shall also be guided by the provisions of **Division Memo. No.09, s. 2018 entitled "Computation of Grades of Pupils Participating in Contests."**
3. Coaches, co-coaches and trainers shall strictly observe the **"No Coach, No Practice Policy"** to ensure the safety of the athletes. They shall schedule themselves alternately for the said training for the others to attend academic responsibilities.
4. School heads are advised to make the necessary contingency plan for teachers who are involved in the said activity so as not to disrupt classes.
5. Immediate and wide dissemination of this memorandum is desired.


JULIA L. LADIONG, Ed.D.
Public Schools District Supervisor



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NORTH QUEZON DISTRICT
List of Coaches, Co-coaches/Asst. Coaches, Trainers/chaperons and Athletes
for Palarong Panlungsod 2018

Event	Athletes	Coaches/Co-Coaches/trainers
Arnis- Boys	Cuarteron, Matt Denver C. Pudsoc, Jonas Barry B. Subido, Denver John D. Racuya, Errol K.	Coach: Garcia Jr., Jimmy B. Chaperon: Apos, May Dave
Arnis- Girls	Junas, Shari Kyla B. Maskay, Tanya Czarina M. Santos, Ishia S.	
Athletics-Boys	Pengla, Spencer L. Bangguyiao, Eddie Dane A. Siblagan, Carl Anthony P. Balwog, Joel A. Cuare Jr., Robert M. Labenio, Adnan Avecarl Algarne, Kurt Rahsel Palangeo, Ramsey B. Sotero, Marvin P. Ambeguia, Tren Erl B. Quilop, Lexber B. Ignacio, Jeremy Ollie A.	Track: Coach : Julie Paglilo Co-coach: Donald G. Guhic Field: Coach: Carolina P. Siblagan Co-coach: Janette A. Depaynos
Athletics-Girls	Ampoc, Darlene Kaye L. Balic-O, Jayra Mae M. Malunda, Louena G. Masangkay, Leishen Kate T. Mata, Richelle Ann L. Cayat, Clarisse D. Cuare, Dwayne Marieh M. Jimenez, Jewel Ashley R. Latupan, Catherine A. Tolentino, Carmie Bacwadang, Marianne L. Kiwass, Jhazmine G.	Track: Coach: Elma B. Takinan Co-coach: Mary Ann T. Kitano Field: Coach: Arsey C. Abanag Co-coach: Cynthia Galletes
Badminton- Boys	Ancheta, Joel Solimen, Jaryll Jake Aquisition, Jheryan kyle Calantas, Sherwin M.	Coach: Aquino, Maria
Badminton- Girls	Alquizar, Jhasmine	Coach: Dacuyan, Nora M.

	Dela Cruz, Jamaica Timoteo, Atephanie Tongawan, Xweko S.	
Basketball	Lucenara, Santino Yuan F. Duca, Denver Dabiel W. Lozanes, Ethan Kent T. Piamonte, Russel James B. Valerio, Miguel Antonio D. Norial, Jene Marcus S. Dionisio, John Lorenzo D. De Leon, Stephen Angelo M. Cua, Justin Raphael B. Tablang, Ashre Kris T. Novelo, Grant Marco A. Kumalao, Karl Christian L.	Coach: Go, Russel J. Co-coach: Awas, Vanessa P.
Baseball	Cawi, Steven Zion C. Guinapon, Gerald B. Jimenez, Dave Yuri I. Lapeña, Gian Khen C. Ngalluban, Fercie Bhal C. Pandog, Jessie S. Pengla, Earl Justin C. Pido, Hans Gabriel C. Sauyen, Flynn Warren B. Sawate, Audrian K. Tam, Allen Ahoy D. Weis, Jerlon Ralph B.	Coach: Lapeña, Roselyn Ann C. Co-coach: Codnita, Christianne Joyce L. Trainer: Lapeña, Randy B.
Chess -Boys	De Luna, Bon Vincent Marzan, Jerome M.	Coach: Flordeliza, Lorena C. Co-Coach: Gaco, Editha P.
Chess -Girls	Bolwa, Melafior L. Luces, Justine Jade	Coach: Diguel, Junar M. Co-coach: Moling, Jonalyn M.
Dance Sports	De Lara, Krishalyn B. Erese, Robert Angeila M. Guilengen, Juliana Joyce P. Sales, James Edric T.	Coach: Calara, Sandra C.
Kadang-kadang	Bullod, Renz Shadrach A. Cay-uhen, Jasam D. Liis, Shawn Michael B. Massagan, Jorem S. Oyama, TJ N.	Coach: Nasitem, Carmelita B. Co-coach: Otinguey, Rona O.
Sepak Takraw	Desot, Keith Shagman, Rasheed Orina, Justin Padre, JB Hearthe Medrano, Aaron	Coach: Dalisdis, Jason C. Co-coach: Lacaden, Glory G.
Swimming-Boys	Colas, Chass Mhaiven N. Rafanan, Justin	Coach: Maria Magdalena C. Balao Co-Coach: Galbis, Ryan Christian S.
Swimming-Girls	Fernandez, Marian Nawew, Rhianne Kyle	


	Quiroz, Gabrienne	
Table Tennis -Boys	Abalos, Jericho Dangarang, Trent Orpia, Jayniel Tabat, Darrien	Coach: Boyucan, Raymond G.
Table Tennis -Girls	Cabrera, Christine Estanio, Jeslyn Estanio, Josella Vhonne, Zate Guia	Coach: Abenoja, Millette A. Trainer: Lino, Fredilex D.
Taekwondo	Baguec, Omar Olivias III	Coach: Siblagan, Antonio L.
Volleyball - Boys	Yamoyam, Rylle C. Eguid, Johnzyn G. Damian, Dustine Jade D. Callejo, John Denver M. Alcarion, Anthony B. Dominguez, Chris Leonard B. Diclas, Nickson T. Depaynos, Lhander John L. Balila, Kirt Ivan M. Chacapna, Isaiah B. Federis, Carlo C. Diano Jr., Oscar D.	Coach: Cuyangoan, Bimbo Q.
Volleyball - Girls	Cristino, Danica Vernise B. Patong, Elyza May S. Bernaldo, Mexie Grail D. Akitan, Graisel Mae P. Licpaen, Shanlyn D. Pacio, Manuella I. Vilad, Lira O. Basilio, Esther Joy S. Lagunilla, Annika G. Fawagan, Novelin S. Narvasa, Rhondale Brooke G. Quita, Amanda	Coach: Polled, Liza L. Co-Coach: Mayocycoc, Willard Chaperon: Tongayab, Dawn F.

Prepared:


MARIA MAGDALENA C. BALAO
North Quezon District Sports Coordinator

Noted:


JACKSON T. CAYA-OS
District Sports Focal Person


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Public Schools District Supervisor
North Quezon District