



# Quality Form

## MEMORANDUM



Document Code: TLF-OSDS

Revision: 00

Effectivity date: 08-20-2018

Name of Office:

**OSDS**

DIVISION OFFICE

BAGUIO CITY

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

No. 86, s. 2020

FEB 03 2020  
January 31, 2020

RELEASED

### **SPORTS PROMOTION INCLUSIVITY AND INNOVATION IN PREPARATION FOR 2020 CARAA MEET**

To: Public Schools District Supervisors  
Public Elementary and Secondary Schoolheads  
Private Elementary and Secondary Schoolheads  
School Health and Nutrition Section Personnel  
2020 CARAA Coaches  
All others cornered

1. In preparation for the 2020 CARAA Meet, there will be a training on **FEBRUARY 5-6, 2020** from **8:00am to 5:00pm** at **SDO TRAINING CENTER**.

2. The training aims to:

a. Equip coaches and medical-dental team with practical knowledge and skills on sports psychology, nutrition and preventive measures on sport injuries;

b. Mainstream gender and development, child protection and anti-bullying between and among student-athletes and coaches; and

c. Imbibe participants with the right values and sportsmanship.

3. The following documents are enclosed for reference:

a. Enclosure No. 1: List of participants of the training workshop

b. Enclosure No. 2: Training Matrix

4. In the absence of the coaches who are attending the activity on the said dates, the **assistant coaches, chaperons, trainers and overseers** should facilitate in the afternoon trainings of the athletes.

5. Wide and immediate dissemination of this memorandum is desired.

**MARIE CAROLYN B. VERANO, CESO VI**  
Schools Division Superintendent

Encl.: As stated

Reference: N o n e

To be indicated in the Perpetual Index  
under the following subjects:

SPORTS  
ATHLETICS  
TRAINING

**Quality Form****MEMORANDUM**Document Code: TLF-OSDS  
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**OSDS**Enclosure No. 1 to Division Memorandum No. 86, s. 2020**PARTICIPANTS OF THE TRAINING**

	<b>NAME</b>	<b>DESIGNATION</b>	<b>SCHOOL</b>
1	<b>ABELLADA, ARIEL R</b>	TENNIS SEC G COACH	BAGUIO CITY HS-MAIN
2	<b>AGACER, JOEY ERIC P</b>	BASKETBALL SEC G COACH	BAGUIO CITY HS-MAIN
3	<b>AGPAD, JUNALYN A</b>	GYMNASTICS ELEM MAG COACH	SAN VICENTE ES
4	<b>ALACYANG, JANICE D</b>	SPECIAL EVENTS ATHLETICS G COACH	BAGUIO SPED CENTER
5	<b>ALBIN, JENNIFER D</b>	BADMINTON ELEM B COACH	DOÑA NICASIA J. PUYAT ES
6	<b>ALICPOS, MARLON A</b>	PENCAK SILAT SEC B COACH	MIL-AN NHS
7	<b>ALVEZ, RONALDO B</b>	CHESS SEC G COACH	UNIVERSITY OF BAGUIO HS
8	<b>AMBAKED, GILFORD P</b>	ATHLETICS ELEM G COACH-FIELD	CAMP 7 ES
9	<b>ANAYASAN, SAXTON V</b>	SOFTBALL SEC G COACH	BAGUIO CITY HS-MAIN
10	<b>BAB-ANGA, YEHLLEN B</b>	MUAYTHAI ELEM B&G COACH	ANDRES BONIFACIO ES
11	<b>BANGTOWAN, DOROTHY P</b>	GYMNASTICS ELEM WAG COACH	SAN VICENTE ES
12	<b>BASALI, CHARLIE B</b>	SPECIAL EVENTS ATHLETICS F COACH	BAGUIO SPED CENTER
13	<b>BASALLO, ROY P</b>	SWIMMING SEC G COACH	STI COLLEGE-BAGUIO
14	<b>BASSIT, JOCELYN T</b>	TENNIS ELEM B COACH	PACDAY QUINIO ES
15	<b>BAYOG, RENEVICK C</b>	TAEKWONDO ELEM G COACH	UNIVERSITY OF BAGUIO
16	<b>BOCALAN, ARISTON C</b>	FOOTBALL SEC B & FUTSAL SEC G COACH	BAGUIO CITY HS-MAIN
17	<b>BOYUCAN, RAYMOND G</b>	TABLE TENNIS ELEM B COACH	FORT DEL PILAR ES
18	<b>BUBAN, ROSALIE D</b>	GYMNASTICS SEC RG COACH	PHILIPPINE SCIENCE HS - CAR
19	<b>CANOMA, JOCELYN C</b>	ATHLETICS ELEM G COACH-TRACK	PINSAO ES
20	<b>CARANTO, RICHARD B</b>	TABLE TENNIS ELEM G COACH	ELPIDIO R. QUIRINO ES
21	<b>CASTILLO, ALFRED MARK D</b>	CHESS ELEM B COACH	SAINT LOUIS UNIVERSITY LES
22	<b>CAYAT, JOSE JR A</b>	BUNONG BRASO SEC B COACH	PINGET NHS
23	<b>CAYSO, ARNOLD S</b>	PENCAK SILAT SEC G COACH	PINGET NHS
24	<b>CAYSO, MARICRIS M</b>	ARNIS ELEM B COACH	ELPIDIO R. QUIRINO ES
25	<b>CAYSO, ORDEN V</b>	ARNIS ELEM G COACH	ELPIDIO R. QUIRINO ES
26	<b>CHOMAWIN, JAQUILINE N</b>	GYMNASTICS ELEM RG COACH	APOLINARIO MABINI ES
27	<b>CLAVE, REBECCA B</b>	SWIMMING ELEM B COACH	APOLINARIO MABINI ES
28	<b>COMPAY, ARLENE F</b>	SPECIAL EVENTS ATHLETICS G COACH	BAGUIO SPED CENTER
29	<b>DACAIMAT, PEPITO D</b>	TENNIS SEC B COACH	BAGUIO CITY HS-MAIN
30	<b>DACSIG, DOMINIC D</b>	SEPAK TAKRAW SEC G COACH	HAPPY HOLLOW NHS



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31	<b>DALOG, CHRISTIAAN ALEXANDER K</b>	CHESS SEC B COACH	BAGUIO CITY HS-MAIN
32	<b>DE GUZMAN, CHERRY PIE D</b>	BADMINTON ELEM G COACH	DOÑA NICASIA J. PUYAT ES
33	<b>DE GUZMAN, FRANK LLOYD D</b>	DANCESPORTS ELEM COACH	BAGUIO CENTRAL SCHOOL
34	<b>DE JESUS, RHEA R</b>	AEROGYMNASTICS ELEM COACH	BAGUIO SPED CENTER
35	<b>DICOS, RYAN PAUL T</b>	BASKETBALL 3X3 SEC G COACH	SAINT LOUIS UNIVERSITY LABORATORY HS
36	<b>DUMANAS, FRANCIS LEE N</b>	BILLIARDS SEC B COACH	BAGUIO CITY HS-MAIN
37	<b>ECIJAN, EDUARDO JR S</b>	BASKETBALL ELEM B COACH	LUCBAN ES
38	<b>EMILIANO, BERTO JR C</b>	SWIMMING SEC B COACH	PINSAO NHS
39	<b>ERPELO, HELEN B</b>	FUTSAL ELEM G COACH	CRYSTAL CAVE ES
40	<b>ESLAY, APRIL M</b>	SWIMMING ELEM G COACH	LUCBAN ES
41	<b>FELIX, REX C</b>	ATHLETICS SEC G COACH-TRACK	BAGUIO CITY HS-MAIN
42	<b>FLORES, AARON P</b>	ATHLETICS SEC B COACH-FIELD	BAGUIO CITY HS-MAIN
43	<b>FLORES, JOEL</b>	BASKETBALL SEC B COACH	UNIVERSITY OF BAGUIO
44	<b>FLORESCA, SHERRY ANN G</b>	VOLLEYBALL SEC G COACH	UNIVERSITY OF THE CORDILLERA
45	<b>FOMAN-EG, ANDRE DEAN D</b>	ARNIS SEC B COACH	SAN VICENTE NHS
46	<b>GAM-AD, NICODEMUS L</b>	WRESTLING SEC B COACH	IRISAN NHS
47	<b>HONGITAN, JOHN P</b>	ARCHERY SEC G COACH	BAGUIO CITY HS-MAIN
48	<b>LACADEN, GLORY G</b>	SEPAK TAKRAW ELEM B COACH	HAPPY HOLLOW ES
49	<b>LAPEÑA, RAFAEL B</b>	BASEBALL SEC B COACH	BAGUIO CITY HS-MAIN
50	<b>LASDACAN, DELFIN G</b>	BILLIARDS SEC G COACH	BAGUIO CITY HS-MAIN
51	<b>LINGWAYON, JOSHUA</b>	MUAYTHAI SEC B&G COACH	MIL-AN NHS
52	<b>MADONGIT, CHESTER B</b>	ATHLETICS ELEM B COACH-FIELD	ANDRES BONIFACIO ES
53	<b>MALECDAN, DARE L</b>	WUSHU SEC G COACH	UNIVERSITY OF BAGUIO HS
54	<b>MARTIN, RUDY P</b>	TENNIS ELEM G COACH	ELPIDIO R. QUIRINO ES
55	<b>MAYOS, BERNADETTE P</b>	SPECIAL EVENTS SWIMMING G COACH	BAGUIO SPED CENTER
56	<b>MUNAR, JEFFREY T</b>	SPECIAL EVENTS BOCCE F COACH	BAGUIO SPED CENTER
57	<b>NASITEM, CARMELITA B</b>	KADANGKADANG ELEM B COACH	SPRINGHILLS ES
58	<b>NATIOLA, PEEJAY</b>	DANCESPORTS COACH	UNIVERSITY OF THE CORDILLERAS
59	<b>NOBRES, MOSES P</b>	ARNIS SEC G COACH	SAN VICENTE NHS
60	<b>OGLAYON, ARNOLD M</b>	TAEKWONDO ELEM B & SEC B&G COACH	UNIVERSITY OF BAGUIO
61	<b>OGOY, MERANIE B</b>	BADMINTON SEC B COACH	BAGUIO CITY HS-MAIN
62	<b>OLAT, REYNANTE P</b>	SPECIAL EVENTS ATHLETICS F COACH	BAGUIO SPED CENTER
63	<b>PA-AS, DARWIN B</b>	TABLE TENNIS SEC G COACH	BAGUIO CITY HS-MAIN



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64	<b>PACALSO, ALEJO L</b>	SOFTBALL ELEM G COACH	APOLINARIO MABINI ES
65	<b>PAGADUAN, DANIEL D</b>	BASEBALL ELEM B COACH	DOÑA AURORA ES
66	<b>PALBUSA, MARIE BETH Y</b>	SPECIAL EVENTS SWIMMING F COACH	BAGUIO SPED CENTER
67	<b>PARAYAO, RHEA MAY R</b>	WUSHU SEC B COACH	BAGUIO CITY HS-MAIN
68	<b>PARISTA, ARLON P</b>	VOLLEYBALL ELEM B COACH	APOLINARIO MABINI ES
69	<b>PASCADEN, JASON W</b>	SEPAK TAKRAW SEC B COACH	BAGUIO CITY HS-MAIN
70	<b>RAGOS, RENANTE F</b>	TABLE TENNIS SEC B COACH	BAGUIO CITY HS-MAIN
71	<b>RECEL, JANET JOY M</b>	AEROGYMNASTICS SEC COACH	BAGUIO CITY HS-MAIN
72	<b>RODILLAS, NORBERTO P</b>	VOLLEYBALL ELEM G COACH	JOSEFA CARIÑO ES
73	<b>SAKIBAN, JONEL D</b>	BADMINTON SEC G COACH	UNIVERSITY OF BAGUIO
74	<b>SALAZAR, NIDIE V</b>	SPECIAL EVENTS BOCCE G COACH	BAGUIO SPED CENTER
75	<b>SALINGBAY, REYNALDO W</b>	BOXING SEC B COACH	DOÑA AURORA NHS
76	<b>SAMONTE, RACHEL L</b>	SPECIAL EVENTS ATHLETICS & GOALBALL G&B COACH	BAGUIO SPED CENTER
77	<b>SANSANO, ERROL BYRON C</b>	ATHLETICS SEC B COACH-TRACK	BAGUIO CITY HS-MAIN
78	<b>SANTOS, FLORA L</b>	GYMNASTICS SEC WAG COACH	BAGUIO CITY HS-MAIN
79	<b>SEVILLA, MARY ANN L</b>	CHESS ELEM B COACH	DOÑA NICASIA J. PUYAT ES
80	<b>SOLIVEN, APOLINARIO JR G</b>	GYMNASTICS SEC MAG COACH	BAGUIO CITY HS-MAIN
81	<b>SUGOT, JOSE JOJO JR P</b>	ATHLETICS ELEM B COACH-TRACK	APOLINARIO MABINI ES
82	<b>TABELIN, NICOMEDES T</b>	FOOTBALL ELEM B COACH	MANUEL L. QUEZON ES
83	<b>TADEO, SAMUEL</b>	BASKETBALL 3X3 SEC B COACH	SAINT LOUIS UNIVERSITY LABORATORY HS
84	<b>TANAWE, ISABEL D</b>	SPECIAL EVENTS ATHLETICS & GOALBALL G&B COACH	BAGUIO SPED CENTER
85	<b>TOGMOY, ANNE MICHELLE A</b>	SPECIAL EVENTS ATHLETICS & GOALBALL G&B COACH	NORTHERN LUZON SCHOOL FOR THE VISUALLY IMPAIRED
86	<b>TOLENTINO, ALFRED E</b>	ATHLETICS SEC G COACH-FIELD	BAGUIO CITY HS-MAIN
87	<b>TOLENTINO, CLARISSA U</b>	VOLLEYBALL SEC B COACH	UNIVERSITY OF THE CORDILLERAS
88	<b>TORRES, LILY JOY B</b>	WRESTLING SEC G COACH	IRISAN NHS
89	<b>YANGYANG, BEARENCE S</b>	ARCHERY SEC B COACH	BAGUIO CITY HS-MAIN
90	<b>AFIDCHAO, SUNDUNZE D</b>	DENTAL AIDE	BAGUIO CITY HS-MAIN
91	<b>ANANAYO, ROY A</b>	DENTIST II	SDO
92	<b>ANDRADA, MARIA LORETO L</b>	DENTIST I	SDO
93	<b>BONAYAO, SUNSHINE C</b>	DENTIST I	SDO
94	<b>CADAWAN, CYNTHIA S</b>	NURSE II	SDO
95	<b>CARIÑO, SHYRAGAIL L</b>	NURSE II	SDO
96	<b>CASTRO, JOY N</b>	NURSE II	SDO
97	<b>CLEMENTE, MANUEL S</b>	DENTAL AIDE	SDO
98	<b>CONGE, WALLY JOLLY N</b>	DENTIST II	SDO



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Enclosure No. 2 to Division Memorandum No. 86, s. 2020

### TRAINING MATRIX

Time	Activity/Session	Method	Focal Person/Speaker
<b>February 5, 2020</b>		Facilitator: Asuncion C. Saguid	
7:15 AM – 8:00 AM	Registration		Training Team
8:00 AM – 8:35 AM	Opening Program <i>Nationalistic Song</i> <i>Prayer</i> <i>Roll Call</i> <i>Energizer</i> <i>House Rules</i> <i>Statement of Purpose</i> <i>Opening Remarks</i>		Training Team
8:35 AM – 8:45 AM	Pre test		
8:45 AM – 10:00 AM	The Developing Athlete: The Changes we Don't See (Physiologically, Skeletal and Psychological)	Lecture	Jesus V. Sison
10:00 AM – 10:15 AM	HEALTH BREAK		
10:15 AM – 12:00 NN	Gender-Specific Developmental Concerns for Boys and Girls	Lecture	Jesus V. Sison
12:00 NN – 1:00 PM	LUNCH BREAK		
1:00 PM – 3:00 PM	Nutrition to Enhance Performance	Lecture	Jesus V. Sison
3:00 PM – 3:15 PM	HEALTH BREAK		
3:15 PM – 5:00 PM	Preparing for the Sports-Season: Muscular Conditioning and Strength Training	Lecture	Jesus V. Sison



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99	<b>DE VERA, EDDAH GRACE B</b>	NURSE II	SDO
100	<b>DE VERA, JOJIT F</b>	NURSE II	SDO
101	<b>DELA CRUZ, RUFINA GRACIA M</b>	MEDICAL OFFICER IV	SDO
102	<b>DELOS SANTOS, SOPHIA T</b>	NURSE II	PINES CITY NHS
103	<b>DONAAL, BEVERLY G</b>	NURSE II	BAGUIO CITY HS-MAIN
104	<b>GAZMEN, DENNIS M</b>	DENTAL AIDE	SDO
105	<b>GERVERO, MARIVIC M</b>	NURSE II	BAGUIO CITY HS-MAIN
106	<b>GODOY, ALJETCORTEZ C</b>	DENTAL AIDE	PINES CITY NHS
107	<b>LABAN, JILL M</b>	NURSE II	SDO
108	<b>MANZANO, EVANGELINE C</b>	NURSE II	BAGUIO CITY HS-MAIN
109	<b>MAQUILING, RANDEL A</b>	NURSE II	BAGUIO CITY HS-MAIN
110	<b>MATULAY, HONORIO L</b>	DENTAL AIDE	SDO
111	<b>MONTEMAYOR, MARY ANN G</b>	NURSE II	SDO
112	<b>ORPIANO, JENNY P</b>	DENTIST I	PINES CITY NHS
113	<b>ORPILLA, JOWELLREY J</b>	NURSE II	SDO
114	<b>PALASI, BRIGITTE D</b>	NURSE II	BAGUIO CITY HS-MAIN
115	<b>REPALDA, ANNA MELISSA C</b>	MEDICAL OFFICER III	PINES CITY NHS
116	<b>SINOT, ROGER JR</b>	MEDICAL OFFICER III	BAGUIO CITY HS-MAIN
117	<b>TANO, ALMA VISSIA B</b>	NURSE II	SDO
118	<b>TAULI, MARIA MICHELLE A</b>	DENTIST II	PINES CITY NHS
119	<b>TOTAAN, AGNES O</b>	NURSE II	SDO
120	<b>URSABIA, JULIET A</b>	NURSE II	SDO
121	<b>BANGSE-IL, ARIAN C</b>	PDO I	SDO
122	<b>BAB-ANGA, SAMUEL F</b>	PDO I	SDO



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Time	Activity/Session	Method	Focal Person/Speaker
<b>February 6, 2020</b>		Facilitator: Nurse Agnes O. Totaan	
7:15 AM – 8:00 AM	Registration		Training Team
8:00 AM – 8:30 AM	MOL		To be assigned
8:30 AM – 10:00 AM	Recognizing and Preventing Common Sports Injuries Part I: Overuse Injuries Part II: Upper Body Injuries Part III: Lower Body Injuries	Lecture	Jesus V. Sison
10:00 AM – 10:15 AM	HEALTH BREAK		
10:15 AM – 12:00 NN	...continuation...		
12:00 NN – 1:00 PM	LUNCH BREAK		
1:00 PM – 3:00 PM	Workshop on Taping; Workshop on Dynamic Stretching	Lecture Demonstration Return Demonstration	Jesus V. Sison
3:00 PM – 3:15 PM	HEALTH BREAK		
3:15 PM – 4:30 PM	Protecting the Coach and the Student-Athlete: A Discussion on Anti-Sexual Harassment	Lecture	Jesus V. Sison
4:30 PM – 4:45 PM	Post test		
4:45 PM – 5:00 PM	Closing Program <i>Challenge and Closing Remarks</i> <i>Acceptance of Challenge</i> <i>Closing Prayer</i>		To be assigned