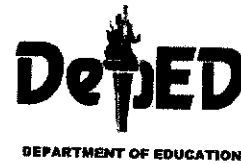




Republika ng Pilipinas
KAGAWARAN NG EDUKASYON
REHIYON XI
Lungsod ng Dabaw
Tanggapang Panrehiyon



Address: F. Torres Street, Davao City (8000)

website address: [http:// www.region11.dep.gov.ph](http://www.region11.dep.gov.ph)

Telefax Nos. (082); 227-1102; 225-8495; 221-9428; 227-0943; 227-8025; 222-0941; 221-1210; 221-8495; 227-9342; 221-6147; 225-0816

July 20, 2018

REGIONAL MEMORANDUM

No. 145, s. 2018

REGIONAL TRAINING OF COACHES

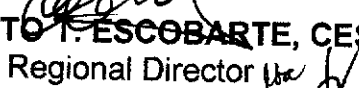
To: Schools Division Superintendents
Assistant Schools Division Superintendents
Division Sports Coordinator

1. Relative to DepEd Order No. 43, s. 2016 regarding the Implementing Rules and Regulations of Republic Act No. 10588 of the Palarong Pambansa Act of 2013, and in preparation for the hosting of the Palarong Pambansa in 2019, this Office announces the Regional Training of Coaches on August 17-19, 2018 at the Davao City National High School, F. Torres St., Davao City.
2. The objectives of this training are the following;
 - a. capacitate the school's division coaches on the current trends scientific coaching, and training techniques in their respective sports discipline.
 - b. orient coaches on the updates and rules on the different sports events to avoid further problems during competition proper.
 - c. discuss thoroughly the updated guidelines on the sports development program (SDP) of Region XI.
3. Participants in this live-out training are winning coaches during the Division and Regional Meets and accredited technical officials and coaches.
4. Enclosed are the following documents for your reference:

Enclosure No. 1 – List of Person Responsible per Sports Event
Enclosure No. 2 – List of Facilitators per Sports Event and Technical Working Committee Members
5. The participants are advised to:
 - a. bring materials and sports equipment needed during the training
 - b. come in sports attire
 - c. attend all sessions on time
6. This Office further informs the granting of Service Credits/Compensatory Overtime Credits to the Coaches, Trainers and the Working Committee

Members for the services rendered during the dates that fall on Saturday, Sunday, holiday, and christmas /summer vacation in line with their participation to training subject to the existing CSC and CSC-DBM Joint Circular No. 2, s. 2004 or non-monetary remuneration for the overtime services rendered.

7. Travel and per diem of the participants including trainers/facilitators, technical working group and person responsible for monitoring shall be charged to local funds/school MOOE while food of the trainers and management shall be charged to Regional Funds (HRTD Funds) all subject to the usual accounting and auditing rules and regulations.
8. Immediate dissemination and compliance with this Memorandum is desired.


ATTY. ALBERTO T. ESCOBARTE, CESO III
Regional Director

Encl.: as stated
Reference:

DepEd Order No. 43, s. 2016
R.A. 10588 – Palarong Pambansa Act of 2013

DEPARTMENT OF EDUCATION ROXI
RECORDS SECTION
RELEASED
By: 901607-4149
Date: 7/20/16 Time: 4:41 PM

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

SPORTS

TEACHERS

TRAINING PROGRAMS

ROC17/iba/CLMD

Enclosure No. 1 of Regional Memorandum No. _____ s. 2018

**LIST OF PERSON IN CHARGE IN MONITORING AND EVALUATION
PER SPORTS EVENT**

Isaias E. Maghuyop – - - - Softball, Baseball, & Wrestling
Division Sports Supervisor
Tagum City

Apolinario D. Macabulos - - - - Boxing, Archery, & Futsal
Division Sports Supervisor
Panabo City

Liezl J. Moquia - - - - SPED Events
Division Sports Supervisor
Davao Del Norte

Bernabe M. Basilisco - - - - Sepak Takraw, & Table Tennis
Division Sports Supervisor
Davao Oriental

Teofilo C. Responte - - - - Basketball, & Chess
Division Sports Supervisor
Mati City

Dexter Cequiña - - - -Gymnastics, Aero-Gym & Dancesports
Division Sports Supervisor
COMVAL

Rodrigo M. Melay - - - - Football & SPED Events
Division Sports Supervisor
Davao Occidental

Herman Aldous R. Bodikey - - - -Wushu & Taekwondo
Division Sports Supervisor
Davao Del Sur

Eppie Grace E. Presto - - - -Athletics & Tennis
Division Sports Supervisor
DigosCity

Arlene M. Lubrano - - - - Swimming & Badminton
Division Sports Supervisor
IGACOS

Bernabe Alicaya - - - - Volleyball & Billiards
Division Sports Coordinator
Davao City

LIST OF SPORTS EVENT FACILITATORS

No.	Sports/Event	Name of Technical Official	Division
1	Archery	Bernard Eugenio	Davao Del Norte
2	Arnis	Efren Butlig	Davao City
3	Athletics	Angelito Amaro	Davao del Sur
4	Athletics	Jude Corrales	Davao City
5	Badminton	Ma. Riza Quicoy	Davao City
6	Badminton	Rehuel Fabillar	Digos City
7	Baseball	Alvin Tan	Mati City
8	Basketball	Oscar Salvador	Davao City
9	Billiard	May Giselle D. Gomez	Davao City
10	Boxing	Nathaniel A. Ballerda	Davao del Sur
11	Chess	Niño Aton	Davao City
12	Football	Brian Benegian	Davao del Norte
13	Futsal	Kevin Rondel O. Yatan	Davao City
14	Gymnastics	Venancio Lumen	Davao Occidental
15	Gymnastics	Flordeliza Atillo	Davao City
16	Sepak Takraw	John Expe Satinitigan	Mati City
17	Sepak Takraw	Richel M. Laboy	Davao City
18	Softball	Rosemarie Cafe	Compostela Valley
19	Swimming	Ross Chito Palo	Tagum City
20	Swimming	Cesar Esmale	Davao City
21	Table Tennis	Rex C. Sayson	Digos City
22	Table Tennis	Jeremy Semic	Davao City
23	Taekwondo	Josette M. Asilo	Compostela Valley
24	Taekwondo	Marlon Bernados	Davao City
25	Tennis	Edgar L. Cabuenas	Mati City
26	Tennis	Rahyan D. Pugosa	Mati City
27	Volleyball	Reggie Eugenio	Tagum City
28	Volleyball	Michael Sol S. Bingham	Davao City
29	Wrestling	Rechillo Ates Benito	Davao Oriental
30	Wushu	Roderick Gambong	Davao City
31	Dancesports	June Delute	Davao City

List of Technical Working Committee Members

A. Documentation

1. Margrita L. Laborte – Department Head MAPEH, Davao City National High School

B. Stage Preparation, Hall Preparation, Restoration, and Sound System

1. Jonna P. Corrello – Davao City National High School, F. Torres St., Davao City
2. John Riv Akiatan – Davao City National High School, F. Torres St., Davao City

C. Attendance and Certificates

1. Mardy P. Delalamon, Ed.D. – Davao City National High School

D. Room (Breakout Session and Accommodation In charge)

1. Khaskie O. Clerigo – Davao City National High School

E. Program and Communication

1. Jerome D. Delalamon – Davao City National High School

SESSION EVALUATION

(To be administered every after a session)

Session Topic: _____

Session Facilitator: _____

Date: _____

Directions: Rate the session and the facilitator using the rating scale. Put a check/tick under the column of your response.

1. Session started on time				
2. Session ended on time				
3. Topic was relevant to our work				
4. Objectives of the session were achieved				
5. Activities were congruent to objectives				
6. Activities were appropriate for adult learners				
7. Participants were engaged in activities				
8. Learning materials were relevant				
9. Learning materials were adequate				
10. Learning materials were given on time				
11. Time allotment for the topic was adequate				
THE FACILITATOR				
1. Facilitator exhibited mastery of the topic				
2. Facilitator expressed ideas clearly				
3. Facilitator asked stimulating questions				
4. Facilitator processed questions and responses to deepen learning				
5. Facilitator was sensitive to the participants' mood				
6. Facilitator maintained positive learning environment				
7. Facilitator observed proper attire				
8. Facilitator was able to firm up attainment of objectives of the session				

What is your most significant learning for the day?

What will you do differently, given your learning?

How can the session be improved, if at all?



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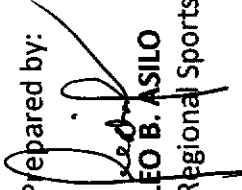
THREE DAY SPORTS TRAINING MATRIX FOR COACHES

Day/Date/Time	Activities/Topic	Person In-Charge	Venue
Day-01 Date: 8:00 – 9:00	Registration of Participants	Technical Working Group A. Documentation Margrita L. Laborte – Davao City NHS B. Stage Preparation, Hall Preparation, Restoration, and Sound System 1. Jonna P. Corredo – Davao City NHS 2. John Riv Akiatan – Davao City NHS 3. Nazareno S. Porras – Davao City NHS C. Attendance and Certificates 1. Mardy P. Delalmon, Ed.D. – Davao City NHS D. Room (Breakout Session and Accommodation in charge) 1. Khaskie O. Clerigo – Davao City NHS 2. Oscar Little Aton – Davao City NHS E. Program and Communication 1. Jed I. Bete – Davao City NHS 2. Jerome D. Delalmon – Davao City NHS	Davao City National High School Gym
9:00-10:00	Plenary session - Opening program / Orientation	Bernabe Alicaya Division Sports Coordinator Davao City	Davao City National High School Gym
10:00 – 12:00	Parallel session by Sports Discipline Developing Coaching Philosophy	Rodrigo M. Melay Division Sports Supervisor	Davao City National High School Gym

	<p>a. Coaching Objectives b. Coaching Styles Workshop</p>	<p>Davao Occidental</p>	
<p>1:00 – 5:00pm</p>	<p>Sport Specific Training (SST) Athletics, Archery, Arnis, Badminton, Baseball, Basketball, Chess, Dance Sports, Football/Futsal, Gymnastic, Softball, Taekwondo, Table Tennis, Tennis, Volleyball, Swimming, and etc. Practicum</p>	<p>Lunch Break Isaias E. Maghuyop Softball, Baseball, & Wrestling Apolinario D. Macabulos Boxing, Archery, & Futsal Liezl J. Moquia SPED Events Bernabe M. Basilisco Sepak Takraw, & Table Tennis Teofilo C. Responde Basketball, & Chess Dexter Cequiña Gymnastics, Aero-Gym & Dancesports Rodrigo M. Melay Football & SPED Events Herman Aldous R. Bodikey Wushu & Taekwondo Eppie Grace E. Presto Athletics & Tennis Arlene M. Lubrano Swimming & Badminton Bernabe Alicaya Volleyball & Billiards</p>	<p>Davao City National High School Gym</p>
<p>Day -02 Date:</p>			
<p>8:00-10:00</p>	<p>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</p>	<p>Liezl J. Moquia Division Sports Supervisor Davao Del Norte</p> <p>Arlene M. Lubrano Division Sports Supervisor IGACOS</p>	<p>Davao City National High School Gym</p>
<p>10:00 – 12:00</p>	<p>Parallel Session by sports discipline 1. Risk Management – Sports Injuries, Prevention, First Aid, and Rehabilitation.</p>		
<p>12:00 – 1:00</p>	<p>Sport Specific Training (SST) by SPORTS EVENTS Athletics, Archery, Arnis, Badminton, Baseball, Basketball, Chess, Dance</p>	<p>LUNCH BREAK Isaias E. Maghuyop Softball, Baseball, & Wrestling Apolinario D. Macabulos Boxing, Archery, & Futsal Liezl J. Moquia SPED Events Bernabe M. Basilisco Sepak Takraw, & Table Tennis</p>	<p>Davao City National High School</p>
<p>1:00 – 5:00</p>			

	Sports, Football/Futsal, Gymnastic, Softball, Taekwondo, Table Tennis, Tennis, Volleyball, Swimming, and etc. Practicum	Teofilo C. Responde Dexter Cequiña Rodrigo M. Melay Herman Aldous R. Bodikey Eppie Grace E. Presto Arlene M. Lubrano Bernabe Alicaya	Basketball, & Chess Gymnastics, Aero-Gym & Dancesports Football & SPED Events Wushu & Taekwondo Athletics & Tennis Swimming & Badminton Volleyball & Billiards	Gym
10:00-12:00 1:00-5:00	Parallel session by Sports Discipline Sports Pedagogy a.1 Planning for Teaching a.2 How Athletes Learn a.3 Teaching Sports Skills Workshop	Rodrigo M. Melay Division Sports Supervisor Davao Occidental	Davao City National High School Gym	
Day 03 Date: 8:00-10:00 Day 3	Plenary Session - 1. How Athletes Learn 2. Teaching Sports Skills 3. Workshop Coaches Code of Ethics 4. Sports Psychology	Isaias E. Maghuyop Division Sports Supervisor Tagum City	Davao City National High School Gym	
10:00 – 12:00	Sport Specific Training (SST) by SPORTS EVENTS Athletics, Archery, Arnis, Badminton, Baseball, Basketball, Chess, Dance Sports, Football/Futsal, Gymnastic, Softball, Taekwondo, Table Tennis, Tennis, Volleyball, Swimming, and etc. Practicum	Isaias E. Maghuyop Apolinario D. Macabulos Liez J. Moquia Bernabe M. Basilisco Teofilo C. Responde Dexter Cequiña Rodrigo M. Melay Herman Aldous R. Bodikey Eppie Grace E. Presto Arlene M. Lubrano Bernabe Alicaya	Softball, Baseball, & Wrestling Boxing, Archery, & Futsal SPED Events Sepak Takraw, & Table Tennis Basketball, & Chess Gymnastics, Aero-Gym & Dancesports Football & SPED Events Wushu & Taekwondo Athletics & Tennis Swimming & Badminton Volleyball & Billiards	Davao City National High School Gym
12:00 – 1:00 1:00-3:00	SPORTS SPECIFIC TRAINING by EVENT Athletics, Archery, Arnis, Badminton, Baseball, Basketball, Chess, Dance Sports, Football/Futsal, Gymnastic, Softball, Taekwondo, Table Tennis, Tennis, Volleyball, Swimming, and etc	LUNCH FACILITATORS AND TRAINERS	LUNCH	Davao City National High School Gym

3:00 – 4:00	Demonstration/Presentation of Learnings by Sports Event	<p style="text-align: center;">Bernabe M. Basilisco Division Sports Supervisor Davao Oriental</p> <p style="text-align: center;">Technical Working Group</p> <p>A. Documentation Margrita L. Laborte – Davao City NHS</p> <p>B. Stage Preparation, Hall Preparation, Restoration, and Sound System 1. Jonna P. Corredo – Davao City NHS 2. John Riv Akiatan – Davao City NHS 3. Nazareno S. Porras – Davao City NHS</p> <p>C. Attendance and Certificates 1. Mardy P. Delalamon, Ed.D. – Davao City NHS</p> <p>D. Room (Breakout Session and Accommodation in charge) 1. Kaskie O. Clerigo – Davao City NHS 2. Oscar Little Aton - Davao City NHS</p> <p>E. Program and Communication 1. Jed I. Bete – Davao City NHS 2. Jerome D. Delalamon – Davao City NHS</p>	Davao City National High School Gym
4:00 – 5:00	Closing Program		

Prepared by:

LEO B. ASILO
 Regional Sports Coordinator