



Republic of the Philippines
Department of Education

Region V - Bicol

SCHOOLS DIVISION OFFICE OF CAMARINES NORTE



DIVISION MEMORANDUM

No. 072 s. 2024

To : Assistant Schools Division Superintendent
Chief SGOD
Education Program Supervisor-SGOD
Division Sports Officer
Schools District Supervisor
Elementary and Secondary School Heads
Sports Coordinator
All Others Concerned

From : *Crestito M. Morcilla*
CRESTITO M. MORCILLA, CESO V
Schools Division Superintendent

Subject: EMPOWERING COACHES: DIVISION-WIDE SPORTS TRAINING FOR ALL

Date: March 12, 2024

1. To prepare for the upcoming Palarong Bicol Meet 2024, slated for April 26, 2024 to May 4, 2024, selected coaches across various events will undergo training from March 15-17, 2024 at Eco Athletic Field and other designated venues.
2. The training aims to achieve the following objectives;
 - a. Elevate coaches' comprehension of fundamentals of sports, emphasizing ethical practices;
 - b. Enhance coaches' proficiency in executing technical actions and event-specific techniques; and
 - c. Empower coaches to foster holistic development of the athletes, both during and after athletic competitions.
3. Participants in this training will consist of winning coaches from the Palarong Panlalawigan 2024. For elementary, each district is required to send two (2) teacher-coaches per event while, secondary schools are expected to send two (2) participants.
4. Meals, travel and incidental expenses maybe charged to School MOOE/local funds subject to usual accounting and auditing rules and regulations. While the

supplies and materials shall be charged to the Camarines Norte Sports Coordinator Association funds.

5. All teacher participants are entitled to Service Credits while school heads/head teachers/non-teaching personnel shall be granted with the Compensatory Overtime Credit (COC).

6. Immediate dissemination of this Memorandum is desired.

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3 – Day Seminar Workshop in EMPOWERING COACHES: DIVISION –WIDE SPORTS TRAINING FOR ALL
 March 15 – 17, 2024

Time	Day 1	Persona Involved	VENUE
7:00 am – 8:30am	Registration	Technical Working Group	Eco Athletic Grandstand
8:30am – 9:30am	Opening Program	Technical Working Group, Guest and Participants	Eco Athletic Grandstand
9:30am – 11:30am	BREAK OUT SESSION – (TOPIC: SCHOOLS SPORTS CLUB ORIENTATION)	Participants and Resource Speakers Per Sports Event	Venue of Different Sports Event
11:30am – 12:00noon	Lunch Break		
1: 00pm – 4:00pm	Break out Session per Sports Event	Participants and Resource Speakers Per Sports Event	Venue of Different Sports Event
8:00am – 5:00pm	Day 2 Break out Session per Sports Event	Participants and Resource Speakers Per Sports Event	Venue of Different Sports Event
8:00am – 3:00noon	Day 3 Break out Session per Sports Event DEMO TEACHING(2 per Event)	Participants and Resource Speakers Per Sports Event	Venue of Different Sports Event
3:00pm	Closing Program by Event	Participants and Resource Speakers Per Sports Event	Venue of Different Sports Event

Prepared by:


NELSON R. GOMEZ
 Division School Sports Officer

Empowering Coaches: Division-Wide Sports Training for All
March 15-17, 2024

LIST OF SPEAKERS FACILITATORS AND TRAINING VENUES

SPORTS EVENT	SPEAKER'S COMPLETE NAME	FACILITATOR	TRAINING VENUE
ARNIS	Imelda A. Cuano	Henry Siquinza Roilan B. Villuna Maria Andrea M. Vasquez	CNNHS
	Roderick D. Barrios		
	Dan Jasper Ibis		
	Emmanuel Casano		
ARCHERY	Marvin Don P. Aloc	Dante C. Toledo, Marvin Don P. Aloc	CHUNG HUA
	Miraflor C. Lanzuela		
ATHLETICS	Rowena Barcia	Orlando Villaflores Hernando Gabo Dealyn Octa	ECO ATHLETIC FIELD
	Jorniel M. Abordo		
	Venus Lopez		
	Sally Borrez		
BADMINTON	Eunice C. Alejandro	Maite S. Abraham	ALAWIHAO NHS
	Kim Lester M. Cataroja		
	Jonathan Tulbeo		
BASEBALL	Glicerio Binaohan	John Surara (Dm Lukban Es)	MERCEDES HS
	Melquijades Apigo		
BASKETBALL	Roderick U. Quiñones	Margille Lyn Olalo Jizelle Factor	DAET ELEM
	Edwin Talla		
	Julius Victor Jamorabo		
	Dennis De Lemios		
	Nazer Archivido		
BILLIARDS	Benedict Orsolino	Manet L. Madi	MORENO IS
	Henry Patrick S. Dating		
BOXING	Vivien Lou E. Dating	Nikki V. Ilan	CNNHS
	Marc Angelo P. Palmones		
CHESS	Allan S. Rivarez/ Nikki V. Ilan	Ronadel M. Sureta	CONFERENCE HALL
	Lourdes Hazel Mago		
	Naida J. Sta. Catalina		
	Ronadel M. Sureta		
	Arvin Jude A. Abanes		
DANCESPORTS	Mylene C. Parlan	Amor C. Apuya	MORENO IS
	Jet Jasper Alto		
	Diana M. Villaflores		
	Melinda Llander		
FOOTBALL	Carmela A. Quiros	Merly Queñones	ALAWIHAO ES
	Tristan Roy Belen		
FUTSAL	Vena Joy R. Lopez	Janine D. Naino	DON S. CARRANCEJA MEM. SCHOOL
	Domingo B. Aquino Jr.		
	Editha E. Golpo		
GYMNASTICS AERO	Originald A. Weber	Joyly S. Rieza	JULIA B. ABILGOS ES
	Jaymar S. Marca		
GYMNASTICS MAG	Alelaine L. Lagamayo	Vivian B. Villania	JULIA B. ABILGOS ES
	Roland V. Barcena		
GYMNASTICS WAG	Ramon G. Canino Jr.	Annabel C. Molina	JULIA B. ABILGOS ES
	Elinor A. Baron		
GYMNASTICS RG	Anita J. Gadil	Samantha R. Archevido	JULIA B. ABILGOS ES
	Airine N. Flores		
PENCAK SILAT	Jhessa France A. Saludes	Ernalyn Gem Gem R. Pandi	MERCEDES HS
	Mark Anthony P. Asis		
	Jayson Pandi		
SEPAK TAKRAW	Jeremy Avellano	John Gerte S. Panotes Orleandro A. Alvarez	PANDAN ES
	Pia C. Aragon		
	Ivan David		
	Daryl J. Cama		
SOFTBALL	Juvan S. Bolocon	Jennifer R. Mago	MERCEDES HS
	Virgilio C. Cabanela		
	Liedelyn Meserilla		

SPED	Fred Baraquel	Michele R. Serrado Jhan Eymard Diezmo Ivy Julie Ann G. Valencia	ECO ATHLETIC FIELD
	Vanessa Juego		
	Leopoldo B. Bitara ,Jr.		
	Janice D. Quiñones		
SWIMMING	Ren May F Bron	Maureen D Barela	DAET ELEM
	Wilma A Sabales		
	Rommel B Calvario		
TABLE TENNIS	Ronald B. Saenz	Fernando E. Bernardo (Cnnhs)	MANTACBAC ES
	Sheila N. Madrid		
	Alexander Eco		
	Ronirick V. Alcantara		
TAEKWONDO	Eduardo E. Jarqui	Wedmer Hernandez Mary Grace Serrano Jabeth O. Campo	CNNHS
	Manuel E. Eboña Jr		
	Manuel Villareal		
	Aaron Yasis		
TENNIS	Marlon Magana	Rodel Icatlo Jeric B. Galleta	VBMHS/ Borabod Tennis Court
	Jaybee Villagracia		
	Gerardo Rafon		
	Maricel R. Asiao		
VOLLEYBALL	Jestone Balbaira	Rea Llaneta Joey Lagatuz	Daet ES
	Asuncion P. Girado		
	Vicente R. Medenilla		
	Cristina Robles		
	Annalie Carillo		
WRESTLING	John Roger G. Clemente	Jhon Christian M. Barbosa	Basud NHS - Main Campus
	Jhon Christian M. Barbosa		
	Liza B. Verdaluza		
WUSHU SANDA	Jenny Lyn J Arcega	Jenny Lyn J. Arcega Noel A. Palma Zailine C. Manata	BASUD NHS - Main Campus
	Noel A. Palma		
	Zailine C. Manata		

Prepared by:


NELSON R. GÓMEZ
 Division Sports Coordinator/ EPS-MAPEH