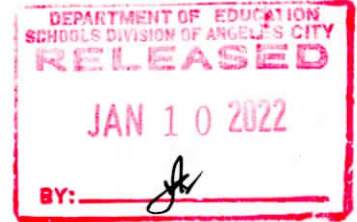




Republic of the Philippines  
**Department of Education**  
REGION III  
**SCHOOLS DIVISION OF ANGELES CITY**



January 7, 2022

**DIVISION MEMORANDUM**

No. 012, s. 2022

**VIRTUAL TRAINING ON SPORTS SKILLS FOR ARNIS, BADMINTON, BASKETBALL,  
DANCESPORT, AND FUTSAL**

To: Assistant Schools Division Superintendent  
Chief, SGOD  
OIC-Chief, CID  
Heads Public Elementary and Secondary Schools

1. Pursuant to Regional Memorandum No. 647, s. 2021, the Schools Division Office of Angeles City, through the EPS- In-Charge of Sports will conduct a "Virtual Training on Sports Skills for Arnis, Badminton, Basketball, Dancesport, and Futsal" January 17-19, 2022, from 9:00 AM to 4:00 PM.
2. This activity aims to provide the target participants with appropriate knowledge and competencies in demonstrating the different sports skills set based on the performance indicators stipulated in the DepEd Sports Manual.
3. The scheduled training for each sports event will be done via Google Meet. A link will be sent to the DepEd e-mail of the participants two days before the virtual training.
4. Enclosed are the Training Matrix, List of Names of the Participants, and Resource Speakers/Facilitators and members of the Technical Working Group.
5. Wide dissemination of and strict compliance to the contents of this Memorandum is highly enjoined.

**MA. IRELYN P. TAMAYO PhD, CESE**  
Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent

Control No. 2021 - 009

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Enclosure No. 1 to Division Memorandum No. D12, s.2021

**Training Matrix for Arnis**

<b>DAY 1 - JANUARY 17, 2021</b>		
Time	Topic/sessions	Resource Person/Facilitator
9:00-9:30am	I. Introduction to Arnis and Key Stages	<b>Raffy Jan P. Angeles</b>
9:30-11:30 am	II. Key Stage 1- Fundamental Stage -Basic Arnis Skills *Empty Hand Sinawali	<b>Raffy Jan P. Angeles</b>
1:00-3:00 PM	III. Key Stage 2- Learning to train stage -Understanding the nature of the sports and how it is played -Performing basic sports specific skills -Basic Pugay, Warm-up, Stance and Classical Strike	<b>Raffy Jan P. Angeles</b>
3:00-3:30	Break	
	V. Open Forum	
<b>DAY 2 - JANUARY 18, 2021</b>		
8:00-9:00am	Management of Learning (MOL)	<b>Krystal Ann C. Maglalang</b>
9:00- 12:00	II. Key Stage 3-Capacity Building Stage -Performing advance arnis skills -Understanding the basic rules of a game -Standard Anyo -Traditional Anyo -Non-Traditional Anyo	<b>Raffy Jan P. Angeles</b>
1:30- 3:00	IV. Key Stage 4- -Applying Technical Arnis Techniques -Applying Tactical Arnis Techniques -Appreciating the game	<b>Diane L. Sula</b>
3:00-3:30	Break	
3:30-4:30	VI. Guidelines on the preparation of Video outputs	<b>Ivan B. Candelaria</b>
<b>DAY 3 - JANUARY 19, 2021</b>		
8:00-9:00am	Management of Learning (MOL)	<b>Krystal Ann C. Maglalang</b>
9:00- 12:00	II. Presentation of Output	<b>Raffy Jan P. Angeles</b>
1:30- 2:30	IV. Open Forum	

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2:30- 3:00	VI. Awarding of Certificates	<b>Krystal Ann C. Maglalang</b>
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**Training Matrix for Badminton**

Time	JANUARY 17, 2021	
8:00–9:00	DAY 1	
	Opening Program	
	Acknowledgement of Participants	<b>Genesis Z. Gomez</b> Teacher I, Apung Guidang Nepomuceno ES
	Statement of Purpose	<b>Percival Y. Capitulo, PhD</b> Education Program Supervisor (SGOD) In-Charge of Sports
	Inspirational Message	
House Rules	<b>Christian Joy C. Carillo</b> Master Teacher 1, Cutud Elementary School	
9:00-12:00	Sports Manual in Badminton	<b>Elreen M. Evaristo</b> Teacher II, San Isidro Integrated School, CSFP School Sports and MAPEH Coordinator, SDO CSFP Tournament Manager
	Badminton Basic Skills	
	Sports Manual in preparation for sports club	
Time	JANUARY 18, 2021	
8:00–9:00	DAY 2 (JANUARY 18, 2021)	
	Opening Prayer	
	National Anthem	
	Acknowledgement of Participants	<b>Genesis Z. Gomez</b> Teacher I, Apung Guidang Nepomuceno ES
9:00-12:00		<b>Agnes P. Adizas</b> Teacher II, Bonifacio V. Romero Memorial High School Angeles City Badminton, Secondary Level Tournament Manager
Time	Date: JANUARY 19, 2021	
8:00–9:00	DAY 3 (JANUARY 19, 2021)	
	Opening Prayer	
	National Anthem	
	Acknowledgement of Participants	<b>Genesis Z. Gomez</b> Teacher I, Apung Guidang Nepomuceno ES

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9:00-11:00	Service Judge Responsibilities of a Service Judge Hand Signals for calls/violations	<b>Genesis Z. Gomez</b> Teacher I, Apung Guidang Nepomuceno ES
	Closing Program	
	Awarding of Certificates for Participants Awarding of Certificates for Resource Speaker	<b>Genesis Z. Gomez</b> Teacher I, Apung Guidang Nepomuceno ES
	Closing Remarks	<b>Percival Y. Capitulo, PhD</b> Education Program Supervisor (SGOD) In-Charge of Sports
	Closing Prayer	

**Training Matrix for Basketball**

Time	JANUARY 17, 2021	
	DAY 1	
	Opening Program	
	Acknowledgement of Participants	<b>CLARENZ C. BAUTISTA</b> Teacher III, SBNHS-SHS
8:00-9:00	Statement of Purpose Inspirational Message	<b>Percival Y. Capitulo, PhD</b> Education Program Supervisor (SGOD) In-Charge of Sports
	House Rules	<b>DON AL DE DIOS</b> Teacher II, ACSHS
9:00-12:00	Nature and Background of BASKETBALL History and Development of BASKETBALL Sports Manual Content / RULES/ OFFICIATING BASKETBALL OFFICIATING & INTERPRETATION	<b>DON AL DE DIOS</b> Teacher II, ACSHS BASKETBALL TOURNAMENT MANAGER NATIONAL REFEREE  <b>CLARENZ C. BAUTISTA</b> Teacher III, SBNHS
Time	JANUARY 18, 2021	
	DAY 2 (JANUARY 18, 2021)	
	Opening Prayer	
8:00-9:00	National Anthem Acknowledgement of Participants	<b>CLARENZ C. BAUTISTA</b> Teacher III, SBNHS

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9:00-12:00	COACHING PHILOSOPHY  CONDITIONING DRILLS	<b>WILLIAMSON CANLAS</b> PRINCIPAL III, SRES  <b>RANIEL SALAS</b> Teacher III, ACNTS
Time	Date: JANUARY 19, 2021	
8:00-9:00	DAY 3 (JANUARY 19, 2021)	
	Opening Prayer	
	National Anthem	
	Acknowledgement of Participants	<b>CLARENZ C. BAUTISTA</b> Teacher III, Malabanas Integrated School
9:00-11:00	BASIC BASKETBALL DRILLS OFFENSE/DEFENSE DRILLS	<b>RAYMOND TICSAY</b> Teacher III, AES
	Closing Program	
	Awarding of Certificates for Participants	<b>CLARENZ C. BAUTISTA</b> Teacher III, SBNHS
	Awarding of Certificates for Resource Speaker	
	Closing Remarks	<b>Percival Y. Capitulo, PhD</b> Education Program Supervisor (SGOD) In-Charge of Sports
	Closing Prayer	

**Training Matrix for Dancesport**

DAY 1 - JANUARY 17, 2021		
Time	Topic/sessions	Resource Person/Facilitator
9:00-9:30am	VI. Introduction to Dancesport -Dancesport Discipline and Brief History	<b>Noli M. Manalo</b>
9:30-11:30 am	VII. Key Stage 1- Exploratory and Preparatory Stage -Locomotor Skills -Non-locomotor Skills -Basic Rhythm and Movement Exploration	<b>Noli M. Manalo</b>

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1:00-3:00 PM	VIII. Key Stage 2- Capacity Building Stage -Understanding the nature and background of the sport focused on the fundamentals -Basic Sport specific skills -Basic skills development / drills -Basic steps with the integration of the components in dancing -Routine Development -Final routine simulation	<b>Charlene M. Fernandez</b>
3:00-3:30	Break	
IX.	X. Open Forum	
DAY 2 - JANUARY 18, 2021		
8:00-9:00am	Management of Learning (MOL)	<b>Charlene M. Fernandez</b>
9:00- 12:00	VII. Key Stage 3-Capacity Building Stage -Execute mature movement skill patterns in sports -Technical Quality -Partnering Skills -Movement to Music -Choreography and Presentation	<b>Vanessa D. Lacsamana</b>
1:30- 3:00	VIII. Key Stage 4- -Execute mature movement skill patterns in sports -Understanding the requirements of the sport -Dancesport Officiating -Routine Development -Final Routine Simulation	<b>Dennis B. Lagbao</b>
3:00-3:30	Break	
3:30-4:30	IX. Guidelines on the preparation of Video outputs	<b>Noli M. Manalo</b>
DAY 3 - JANUARY 19, 2021		
8:00-9:00am	Management of Learning (MOL)	<b>Vanessa D. Lacsamana</b>
9:00- 12:00	VII. Presentation of Output	<b>Noli M. Manalo</b>
1:30- 2:30	VIII. Open Forum	

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2:30- 3:30	I. Awarding of Certificates	<b>Charlene M. Fernandez</b>
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**Training Matrix for Futsal**

Time	JANUARY 17, 2021	
	DAY 1	
	Opening Program	
8:00–9:00	Acknowledgement of Participants	<b>Philip Scotch Ocampo</b> Teacher III, Malabantias Integrated School
	Statement of Purpose	<b>Percival Y. Capitulo, PhD</b> Education Program Supervisor (SGOD) In-Charge of Sports
	Inspirational Message	
	House Rules	<b>Jomari Sicangco</b> Teacher I, Malabantias Integrated School
9:00-12:00	Nature and Background of Futsal	<b>Arvin S. Gonzales</b> Teacher III, Malabantias Integrated School School Sports and MAPEH Coordinator Angeles City Football/Futsal Tournament Manager
	History and Development of Philippine Futsal	
	Sports Manual Content	
	Key Stage 1 (Fundamental Stage) *Ball Mastery	
Time	JANUARY 18, 2021	
	DAY 2 (JANUARY 18, 2021)	
	Opening Prayer	
	National Anthem	
8:00–9:00	Acknowledgement of Participants	<b>Philip Scotch Ocampo</b> Teacher III, Malabantias Integrated School <b>Jomari Sicangco</b> Teacher I, Malabantias Integrated School
	Key Stage 2 (Learning to Train) *Dribbling *Passing	<b>Winston Mendoza</b> Teacher III, Anunas Elementary School Angeles City Football Elementary Tournament Manager
Time	Date: JANUARY 19, 2021	
	DAY 3 (JANUARY 19, 2021)	
	Opening Prayer	
	National Anthem	
8:00–9:00	Acknowledgement of Participants	<b>Philip Scotch Ocampo</b> Teacher III, Malabantias Integrated School <b>Jomari Sicangco</b> Teacher I, Malabantias Integrated School

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9:00-11:00	Controlling / Receiving Kinds of techniques to receive /control the ball Controlling / Receiving Sample Training Plan Controlling / Receiving Coaching Key Points	<b>Arvin S. Gonzales</b> Teacher III, Malabantias Integrated School School Sports and MAPEH Coordinator Angeles City Football/Futsal Tournament Manager
	Closing Program	
	Awarding of Certificates for Participants Awarding of Certificates for Resource Speaker	<b>Philip Scotch Ocampo</b> Teacher III, Malabantias Integrated School <b>Jomari Sicangco</b> Teacher I, Malabantias Integrated School
	Closing Remarks	<b>Percival Y. Capitulo, PhD</b> Education Program Supervisor (SGOD) In-Charge of Sports
	Closing Prayer	

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**SCHOOLS DIVISION OF ANGELES CITY**

Enclosure No. 2 to Division Memorandum No. D12, s.2021

**List of Participants (Arnis)**

Name	School
1. MARITES L. UBALDO	Cuayan ES
2. MARIEVIC ELLO	ACNTS
3. ARVINA A. GALANG	ACNTS
4. PRINCESS ANN P. TUMANG	ACNTS
5. RANDY SANGGALANG	ACSCI
6. ALVIN T. AGUSTIN	RLLMHS
7. ZOE PUNZALAN	Marisol Bliss ES
8. CASSIDY LIM MCLIM	CLEMENDES
9. NINA GARCIA	TACONDO ES
10. REGENE B. SAMIA	Amsic Integrated School
11. DIANE L. SULA	BVRHS
12. SHANA REI S. GARCIA	GRLLIS
13. IVAN B. CANDELARIA	Cuayan ES
14. KRYSTAL ANN C. MAGLALANG	Cuayan ES
15. ROSEMARIE TONGA	ACNHS
16. MARITONI S. SANGGALANG	RLLMHS
17. MARK DEVIS R. ROQUE	RLLMHS
18. THERESA AIRA A. MANALOTO	ACNTS
19. JUNE PEARL D. BAIS	ACNTS
20. EDWIN YANGA	Cuayan ES
21. SHAIRA PUNZALAN	SAPALIBUTAD ES

**List of Participants (Badminton)**

Name	School
1. Gil M. Diamse	Cutud Elementary School
2. Jeffrey Paul Laudit	Sto. Rosario Elementary School
3. Christian Joy C. Carillo	Cutud Elementary School
4. Gazelle R. Galola	Don Mariano Nepomuceno Elementary School
5. Dan Gil Sanchez	Bonifacio V. Romero Memorial High School
6. Claire Marifosque	Teodoro P Tinio Elementary School
7. Diana Del Rosario	Don Mariano Nepomuceno Elementary School
8. Judette Grace Tan	Don Mariano Nepomuceno Elementary School
9. Keith Dumayaca	Sto. Rosario Elementary School

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10. Jamaica Baluyut	Cutud Elementary School
11. Raisa Roque	Cutud Elementary School
12. Patricia Miranda	Cutud Elementary School
13. Jessica Erese	Cutud Elementary School
14. Michelle G. Lansangan	Angeles Elementary School
15. April Bunggue	Angeles City National High School
16. Jonathan F. Pangilinan	Apung Guidang Nepomuceno Elementary School
17. Borgie O. Quiambao	Angeles City National Trade School -SHS
18. May-Ann L. Alvarez	Sitio Pader Elementary School
19. Erica F. Sicat	Sitio Pader Elementary School
20. Christian L. Dayrit	Sitio Pader Elementary School

**List of Participants (Basketball)**

<b>NAME</b>	<b>SCHOOL</b>
1. REMNEIL MAGHUYOP	ACNTS
2. ARGIE NAGA	ACNTS
3. MELVIN ADDUN	ACNTS
4. ARVINA GALANG	ACNTS
5. ARTEMIO LAGAZON	ACNTS
6. MARK TANGLAO	FGNMHS
7. JOSELITO CASTILLEJOS	ACSCI
8. ALBERT SANGALANG	ACSCI
9. ALBERT LOPEZ	SBNHS
10. JENISY STA. RITA	SBNHS
11. LAURENCE DELA ROSA	SBNHS
12. ELVIE COCSON	BVHRS
13. JOVEN SALAS	BVHRS
14. JEROME ESGUERRA	CMRICT
15. DAVE GUTIERREZ	CMRICT
16. JESSON ETE	GRILLS
17. RICHARD MENDOZA	GRLLS
18. ALVIN AGUSTIN	RLLMNHS
19. FRANCIS DAYRIT	NV15IS
20. JAYSON ARCILLA	CMRICTHS
21. RICHARD AYSON	STA. MARIA E/S
22. WILBERT ALABA	SAN IGNACIO E/S
23. ELWIN MERCADO	STO. DOMINGO E/S
24. RUSSEL ENRIQUEZ	STA. TERESITA E/S
25. ARVIN MIRANDA	E.M NORTHWEST E/S

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26. ALVIN BOGNOT	STO. ROSARIO E/S
27. MEILLER SOTTO	DON PEPE HENSON E/S
28. KURT JOSEPH MANTES	APUNG GUIDANG E/S
29. RENZ CHRSTOPHER	CUTCUT E/S
30. MARIO CAMAYA	SAPALUBUTAD E/S
31. JEREMIAH AQUINO	GRLLS
32. MARVIN CANLAPAN	RLLMNHS
33. FREDERICK GARCIA	GRLLS
34. GABRIEL GOPEZ	MALABANIAS E/S
35. JAYBEE BASILIO	TEODORO P. TINIO E/S
36. ALLAN FUENTES	PULUNG MARAGUL E/S
37. ALBERT DELA CRUZ	RLLMHS
38. NELSON SESE	ANGELES E/S
39. XANDRE CORTEZ	GLLRS
40. EDWARD QUINTO	NV15I
41. RENEL PAMINTUAN	SAPALIBUTAD E/S
42. RIC MARTIN	JOSE P. DIZON E/S
43. JOSHUA CASTRO	PINEDA GUTIERREZ E/S
44. IVAN RODEL WONG	PINEDA GUTIERREZ E/S
45. BENHOR ALIM	ACNHS
46. RANDY OCAMPO	ACNHS
47. ALLAN GAPAL	NV15IS
48. JOSIAH P. MANZON	ENRICA SANDICO E/S
49. JONIFER DE LEON	NV15IS

**List of Participants (Dancesports)**

<b>Name</b>	<b>School</b>
1. MAUREEN SALES	FGNMHS
2. MYLO SUAREZ	FGNMHS
3. JOHN PAUL PRING	BVRHS
4. RHONELYN LACSINA	BVRHS
5. MARILOU SORIANO	MIS
6. SHAIRA ANN PINGUL	MIS
7. MOLLY JANE N. CRUZ	STA. MARIA E/S
8. CYNTHIA M. LUMANUG	STA. MARIA E/S
9. ANDREYON BONGABONG	GRLLIS
10. REGGIE RODRIGUEZ JR.	GRLLIS
11. IRISH-JOY P. SANCHEZ	ACNTS
12. ROCELLE E. AGTANG	ACNTS
13. EMMY A. EBUENGA	ACNTS
14. CHARLENE M. FERNANDEZ	NV15IS

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15. VANESSA D. LACSAMANA	FGNMHS
16. DENNIS LAGBAO	FGNMHS
17. DIANA C. AGUILAR	RLLMHS
18. FLORANTE C. BANTULA	RLLMHS
19. ELMO J. SUMBAD	ACNHS
20. NICOLE QUEJARRO	ACNHS

**List of Participants (Futsal)**

<b>Name</b>	<b>School</b>
1. Melvin Ren Addun	ACNTS
2. Irish Sanchez	ACNTS
3. Rolito John Supan	MIS
4. Melvin Russel Tuazon	MIS
5. Elvie Cocson	BVRHS
6. Jhon Mark Ocampo	BVRHS
7. Agustin Dale Torres	AIS
8. Noelwella Marie De Leon	AIS
9. Ryan Yamzon	MNES
10. Imelda Ayson	MNES
11. Jay S. Carpio	STIS
12. Aris De Vera	STIS
13. Raymond Torres	AFCES
14. Angelito Garcia	AFCES
15. Ivan Rodel Wong	PGES
16. Erica Joy Limiac	PGES
17. Liezel Ann Santos	STATES
18. Jenalyn Mallari	STATES
19. Jonathan Pangilinan	AGES
20. Jocelyn Quito	AGES

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Enclosure No. 3 to Division Memorandum No. D12, s.2022

<b>Name</b>	<b>Resource Person/Facilitators/Technical Support Moderator</b>	<b>Position/ Station</b>
1. Edgar L. Manabat PhD	Chief, SGOD	Chief, SGOD
2. Percival Y. Capitulo PhD	Project Manager	EPSvr-SGOD
<b>Amis</b>		
3. Raffy Jan P. Angeles	Resource Speaker	Teacher III/ Cuayan ES
4. Diane L. Sula	Facilitator	Teacher I/ BVRHS
5. Shana Rei S. Garcia	Technical Support	Teacher II/ GRLLIS
6. Ivan B. Candelaria	Technical Support	Teacher III/ Cuayan ES
7. Krystal Ann C. Maglalang	Moderator	Teacher III/ Cuayan ES
<b>Badminton</b>		
8. Elreen M. Evaristo	Resource Speaker	Teacher II- San Isidro Integrated School, CSFP
9. Agnes P. Adizas	Facilitator	BVRMHS
10. Genesis Z. Gomez	Facilitator/ Moderator	AGNES
11. Jeffrey Paul Laudit	Technical Support	SRES
<b>Basketball</b>		
12. Raymon Ticsay	Resource Speaker	Teacher III/ AES
13. Clarenz Bautista	Resource Speaker	Teacher III/ SBNHS
14. Raniel Salas	Facilitator	Teacher III/ ACNTS
15. Don Al De Dios	Facilitator	Teacher II/ ACSHS
16. Williamson Canlas	Facilitator	Principal III/ SRES
<b>Dancesport</b>		
17. Noli M. Manalo	Resource Speaker	Teacher I- NV15IS
18. Charlene M. Fernandez	Facilitator	Teacher III- NV15IS
19. Dennis Lagbao	Facilitator	Master Teacher I- FGNMHS
20. Vanessa D. Lacsamana	Facilitator	Teacher III- FGNMHS
<b>Futsal</b>		
21. Arvin S. Gonzales	Resource Speaker	Teacher III- MIS
22. Winston Mendoza	Facilitator	Teacher III- AnES
23. Markee Reyes	Facilitator	Teacher I- MIS
24. Jefferson Caro	Facilitator	Teacher I- MIS
25. Philip Scotch Ocampo	Technical Support Moderator	Teacher III- MIS
26. Jomari Sicangco	Technical Support Moderator	Teacher I- MIS

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