



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



March 21, 2022

DIVISION MEMORANDUM

No. 117, s. 2022

VIRTUAL TRAINING-WORKSHOP ON SPORTS SKILLS FOR ATHLETICS, BILLIARDS, SWIMMING, TAEKWONDO, AND VOLLEYBALL

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

1. The Schools Division of Angeles City, through the EPS- In-Charge of Sports will conduct a **"Virtual Training-Workshop on Sports Skills for Athletics, Billiards, Swimming, Taekwondo, and Volleyball"** on March 28-30, 2022, from 8:00 a.m. to 4:00 p.m.
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. All public elementary and secondary schools are requested to send **one (1)** teacher participant per sports event. While private elementary and secondary schools may send participant/participants on their preferred sports event. The participants are teacher-coaches, MAPEH teachers, and/or teachers who like to put up sports club related to the sports events. Moreover, participants are advised to pre-register on the following link below or contact the tournament managers in-charge of the sports events:

A. Pre-Registration Link

Athletics – <https://bit.ly/DIVISIONVIRTUALSPORTSTRAININGBATCH3-ATHLETICS>
Billiards – <https://forms.gle/AtQbdbEpsrr3bdL7>
Swimming – <https://forms.gle/K498VNEdM9w761zo6>
Taekwondo – <https://forms.gle/PiPpD5vDZeXqh2Tk6>
Volleyball – <https://bit.ly/3tqdb27>

B. Contact Information of the Division Training Managers

Name	E-mail	FB Messenger	Cellphone Number
Athletics			
Ryan M. Yamzon	ryan.yamzon@deped.gov.ph	Ryan Yamzon	09354169395
Regie M. Yamzon	regie.yamzon@deped.gov.ph	Regie Yamzon	09993578963
Jesus T. Tipino	Jesus.tipino@deped.gov.ph	Jesus Tipino	09298562921
Billiards			
Ricardo L. Paras	Ricardo.paras001@deped.gov.ph	Ricky Paras	09088722743

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Swimming			
Leizel G. Sahibil	leizel.sahibil001@deped.gov.ph	leizel sahibil	09354169395
Jhon Mark M. Ocampo	Jhon.ocampo@deped.gov.ph	jhon mark	09551779354
Taekwondo			
Darez Miranda		Darez Gutierrez Miranda	09650556052
Alma Goloya	alma.goloya001@deped.gov	Alma Goloya	09053344836
Volleyball			
Jennifer P. Catulong	jennifer.catulong@deped.gov	AcntsJenniferCatulong	09657245515
Mary Ann R. Addun	mary.addun001@deped.gov.ph	Ahne Addun	09067698297

5. The scheduled training-workshop for each sports event will be done via MS Teams and will be sent prior to the activity date.
6. Enclosed are the Training Matrices for Athletics, Billiards, Swimming, Taekwondo, and Volleyball, and List of Resource Speakers/Facilitators and members of the Technical Support Group.
7. Wide dissemination of and strict compliance to the contents of this Memorandum is highly enjoined.


MA. IRELYN P. TAMAYO PhD, CESO V
Schools Division Superintendent



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Enclosure No. 1 to Division Memorandum No. _____, s.2022

Training Matrix for Athletics

DAY 1 -MARCH 28, 2022		
Time	Topic/sessions	Resource Person/Facilitator
8:30-9:00	I. Opening Program	Division TWG In-Charge
9:00-10:30	II. Coaching Philosophy	Williamson G. Canlas
10:00-12:00	Key Stage 1- Introduction to Athletics, Historical background, Milestone, Facilities and Equipment	Jesus T. Tipino
12:00-1:00	Lunch Break	
1:00-3:00	III. Key Stage 3 – Fundamental Stage - Basic Athletics Skills "Focused Movement	Regie M. Yamzon
3:00-5:00	V. Workshop	
DAY 2 - MARCH 29, 2022		
8:30-9:00	Management of Learning	Arcely Laxamana
9:00-10:30	VI. Key Stage – Understanding the Nature of the Game	Jesus T. Tipino
10:30-12:00	VII. Key Stage 2 – Understanding the basic rules of Athletics	Ryan M. Ramzon
12:00-1:00 PM	LUNCH BREAK	
1:00- 3:00	VIII. Key Stage -Appreciation of the Sports Recovery, Nutrition, Hydration, sports, conditioning Application of technical and tactical Skills	Ryan M. Ramzon
3:00-3:30	Break	
3:30-5:00	IX. Guidelines on the Preparation of Video outputs	
DAY 3 - MARCH 30, 2022		
8:30-9:00am	Management of Learning (MOL)	Arcely Laxamana
9:00- 12:00	X. Presentation of Output	Ryan Yamzon
12:00-1:00	Lunch Break	
1:30- 2:30	XI. Open Forum	
2:30- 3:00	XII. Awarding of Certificates	Arcely Lazamana



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Training Matrix for Billiards

DAY 1 – MARCH 28, 2022		
Time	Topic/sessions	Resource Person/Facilitator
8:30-9:00am	I. Opening Program	Division TWG In-Charge
9:00-12:00 pm	II. Introduction *History of Billiards *Facilities and Equipment	Ricardo L. Paras
12:00-1:00	Lunch Break	
1:00-3:00	III. Key Stage 3- Grade 7-10 Key Stage 4 – Grade 11-12	Alelie S. Duldulao Karen A. Dizon
3:00-5:00	Workshop (Asynchronous)	
DAY 2 – MARCH 29, 2022		
8:30-9:00 am	IV. Management of Learning (MOL)	Maureen B. Salas
9:00-10:30 am	V. Sports Psychology	William Canlas Principal
10:30-12:00 PM	VI. Rules and Regulations in Billiard (8 balls)	Beth Millares
12:00-1:00	Lunch Break	
1:30- 3:00	VII. Rules and Regulations in Billiard (9 balls)	Beth Millares
3:00-3:30	Break	
3:30-5:00	VIII. Workshop (Asynchronous)	
DAY 3 – MARCH 30, 2022		
8:30-9:00 am	IX. Management of Learning (MOL)	Maureen B. Salas
9:00- 12:00	X. Video Presentation in 8 balls and 9 balls	Ricardo L. Paras
12:00-1:00	Lunch Break	
1:30- 2:30	Presentation of Outputs	
2:30- 3:00	XI. Awarding of Certificates	

Training Matrix for Swimming

DAY 1 – MARCH 28, 2022		
Time	Topic/sessions	Resource Person/Facilitator
8:00-	I. Opening Program	Division TWG In-Charge

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8:30am		
9:00-10:30 am	II. 1 st Session -Coaching Philosophy	Richard Ayson
10:30-12:00 PM	III. Introduction to Swimming <ul style="list-style-type: none"> Brief history Basic Skills in Swimming 	Leizel G. Sahibil
12:00-1:00	Lunch Break	
1:00-3:00	III. Facilities and Equipment	Leizel G. Sahibil
3:00-5:00	IV. Key Stage 1 (Grade 1-3) Locomotor, Non- locomotor, Manipulative	
DAY 2 – MARCH 29,2022		
8:30-9:00am	Management of Learning (MOL)	Jennifer L. Aplaon
9:00-10:30 am	V. Key Stage 2 (Grade 4-6) Understanding the nature of the sport and how it is played	Jhon Mark M. Ocampo
10:30-12:00 PM	VI. Key Stage 3 (Grade 7- 10) Understanding the rules of the sport	Jhon Mark M.Ocampo
12:00-1:00	Lunch Break	
1:30- 3:00	VII. Key Stage 4 (Grade 11-12) Appreciation of the sport	Jhon Mark M. Ocampo
3:00-3:30	Break	
3:30-5:00	VIII.Asynchronous Activity	Jennifer L. Aplaon
DAY 3 – MARCH 30,2022		
8:00-8:30am	IX. Management of Learning (MOL)	Jennifer L. Aplaon
9:00- 12:00	X. Swimming Tournament Management	Leizel Sahibil/ Jhon Mark M.Ocampo
12:00-1:00	Lunch Break	
1:30- 2:30	XI. Output Presentation	Jannifer L. Aplaon
2:30-3:00	Awarding of Certificates	Jennifer L. Aplaon

Training Matrix for Taekwondo

DAY 1 -MARCH 28, 2022		
Time	Topic/sessions	Resource Person/Facilitator
8:30-9:00	I. Opening Program	Division TWG In-Charge
9:00-10:30	Key Stage 1- Warm ups and conditioning of poomsae *	Fitzerald B. Cuntapay
10:30-12:00 PM	II. Key Stage 2- Learning to train stage	Fitzerald B. Cuntapay

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	- Basic blocks / strikes / stances	
12:00-1:00	Lunch Break	
1:00-3:00	III. Key Stage 3 - Learning Poomsae - Foundation 1 and 2	Eduardo Micutuan
3:00-5:00	Colored belts (Taeguk 1)	Eduardo Micutuan
DAY 2 - MARCH 29, 2022		
9:00-10:30	IV. Coaching Philosophy	Richard U. Ayson
10:30-12:00	V. Key Stage 1 - Checking and review of poomsae VI. Key Stage 2 - Performance	Eduardo Micutuan
12:00-1:00	Lunch Break	
1:00- 3:00	VII. Key Stage 3 - Speed Kicking (parameters and kicking)	Charmaine B. Calatong
3:00-3:30	Break	
3:30-5:00	VIII. Checking videos, basic officiating speed kicking	Charmaine B. Calatong
DAY 3 - MARCH 30, 2022		
8:00-8:30am	Management of Learning (MOL)	
9:00- 12:00	IX. Session 1 day 3	Alma C. Goloya
12:00-1:00	Lunch Break	
1:30- 2:30	X. Presentation of Outputs	Alma C. Goloya
2:30- 3:00	XI. Awarding of Certificates	Alma C. Goloya

Training Matrix for Volleyball

DAY 1 – MARCH 28, 2022		
Time	Topic/sessions	Resource Person/Facilitator
8:00- 8:30am	I. Opening Program	Division TWG In-Charge
9:00-10:30 am	II. Introduction to Volleyball- Brief history equipment's and facilities significant events	Jennifer P. Catulong
10:30- 12:00 PM	III. Key Stage 1- (K-3) Fundamental movements and motor skills	Jennifer P. Catulong
12:00-1:00	Lunch Break	
1:00-3:00	IV. Key Stage 2 – (4-6)	Jennifer P. Catulong

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	Learning to train Mature movement skill patterns in sports context	
3:00-5:00	V. Workshop (Asynchronous)	Jennie Villacruel
DAY 2 – MARCH 29, 2022		
8:30-9:00am	Management of Learning (MOL)	Jennie Villacruel
9:00-10:30 am	VI. Key Stage 3A- (7-10) -sports movement related to volleyball.	Mary Ann R. Addun
10:30-12:00 PM	VII. Key Stage 3B- Basic formation offensive/defensive	Mary Ann R. Addun
12:00-1:00	Lunch Break	
1:30- 3:00	VIII. Coaching Philosophy	Williamson Canlas
3:00-3:30	Break	
3:30-5:00	IX. Guidelines on the preparation of Video outputs	Hannah Mae Castañeda
DAY 3 – MARCH 30, 2022		
8:00-8:30am	Management of Learning (MOL)	Jennie Villacruel
9:00- 12:00	X. Key Stage 4- Advance tactical skills	Mary Ann R. Addun
12:00-1:00	Lunch Break	
1:30- 2:30	XI. Presentation of Outputs	
2:30-3:00	XII. Awarding of Certificates	Jennie Villacruel



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

Name	Resource Person/Facilitators/Technical Support Moderator	Position/ Station
1. Edgar L. Manabat PhD	Chief, SGOD	Chief, SGOD
2. Percival Y. Capitulo PhD	Project Manager	EPSvr-SGOD
3. Ryan Yamzon	Technical Support	MT II/MNES
4. Raffy Jan P. Angeles	Technical Support	Teacher III/ Cuayan ES
5. Anna Minette D. Ayuyao	Technical Support	Teacher I/ RLLMHS-SHS
6. Arvin S. Gonzales	Technical Support	Teacher III/MIS
7. Williamson G. Canlas	Resource Speaker	Principal III/SRES
8. Richard U. Ayson	Resource Speaker	Principal II/SMES
Athletics		
9. Ryan M. Yamzon	Resource Speaker	Master Teacher II / MNES
10. Regie M. Yamzon	Resource Speaker	Teacher III / LNWES
11. Jesus T. Tipino	Facilitator	Teacher III / LNWES
12. Arcely L. Sabandal	Technical Working Group	Teacher III / LNWES
13. Venussa C. Manabat	Moderator	Teacher III / LNWES
Billiards		
14. Ricardo L. Paras	Resource Speaker	Teacher III/ FGNMHS
15. Lilibeth M. Dela Cruz	Resource Speaker	Teacher III/ MMFSLs
16. Alelie S. Duldulao	Facilitator	Teacher III/ FGNMHS
17. Maureen B. Sales	Technical Support	Teacher I/ FGNMHS
18. Karen A. Dizon	Technical Support	Teacher III/FGNMHS
19. Rowelito M. Fernandez	Moderator	Teacher III/ FGNMHS
Swimming		
20. Leizel G. Sahibil	Resource Speaker	MT-1/ RLLMHS
21. Jhon Mark M. Ocampo	Resource Speaker	SST-II/BVRHS
22. Rachelle C. Delacruz	Technical Working Group	SST-II/BVRHS
23. Emmanuel Manaloto	Technical Working Group	SST-I/ BVRHS
24. Jennifer Lopez	Moderator	SST-III/ CMRICTHS
Taekwondo		
25. Eduardo Micutuan	Resource Speaker	Teacher I/ BHS
26. Charmaine Calatong	Resource Speaker	Teacher III / OCNHS
27. Fitzgerald B. Cuntapay	Facilitator	Teacher III- ACNTS
28. Arnold Arceo	Technical Working Group	Master Teacher I / ACNHS
29. Darez Miranda	Technical Working Group	Teacher I / GRLLIS
30. Alma C. Goloya	Moderator	Teacher II- Sapalibutad E/S
Volleyball		
31. Jennifer P. Catulong	Resource Speaker	Teacher I/ACNTS
32. Mary Ann R. Addun	Resource Speaker	Teacher III/ACNHS
33. Hannah Mae Castañeda	Technical Working Group	Teacher I/BVRHS
34. Rystle T. Perez	Technical Working Group	Teacher I/BVRHS
35. Jennie Villacruel	Moderator	Teacher III/ RLLMHS

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