



Republic of the Philippines
Department of Education
REGION IX, ZAMBOANGA PENINSULA
SCHOOLS DIVISION OF DAPITAN CITY
Office of the Schools Division Superintendent

March 28, 2023

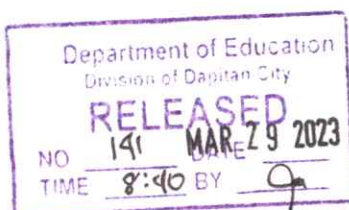
Division Memorandum
No. 141 s. 2023

2023 POST DIVISION MEET ACTIVITY IN PREPARATION FOR THE ZPRAA MEET

**To: All DACAA Qualified Coaches
This Division**

1. In line with the conduct of the 2023 ZPRAA Meet, an enhancement seminar workshop for all qualified coaches will be conducted on 3 consecutive Saturdays (April 1, 8, and 15, 2023), at the Dapitan City Experimental Elementary School at 8:00 o'clock in the morning.
2. The said seminar workshop is geared towards capacitating the winning coaches in handling athletes before and during the conduct of the regional sports competition.
3. The list of participants is found in Annex A while the Training Matrix is in Annex B of this memorandum.
4. All participants are advised to wear sports attire _____ in attending all sessions.
5. Immediate dissemination of this memorandum is desired.

FELIX ROMY A. TRIAMBULO, CESO V
Schools Division Superintendent



Sunset Boulevard, Dawo, Dapitan City
(065) 917-5113
www.depeddapitancity.net

dapitancity@deped.gov.ph
fb.com/DepEdDapitanCity





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2023 POST DIVISION MEET ACTIVITY IN PREPARATION FOR THE ZPRAA MEET

ENHANCEMENT TRAINING WORKSHOP FOR COACHES

TRAINING MATRIX

April 1, 2023 (Saturday)

TIME	ACTIVITY	FACILITATOR
8:00 AM	Opening Program Pambansang Awit Doxology Welcome Remarks Statement of Purpose Galaw Pilipinas	Secretariat
9:30 AM	The Physical Fitness Test Lecture/Demo	Mr. Gerardo C. Jalosjos Ms. Edelyn C. Baguio
12:00 – 1:00 PM	LUNCH BREAK	LUNCH BREAK
1:30 – 5:00 pm	Physical Fitness Test Practicum	

April 8, 2023 (Saturday)

TIME	ACTIVITY	FACILITATOR
8:00 am – 12:00 PM	The Sports Science Practicum	Dr. Minerva G. Paler
12:00 – 1:00	LUNCH BREAK	LUNCH BREAK
1:00 – 5:00 pm	First Aid Lecture and Practicum	Mr. Gwilym C. Elumba

April 15, 2023 (Saturday)

TIME	ACTIVITY	FACILITATOR
8:00 AM – 12:00PM	The School Sports Program School Sports Club	Mr. Germanico C. Malacat
12:00 PM – 1:00 PM	LUNCH BREAK	LUNCH BREAK
1:00 PM - 4:30 pm	Athletes Documents Screening	Mr. Simed Joseph Saguin
4:30 PM – 5:00 PM	Closing Program	Secretariat

Prepared by:


GERMANICO C. MALACAT
 EPS, Division Sports Officer



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Annex A

List of Participants to the 2023 Post Division Meet Activity in Preparation of the ZPRAA

Name	Event	School
1. Ally A. Malacat	Arnis Boys Elementary	Talisay Integrated School
2. Sophia Elaine Marie R. Dofitas	Arnis Girls Elementary	Talisay Integrated School
3. Loreto Eguia	Athletics Boys Elementary	Taguilon Elementary School
4. Merlyn P. Rasmus	Athletics Boys Elementary	Barcelona Central School
5. Sharon Daganasol	Athletics Boys Elementary	Dampalan Elementary School
6. Jerome Segovia	Athletics Boys Elementary	Ba-ao Elementary School
7. Jun Carlo Tinio	Athletics Boys Elementary	Bacong Elementary School
8. Heddy E. Ruales	Badminton Boys Elementary	Dapitan Central School
9. Mary Joyce July B. Galleposo	Badminton Girls Elementary	Dapitan Central School
10. Cecile B. Abetria	Chess Boys Elementary	Dapitan Central School
11. Gretchen Ligutom	Chess Girls Elementary	Dapitan Central School
12. Janeth P. Saldon	Table Tennis Boys & Girls Elementary	Dapitan SPED Center
13. Aubrey Gleer C. Potoy	Taekwondo Boys Elementary	Dapitan SPED Center
14.	Swimming Boys & Girls Elementary	Aliguay Integrated School
15. Marlon Daganasol	Sepak Takraw Boys Elementary	Dampalan Elementary School
16. Randolph C. Navaja	Archery Boys Secondary	DCNHS
17. May Love Arances	Arnis Boys Secondary	Dakak NHS
18. Michelle C. Hamoy	Arnis Girls Secondary	Talisay IS
19. Mark S. Credo	Athletics Boys & Girls Secondary	Barcelona NHS
20. Julito Abne	Athletics Boys Secondary	Ilaya NHS
21. Aileen T. Page	Athletics Boys Secondary	Aseniero NHS
22. Russel S. Castillon	Badminton Boys Secondary	DCNHS
23. Wenda Q. Fernandez	Badminton Girls Secondary	DCNHS
24. Lourence N. Reyes	Basketball Boys Secondary	DCNHS
25. Ritz Rhie E. Alingal	Basketball Boys Secondary	DCNHS
26. Marie Jane G. Revil	Billiard Boys Secondary	Potungan NHS
27. Mary Lyndie G. Borgonia	Billiard Girls Secondary	DCNHS
28. Saturnino B. Bayron	Boxing Boys Secondary	Aseniero NHS





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29. Marlon C. Andrada	Boxing Boys Secondary	DCNHS
30. Stephen Mah	Boxing Boys Secondary	Potungan NHS
31. Shiela Saavedra	Chess Boys Secondary	Potungan NHS
32. James Ondac	Chess Girls Secondary	Dakak NHS
33. Lorraine B. Duhaylungsod	Chess Girls Secondary	DCNHS
34. Ellem Antivo	Table Tennis Boys Secondary	DCNHS
35. Femar B. Matratar	Table Tennis Boys Secondary	JRMSU
36. Shaira Grace B. Duhaylungsod	Table Tennis Girls Secondary	DCNHS
37. Jexter P. Lear	Tennis Boys Secondary	DCNHS
38. Aloha R. Lear	Tennis Girls Secondary	DCNHS
39. Roland M. Alingal	Volleyball Boys Secondary	DCNHS
40. James Narvacan	Volleyball Boys Secondary	DCNHS
41. Edelyn C. Baguio	Volleyball Girls Secondary	DCNHS
42. Roselyn T. Sagang	Swimming Boys Secondary	Talisay IS
43. Farida Saavedra	Swimming Girls Secondary	JRMSU
44. JR Simed B. Saguin	Facilitator	
45. Minerva G. Paler	Facilitator	
46. Gerardo C. Jalosjos	Facilitator	
47. Gwilym C. Elumba	Facilitator	
48. Rizza A. Daboda	Head Secretariat	
49. Janeth Cadano	Secretariat Member	
50. Jessel Jasme	Secretariat Member	
51. Asisclo Carin	Staff	
52. Germanico Malacat	Training Manager	

