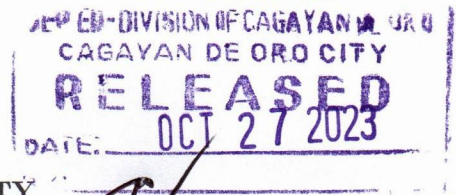




Republic of the Philippines
Department of Education
REGION X

DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

25 October 2023

DIVISION MEMORANDUM
NO. 570S. 2023

DIVISION ENHANCEMENT TRAINING AND ACCREDITATION
OF COACHES

TO: Asst. Schools Division Superintendent
Chief, SGOD and CID
Public Elementary and Secondary School Heads
Teachers
All Others Concerned

1. In preparation for the staging of the different sports activities of this Division for SY 2023-2024, the field is hereby informed of the conduct of the Division Enhancement Training and Accreditation of Coaches that will be conducted on November 23-25, 2023 at Bulua Central School.
2. School heads are advised to select teacher-coaches to join in the training taking into consideration the sports events where they have chances of winning in the higher level of competitions starting from the District Meet. Attached are the training matrix and the list of schools with the corresponding number of teacher-coaches to be sent in the said training for reference.
3. A one (1) day Service Credit will be granted to teacher-participants and compensatory time credit to school heads and non-teaching personnel who will be involved in this training for November 25, 2023.
4. In adherence to Equal Opportunity Principle (EOP), inclusive and fair treatment are accorded to all personnel regardless of disability, sexual orientation, gender, age, religion and ethnicity.
5. For information, guidance and compliance.

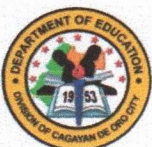
ROY ANGELO E. GAZO

Schools Division Superintendent

Encl. : as stated

Reference : None

To be indicated in the perpetual index
under the following subject:
RRV/Sports Activities, Palaro,



Address: Fr. William F. Masterson Avenue, Upper Balulang, Cagayan de Oro City
Telephone: (08822) – 8550048



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY

TRAINING MATRIX
DIVISION ENHANCEMENT TRAINING AND ACCREDITATION OF COACHES
November 23-25, 2023

TIME	TOPIC	LECTURER/FACILTATOR
DAY 1		
8:00 AM -9:00 AM	Registration	Paul Y. Badon/Ninia Marie A. Estillore/Loredelle Tacandong
9:00AM-9:30 AM	Opening Program	Paul Y. Badon
9:30 AM - 9:45 AM	Break	
9:45AM-10:45 AM	Levelling of Expectations	Derrold Marl S. Aves
10:45AM-12:00PM	Sports Injuries and Prevention	Jasper D. Perez
12:00PM-1:00PM	Lunch Break	
1:00PM-3:00PM	Recovery and Rehabilitation from a Sport Injury	Baldomero Mark B. Meso III
3:00PM-5:00PM	Meals for the Champions (Sports Nutrition)	Cristina R. Capistrano
Day 2		
8:00AM-8:30AM	MOL	Ninia Marie A. Estillore
8:30AM-10:00AM	The Art of Coaching	Raul S. Fuentes
10:AM-10:15AM	Break	
10:15AM-12:00PM	Qualities of a Good Coach	Rosalio R. Vitorillo
12:00PM-1:00PM	Lunch Break	

1:00PM-5:00PM	Basic in Sports Training/Appropriate Training Drills, by Group of Events (Combative, Ballgames, Racket Games, Measurable Events-Swimming and Athletics, Boardgame)	Jaypee Ralph Jumamoy/Vicente Del Puerto/Levy Del Puerto/Arnel Ebio/Jerry Taruc/Asteria Waga/Saldi Vitorillo/Ronie Ura-Ura/Angelito Felisilda/Alson Alburo/Stara Tiongco/Giljun Penuliar/
Day 3		
8:00AM-8:30AM	MOL	Loredelle Tacandong
8:30AM-10:00AM	Advanced Coaching Skills	Noel Miel
10:00AM-10:15AM	Break	
10:15AM-12:00PM	Making of Training Plan	Jerry P. Taruc/Celso L. Pagulon/Angelito U. Felisilda/Raul Fuentes
12:00PM-1:00PM	Lunch	
1:00PM-3:00PM	Workshop on Making of Training Plan	Jerry P. Taruc/Celso L. Pagulon/Angelito U. Felisilda/Raul Fuentes
3:00PM-5:00PM	Presentation of Outputs/Closing Program	

Prepared by:

ROSALIO R. VITORILLO

Chief, SGOD

Division Sports Officer

Recommending Approval:

AUDIE S. BORRES

Assistant Schools Division Superintendent

Approved by:

ROY ANGELO E. GAZO

Schools Division Superintendent



Republic of the Philippines
 Department of Education
 REGION X

DIVISION OF CAGAYAN DE ORO CITY

School ID	School	District	Number of Participants per School
127947	Agusan Elementary School	EAST II	3
127996	Baikingon Elementary School	WEST II	1
127970	Baluarte Elementary School	SOUTHWEST I	1
127948	Balubal Elementary School	EAST II	1
127990	Balulang Elementary School	WEST I	3
127971	Batinay Elementary School	SOUTHWEST I	1
127959	Bayabas Elementary School	NORTH II	3
127972	Bayanga Elementary School	SOUTHWEST II	3
127973	Besigan Elementary School	SOUTHWEST II	1
127960	Bonbon Elementary School	NORTH II	3
127961	Bongbongon Elementary School	NORTH II	3
127949	Bugo Central School	EAST II	3
127997	Bulao Elementary School	WEST II	1
127998	Bulua Central School	WEST II	3
127964	Camaman-an Elementary School	SOUTH	3
127964 - Ext	Camaman-an Elementary School - Macapaya Ext.	SOUTH	1
137075	Camansi Elementary School	EAST I	1
128000	Camp Evangelista Elementary School	WEST II	3
128001	Canitoan Elementary School	WEST II	3
127940	CITY CENTRAL SCHOOL	CENTRAL	3
137216	City Engineers Elementary School	NORTH II	2
127962	Consolacion Elementary School	NORTH I	3
127955	Corrales Elementary School	CENTRAL	3
127941	Cugman Elementary School	EAST I	3
127974	Dansolihon Elementary School	SOUTHWEST II	3
127942	East City Central School	EAST I	3
137181	Filipino-Chinese Friendship Elementary School	WEST II	1
127991	Fr. William F. Masterson, SJ., Elementary School	WEST I	3
127943	FS Catanico Elementary School	EAST I	1
128002	G. L. Reyes-Anhawon Elementary School	WEST II	1
127944	Gusa Elementary School	EAST I	3
127965	Indahag Elementary School	SOUTH	3
127965 - Ext	Indahag Elementary School - Habitat Ext.	SOUTH	
128003	Iponan Elementary School	WEST II	3
127945	Kamakawan Elementary School	SOUTH	1
127963	Kauswagan Central School	NORTH II	3
127976	Kiam-is Elementary School	SOUTHWEST I	1
127950	Linangohan Elementary School	EAST II	1
127977	Lumbia Central School	SOUTHWEST I	3
127956	Macabalan Elementary School	NORTH I	3
127992	Macanhan Elementary School	WEST I	3
127966	Macasandig Elementary School	SOUTH	3
127946	Malasag Elementary School	EAST I	1

127979	Mambuaya Elementary School	SOUTHWEST II	3
127980	Man-ai Elementary School	SOUTHWEST II	1
202002	Mangalay Elementary School	SOUTHWEST II	1
127957	North City Central School	NORTH I	3
127982	Pagalungan Elementary School	SOUTHWEST I	1
128004	Pagatpat Elementary School	WEST II	3
128005	Pamalihi Elementary School	WEST II	1
127999	Pedro "Oloy" N. Roa, Sr. Elementary School	WEST II	3
127983	Pigsag-an Elementary School	SOUTHWEST I	1
127952	Puerto Elementary School	EAST II	3
127993	Sacred Heart Village Elementary School	WEST I	2
127993 - Annex	Sacred Heart Village ES - Philippine Island Kids Inc.	WEST I	1
128006	San Simon Elementary School	WEST II	1
127967	South City Central School	SOUTH	3
127958	St. John Elementary School	NORTH I	1
127953	Suntingon Elementary School	EAST II	3
127953 - Annex	Suntingon Elementary School - Annex	EAST II	
127954	Tablon Elementary School	EAST II	3
127984	Taglimao Elementary School	SOUTHWEST I	1
127985	Tagpangi Elementary School	SOUTHWEST I	1
127968	Taguanao Elementary School	SOUTH	2
127986	Tignapoloan Elementary School	SOUTHWEST II	1
127988	Tuburan Elementary School	SOUTHWEST I	1
127989	Tumpagon Elementary School	SOUTHWEST I	1
127994	Upper Carmen Elementary School	WEST I	2
127987	Upper Tignapoloan Elementary School	SOUTHWEST II	1
127995	West City Central School	WEST I	3
304104	Agusan National High School	East II	3
304113	Angeles Sisters National High School	North I	3
306042	Baikingon National High School	West II	1
502012	Balongkot Integrated School	Southwest II	1
315401	Balubal National High School	East II	2
315403	Balulang National High School	West I	3
304106	Bayabas National High School	North II	3
304122	Bayanga National High School	Southwest II	3
304126	Besigan National High School	Southwest II	1
315412	Bonbon National High School	North II	3
304107	Bugo National High School	East II	3
304108	Bulua National High School	West II	3
304108 - Ext.	Bulua National High School - Camp Evangelista Ext. (Patag)	West II	2
502015	Cadayonan Integrated School	Southwest II	1
304111	Cagayan de Oro National High School	South	3
304111	Cagayan de Oro National High School - Senior High	South	3
315404	Camaman-an National High School	South	3
315404 - Ext.	Camaman-an National High School - Macapaya Ext.	South	1
304109	Canitoan National High School	West II	3
304112	Carmen National High School	West I	3
304115	Cugman National High School	East I	3
315405	Dansolihon National High School	Southwest II	3
502016	Dunggoan Integrated School	Southwest II	1
315407	East Gusa National High School	East I	3
315408	Gusa NHS - FS Catanico Annex	East I	1

315408 - Ext.	Gusa NHS-FS Catanico Annex Camansi Extn.	East I	
304114	Gusa Regional Science High School-X	East I	3
502017	Iba Integrated School	Southwest II	1
304116	Indahag National High School	South	3
304117	Iponan National High School	West II	3
315411	Kauswagan National High School	North II	3
304118	Lapasan National High School	East I	3
304119	Lumbia National High School	Southwest I	3
304120	Macabalan National High School	North I	3
315410	Macasandig National High School	South	3
502003	Magayad Integrated School	Southwest II	1
304121	Mambuaya National High School	Southwest II	3
305894	Man-ai National High School	Southwest II	1
502006	Midkiwan Integrated School	Southwest II	1
305908	Pagalungan National High School	Southwest I	1
305879	Pagatpat National High School	West II	3
502035	Palalan Integrated School	East II	1
304110	Pedro "Oloy" N. Roa, Sr. High School	West II	3
306046	Pigsag-an National High School	Southwest I	1
315402	Puerto National High School	East II	3
304124	Puntod National High School	North I	3
315409	San Simon National High School	West II	2
304105	Tablon National High School	East II	3
304125	Taglimao National High School	Southwest I	1
304127	Tagpangi National High School	Southwest I	2
304123	Tignapoloan National High School	Southwest II	3
304128	Tuburan National High School	Southwest I	1
315406	Tumpagon National High School	Southwest I	1