



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region I
SCHOOLS DIVISION OFFICE
DAGUPAN CITY



DIVISION MEMORANDUM

No. 391 s. 2019

TO: Asst. Schools Division Superintendent
Chiefs, CID & SGOD
Education Program Supervisors
Public Schools District Supervisors
Public & Private School Principals/SHs (Elem & Sec)
All others concerned

FROM: *Maria Celia Junio-Fernandez*
MARIA CELIA JUNIO-FERNANDEZ, Ed.D. MDM-SEC
Schools Division Superintendent

DATE: November 20, 2019

SUBJECT: SCHOOL-BASED TRAINING OF DAGUPAN CITY TEAM FOR R1AA 2020

RELEASE
DEFED
DATE: 11-21-19
BY: [Signature]
P. 6498

1. In view of the upcoming R1AA 2020, SDO Dagupan City will intensify its preparation through the conduct of the School-Based Training of our athletes which will start on **November 22, 2019**.
2. Believing in the principle that in any sporting event, well-prepared and conditioned athletes are always favored to win over those who have not prepared well enough for the competition through continuous and programmed training where rhythm, body conditioning and feel of the game can be developed.
3. This school-based training program is primarily intended to prepare Dagupan City Team athletes for the R1AA 2020 competition where athletes will be pooled after the Division Meet and will undergo training as facilitated by DepEd coaches and trainers. Developing the bond and camaraderie among athletes will be one of the aspects that could be improved. DCSC trainers and coaches are also encouraged to assist since the group will also join the entire training team once the rigorous training will start by January 2020.
4. The training will run from November to December 2019 which will be conducted every Friday and Saturday of the week. For November, it will be on 22-23 and 29-30. For December schedule, it will be on December 6-7, 13-14-15 and 19-20-21.
5. Public school teachers and personnel who will be involved in the training will be given service credit/compensatory time-off for the training schedules that will fall on Saturdays.
6. Monitoring officials as stated in the attachment will conduct regular evaluation of the training progress.
7. Enclosed herewith are the lists of athletes and their trainers with sample Daily Training Matrix.
8. Immediate and widest dissemination of this memorandum is desired.

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DATE: 11/21/19
TIME: 12:50
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REYNANTE B. INFANTE
IT OFFICER I

Sample Daily Training Matrix

Title of the Session	Methodology	Duration	Resource Person/s
Strength and conditioning	Movement Prep and Integration	1 hour	Coach/Trainer
	Neutral Activation and Plyometrics	1 hour	
	Linear Speed & Offensive footwork	1 hour	
	Aerobic Capacity Building	1 hour	
Game play	Game Strategies and lecture	1 hour	
	Scrimmage / game simulations	2 hours	

ATHLETES AND TRAINERS/COACHES

EVENT	NAME	SCHOOL	COACH/TRAINER
ARNIS	1. ROBELYN DUQUE 2. JONNAH MARIE RUBIO 3. KEISHA JHEANE SOFIA MAHINAY 4. SHAIRA MAE MANUEL 5. JOHN ANGELO DAVID FULAY 6. NIKKO UGABAN 7. MARK JAYSON RAMOS 8. MARK NATHAN MAGAT	VQZES VQZES VQZES PIS VQZES VQZES VQZES PIS	ROWENA DORIA DENERO MATABANG
Athletics	1. KATHRINA RAMOS 2. MARICRIS MANANSALA 3. MARY JOY TIAMZON 4. ALLEAH SOY 5. LYKA JANE LOMBOYA 6. AYESSHA CERALDE 7. IANNAH JIE RAGUTANA 8. SHAINA GANGGANGAN 9. JASMINE COQUIA 10. JANSEN JOMERA 11. TJ AIRA MUNOZ 12. ALEXA LOPEZ 1. REGIENNEL RAZO 2. MARTIN TIRAO 3. NATHANIEL MAMINTA 4. NYREN TRASFIGURACION 5. JOHN LLOYD DE VENECIA 6. JUAN CORDERO 7. JOHN LLOYD PERALTA 8. MICHAEL ABUSO 9. DENVER TANDOC 10. IAN JAMES DE VERA 11. KIENH GABRIEL MARAMBA 12. RENO DABUCOL	IV II IV III III II IV III III III I II IV IV IV I III III IV II III II III IV	RUN-CHERRY CAYABYAB-DISTRICT IV THROWS-CARLO CEPEDA JUMPS-RAYMOND ARZADON RUN-MAYOLINDA DE VERA THROWS-JOHNNY SELADO JUMPS-ARNEL MARARAC
Badminton	PHOENIX SAMSON JAN JUSTIN T. SORIANO SHAWNREI MUYALDE YUAN MIKHAEL DELIMA ESTEPHANIE MABAJEEN JADE BARROZO SOPHIA CABRITO KAIRA QUINTO	SAGS SJCS PUI LA MAREA PANTAL E/S POGO E/S PANTAL E/S POGO E/S	MICHAEL CHARLES DACASIN JUN JUN L. DOCUSIN RODERICK ICO BEDA QUINTO
Basketball	(TO BE DETERMINED BY THE TM)		
Baseball	(TO BE DETERMINED BY THE TM)		
Chess	JULIUS RAFAEL PEREZ CRISJARD ESTABILLO ANA LUISA BERDON JESSICA ANN BARNUEVO	SJCS LA MAREA LA SALLETTE LUCAO E/S	
Dancesport	AVRIL DAPHNEY C. SORIANO KENT CLEMENT R. SALAZAR HERMIONE AGATHA B. PALAGANAS LANCE XANDER M. CALVERO	WCES I WCES I LNU LNU WCES I	Lizalyn A. Nabor Veronica L. Zabala

	CHARLS MEA V. MONTOYA CYRUS JOHN A. NABOR JANECYBEL A. CABUCOL ZAIJANMIEL G. ROBLES JOHN MCMHEL B. NABUA ASHLEY JOY D. AGUILAR PAUL KIM F. FERRER RACHELYN C. REPUDAS	WCES I Tebeng ES Tebeng ES DCNHS DCNHS UL UL	
Football	JUSTINE LOPEZ MACK TRISTHAN RIVERA JOHN REIN GABRIEL JOHN MARK LABANICO EDRICK OCALI JOHN EZEKIEL CALDERON GLEEN DAROLD MORALES MARK ANTHONY SERRAON JOHN VINCENT LOPEZ JAMES DANIEL ELLA RONALD JR. A. MACAPINLAC JAY VIE F. GALLARDO CLARK KENT C. MENDOZA YUAN KAYSER D. CORPUZ HARVIE LARRACAS JOHN PAUL H. ZABALA JAMES ELLI T. ESPELETA NHYJEL A. ESPINOSA KIM ANDRY O. QUILLOPE GIAN MHARK VINCE C. CASTILLO	PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S PANTAL E/S LA SALETTE ECIS ECIS ECIS ECIS ECIS ECIS ECIS ECIS ECIS ECIS ECIS ECIS	JAMES ARENAS
Gymnastics WAG MAG RG Aero	(TO BE DETERMINED BY THE TM) BEATRICE G. ESGUERRA LARA FAITH CONCEPCION JOHN SIMON TIRAO EGGIE FAJARDO ALDRIN LOPEZ CHRISTIAN JAY ZULUETA JACER RALF SOTELO	LA SALLETE ECIS VQZES VQZES ECIS ECIS ECIS	MA. GLENDA FLORES CARMELA BERNAL
Jr. Sepak	ALLAN CALLANTA JOHN RELAN C. CASTRO NHYJEL A. ESPINOSA CARL AARON C. REYES		MIRASOL T. PRADO ROMMEL M. TELLO ANDREW ALMONTE
Swimming	(TO BE DETERMINED BY THE TM)		
Table Tennis	(TO BE DETERMINED BY THE TM)		
Taekwondo	JERIAN DWAYNE B. VIRAY YUAN VICTOR A. CORDERO RAM CARLO SISON GENRUS MARC Q. DELOS REYES CASEY LYKA F. MORGA CHERRY ANN O. CARCEL PRINCESS SARAH GRACE C. PASCUAL JULIE ANNI SHI	MAMALINGLING ES MAMALINGLING ES DOMINICAN PIMSAT WC E/S WC E/S PUI	CRISTELMADEL BUGARIN WOODROW GABRIS
Volleyball	ABALOS, EVANAH R. CORONIA, DANICA ROSE T.	WCES I / I WCES I / I WCES I / I	MICHAEL DE VERA

	DELOS SANTOS, KALEEN ZYLARAEH R. GOMEZ, GLYSA GUTIERREZ, MERLYN ANTHONITTE D. MACOB, ACE LYN E. MENCHAVEZ, TRICIA KHATE E. OCSON, JENALYN L. VELASCO, ZYRAINE MAE D. SO, BENEDICTA MANAOAT, TRICIA ALEQUIANO, JESSICA B. ESTEVES, JULIET LYANE DE VERA, R – GYN D. SOLIS, ASHLIAH S. ESGUERRA, LESLY JANE D. GUTIERREZ, MARIAN CATALAN, JANIAH DWYANE S. SIBAYAN, FRIANE AZIEL A. SOLAR, CHELO MAY T. SO, KING DAVID G. ANDYA, C – JAY R. SANTIAGO, JOHN DANIEL C. ESPELETA, JOHN ELLE T. MADDAWIN, NEIL B. SAMSON, ANTHONY B. SANTOS, JET MCKIELLE Z. SO, JULIAN G. BONDOC, DAN MARK P. CABUGAO, MARK BERNARD Q. TANGCO, MICHAEL ANGELO L. CLAVERIA, JANSEN EARL M CLAVE, ANDRIAN JOSH S. DIZON, BRANDON MENDOZA, IVAN MEDEL, MARCO M. GONZALES, CHRISTIAN U. THAPA, KENNETH S. DADUYA, ASHTON BRYLE P. BLANCADA, KEN ANDREI V.	WCES I / I WCES I / I WCES I / I WCES I / I Lucao E/S I WCES I / I ECIS / II ECIS / II Leon Francisco / III BBES / III BBES / III BLISS/ III Carael E/S IV Carael E/S IV Wonderland School Wonderland School Wonderland School ECIS / II ECIS / II ECIS / II ECIS / II ECIS / II ECIS / II ECIS / II ECIS / II ECIS / II ECIS / II WCES I / I WCES I / I WCES I / I Juan S. Siapno E/S I Juan L. Siapno E/S I Malued E/S I PAMMA Leon F. Maramba E/S Leon F. Maramba E/S Leon F. Maramba E/S Leon F. Maramba E/S Sabangan E/S	
SECONDARY			
Archery	JARED COLE B. SUA PAOLO MIGUEL D. DELOSO KEITH LAMBERT L. USSHER JANINA ERICA D. DELOSO MA. JEZANIAH P. ORDOÑEZ ALYSSA ISABELLE E. CUENCO	MGSS H/S SAGS OISYL SAGS UL NORTHFIELD	JANN FRANCIS DIOLAZO
ARNIS	PAULEEN ALEA MACARAEG DANICA IBAÑEZ BIANCA OXINO CAMILLE SAINGAN ARRIANE PONTANES	DCNHS DCNHS DCNHS DCNHS DCNHS	DOMINIC VELASCO

	MA. HAZEL NAVARRO MELQUIZEDICK MACAM JAY ANDY CABANLIT JOMAR DESCALLAR PAUL ANTHONY MACARAEG VINCE DASIG REX BONZO	ECIS LA SALETTE DCNHS DCNHS UPANG DCNHS DCNHS DCNHS	
Athletics	1. REMELYN SORIANO 2. SUSAN RAMADAN 3. BARBIE VILA 4. MARY JOY DAO 5. KRISTINE PARAS 6. RHEDLYN INFANTE 7. KHARYLLE PEREZ 8. JENNIFER CASILANG 9. CHARMILE JOY BAUTISTA 10. VIILAROSE ESCOSIO 11. CANDICE RAGUTANA 12. CHARMILLE JOY BAUTISTA 13. JAJA GALISEM 14. FRENELYN PERDONIO- 15. LISA CAYABYAB 1. RENNEL LLEVADO 2. JEROME GASCON 3. DENMARK FABIA 4. BILLY JOE DUE 5. JAY MAR ESTRADA 6. RHENNEL ESTRADA 7. ALDION MARC AQUINO 8. RAMCEL ESTRADA 9. PRINCE VICTORIO 10. WILSON FERRER 11. JERRY PARAS 12. ROBIN ESGUERRA 13. JOSHUA CAYABYAB 14. BOB RODRIGO SALAZAR 15. ALEX LEONES	BBNHS BBNHS BBNHS BBNHS JJDVSTVSS DCNHS U-PANG U-PANG PIS PIS SNHS PIS ECIS FNCIS SNHS BBNHS BBNHS BBNHS BBNHS PIS PIS PIS PIS PIS PIS JJDVSTVSS DCNHS ST.MICHAEL ST.MICHAEL ST.MICHAEL	RUN-FRANCIS B. MARARAC THROWS-JEFFREY GATCHALIAN JUMPS-CECILLE ESTRADA RUN-JAIME NICOMEDES THROWS-JULIUS JUGO JUMPS-LESLIE L. GARCIA
Badminton	SOFIA MARGARET B. REYES MAYUMI M. CALLANTA BLESSED D. ERGUIZA CARELL KATE GONZALES JAMILLE F. JAVIER VINCE ALEJSON ALEJANDRINO RYAN ZACHARY ALPAY MARK ANDRIAN SUYAT VINCENT RYAN BACANI JOSHUA DAROYA	JCAI OAKRIDGE DCNHS DWAD DCNHS PUI LA MAREA SJCS DCNHS SJCS	ZENAIDA BAUTISTA
Basketball	(TO BE DETERMINED BY THE TM)		JETHRO YAO
Basketball (3x3)	(TO BE DETERMINED BY THE TM)		
Baseball	(TO BE DETERMINED BY THE TM)		KENNETH LLAMAS
Billiards	(TO BE DETERMINED BY THE TM)		JANIS PALAGANAS
Boxing	(TO BE DETERMINED BY THE TM)		ANTONIO BATO
Chess	JOHN RUIZ BRAVO LUIS BERDON ANDREW CORRINE ESTABILLO ANGEL S. FERRER	LA SALLETTTE LA SALLETTTE LA MAREA DCNHS	
Dancesport	RUSSEL RAY VILLANUEVA	DCNHS	MARISSA FABIA

	KRISTINE MAE DE VERA PRINCE ARLOU CABRERA MARIA SOFIA NABOR	DCNHS SAGS SAGS	JORDZ ALJUNE FERNANDEZ
Football	RYAN B. ARENAS LM T. GARCIA ARISSI D. NAKAR CHRISTIAN A. RAZO JHOMAR M. SALVADOR FERDINAND EJ R. FERNANDEZ REGIE JOHN MARK M. MENA ALEXANDER E. GOMEZ MARK JASON C. GUTIERREZ NICANOR N. FERRER JASON S. BOLO BONG S. CALDERON MARK GLENN S. VIRAY ERWIN JAMES P. AMBROSIO SHAWN KRISTL E. SANCHEZ EJ C. MACAPINLAC ELLIAM T. EDADES ALDRIN COQUIA JOSHUA DELA CRUZ ZIAN CAYABYAB JIRO N. DAO VON QUIBOTE ROY BERNARD MACALINO KHIER ANDY BARNACHEA	FNCIS FNCIS FNCIS FNCIS FNCIS FNCIS FNCIS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS DCNHS LA SALLETTE LA SALLETTE BBNHS BBNHS BBNHS ECIS PAMMA PAMMA	EFREN ROSARIO
Futsal	(TO BE DETERMINED BY THE TM)		GEORGE CASILANG
Gymnastics WAG MAG RG Aero	(TO BE DETERMINED BY THE TM) JURISE MAMARIL ANDREA VENESE ROBOSA KRISTOPHER KEN MENESES JEIRUS AQUINO	SAGS DCNHS SJCS DCNHS	ALYSSA MAE JUGO CARMELA BERNAL
Pencak Silat	(TO BE DETERMINED BY THE TM)		LARRY BAUTISTA
Sepak	ALLAN MAUEL EDUARDO FRANEZA CYRUS PARAS TIMOTHY MIJIA JOHN DARIUS SANTOS RAFAEL ADABAN EVAN ROSTILLIO MIGUEL LOPEZ MHELMAN MELENDEZ LIMUEL FRANCISCA GERONEMO YAO RICHARD SERRANO ROMEO LANDINGIN MIKE RAGA RAVEN CORNEL ALONA REYERA DIANA ALMONTE LUXE ESCOSIO LOVELY LLUSOLA	BBNHS BBNHS BBNHS BBNHS BBNHS ECIS ECIS PUGARO IS UL PUGARO IS SJCS BBNHS BBNHS ECIS BBNHS BBNHS BBHNS PUGARO IS. CARAEL NHS	GEORGE CASILANG ELISA PARAS SHIELA NORIEGA CARLA SALAZAR
Swimming	(TO BE DETERMINED BY THE TM)		JOAQUIN REYES
Softball	(TO BE DETERMINED BY THE TM)		CECILLE ESTRADA

Table Tennis	ROBERT MIRANDA ESTHEPEN ESTIMADA RANSMER VILLANUEVA KODY FERNANDEZ ANGEL AGUSTIN RISSA SANTOS RIZZA AYSON JULIA ANN VILA	PRIVATE A PRIVATE B DCNHS PRIVATE A PRIVATE B PRIVATE A DCNHS ECIS	WIDMARK BALMORES
Tennis	(TO BE DETERMINED BY THE TM)		GEORGE UBANDO
Taekwondo	JHED ANNE Q. JUGUILON JEAN ARA V. MIRANDA ALLANA FRANCINE Q. PEREZ LEONARDA E. CASTILLO ANGELA JOY A. ELIRON MIKHAELA ADELYNNE N. FABROA RIA JEAN G. CAMANGIAN AIZEL JEA G. CALAGUIN CRYSTEL ANNE F. MORGA CYRILL JAMES A. CAMILLO JAKE LUIZ Q. JUGUILON RONZJIE A. CANCINO TRISTAN ROMERO CHRISTIAN GOHAN G.BAUSTISTA FREDERICH CARL CUNA FRITZ JERALD A. DELA CRUZ CYRUS TRITON ROMERO ABE R. BAUTISTA III	ECIS SAGS SJCS DCNHS DCNHS SAGS UL MGSSSI DCNHS UL ECIS SAGS DOMINICAN KING FISHER DWAD UL LA MAREA KING FISHER	MARIA LOLITA MORGA
Volleyball	AMBROSIO, JESSICA MAE C. JONSON, FRANCES MARGARET S MIEMBRO, APRILYN S PERTUDO, VYNETTE AIRA C RADOVAN, ALLYSSA MAE M. TIGNO, JASMIN NICOLE P. REYES, CRISTELLE VANNE P. CALMA, JOHANNE MAE FREDALYN P. RAMOS FRANCISCO, ANN SHALIMAR B. TULIAO, IHRA MAE E. UBANDO, ALLESSANDRA U. CLATA, ANGEL MAE C. LAZO, TRIXIE ANN P. JOEY LOPEZ MARK KENNETH TRINIDAD JASON REY OMAR DACURONG JASPER LAROYA NORMAN REYES CLIFFORDJAN G. AQUINO LAURENCE L. PAULINO DAVID JOSHUA B. RAGUINDIN JAMES PETER O. INQUITO KYLE T. SEVILLANO ARIEL D. CEREZO JOVIT A. CEREZO KEVIN ROY A. CRUZ	UL UL UL UL UL UL UL DCNHS DCNHS LNU LNU LNU BBNHS BBNHS LNU LNU LNU LNU LNU BBNHS BBNHS BBNHS UL UL DCNHS DCNHS DCNHS	MICHAEL HENRY BALTAZAR
Wrestling	(TO BE DETERMINED BY THE TM)		KEVIN BALMORES
Wushu	JOHANNES PAOLO GUMABO RENZ CRISTIAN LANUGAN JOHN BRYAN MODELO	BBNHS LNU LNU	RHEVEN CASTRO MARLENE MINA