



DIVISION MEMORANDUM

No. 118 s. 2018

RELEASED

DepEd, Division Office of Catanduanes

RECORDS SECTION
 MAY 14 2018

Date: _____
 Time: 1:05 PM
 Initial/Signature: [Signature]

To : Public Schools District Supervisors
 Secondary / Elementary School Principals
 All other concerned personnel

From : [Signature]
 SOCORRO V. DELA ROSA, CESO VI
 Schools Division Superintendent

Subject : **Seminar Workshop on Talent and Skills Identification Program for Sports**

Date : May 4, 2018

1. Relative to the conduct of the Seminar Workshop on Talent and Skills Identification Program for Sports which will be conducted on May 16, 17 -18, 2018 below is the list of the Technical Management Committee,

Chairman :	Fidel Vegim	Bato Rural Development H/S
Members :	Edgar Sarmiento	Magnesia National H/S
	Ernesto Buena	Catanduanes National H/S
	Nelson Sicio	Schools Division Office
	Roy Tejerero	Bote Integrated School
	Nicanor Buendia	Baras Rural Development H/S
	Roberto Tomagan	Catanduanes National H/S
	Henry Dela Rosa	Calatagan High School
	Darwin Templonuevo	Caragumihan Elementary School

2. Designed activities includes,

1. Paper Juggling
2. 3 minutes' step test
3. Hexagonal Jump
4. 40 meters' sprint
5. BMI – Body Mass Index
6. Standing height index
7. Standing long Jump
8. Stature height
9. Sitting height
10. 100 km. run / walk
11. Curl up
12. Sit up

13. Arm Span
14. Stick drop test
15. Zipper test
16. Seat and Reach
17. 90 degrees' push up
18. Trunk list
19. Stand waist circumference
20. Stork balance stand
21. Basketball pass
22. Waist circumference

3. Individuals who are Pregnant, with heart problem and suffering from hypertension is discouraged.
4. Medical team is ready to respond to any untoward incident that may happen that calls for immediate medical attention.
5. Participants are expected to be in proper / appropriate sports attire such as;
 - T-shirt
 - Sando
 - Jogging Pants
 - Rubber shoes
 - Athletic shorts
6. See attached matrix on a separate sheet.
7. Immediate dissemination of this memorandum is desired for information and compliance.

TRAINING MATRIX

SEMINAR WORKSHOP ON TALENT AND SKILLS IDENTIFICATION PROGRAM IN SPORTS

TIME		DATE	
A.M	P.M	MAY 16,2018	MAY 17,2018
8:00 – 8:15		Management of Learnings / un freezing activity	
8:00 – 9:30		REGISTRATION OPENING PROGRAM ORIENTATION AND MECHANICS	Continuation of the Administration of Physical Fitness test
9:30 – 10:30		Benefits of Physical Fitness	
10:30 – 12:00		The Physical fitness test and Protocols	Session on recording and Interpretation of Results
HEALTHY LUNCH BREAK			
	1:00 -3:00	Administration of Physical Fitness Test	Continuation of the Administration of Physical Fitness test
HEALTHY SNACKS			
	3:30 – 5:00	Continuation of Physical Fitness Test	Continuation of the Administration of Physical Fitness test
			Closing program
			Clearing House