




Republic of the Philippines
Department of Education
REGION V - BICOL
SCHOOLS DIVISION OFFICE OF CATANDUANES

MEMORANDUM

OSDS-SGOD -UM-03-7-2023/ATB

TO: **PEDRO FRIAS JR. -**
Pandan School of Arts and Trades

FRANKIE TEVAR
LIV NHS

FROM: By the authority of the SDS:

GINA B. PANTINO *ml*
Education Program Supervisor
Officer-In-Charge *f*

SUBJECT: **REGIONAL LIVE-OUT REFRESHER COURSE FOR COACHES AND OFFICIATING OFFICIALS IN BOXING AND AERO GYMNASTICS**

DATE: **March 9, 2023**

1. You are hereby advised to attend the Regional Live-Out Refresher Course for Coaches and Officiating Officials in Boxing and Aero Gymnastics on March 11- 12, 2023 in a separate venue indicated in this memo.
2. The activity aims to equip and capacitate our teachers- coaches and officiating officials with the skills and technical knowledge in their respective events as we prepare for the Palarong Bikol and Palarong Pambansa. All participants are expected to be in their appropriate attire and are requested to bring their own sports equipment to be used during the practicum.
3. No registration fee shall be collected from the participants, while the travel and other related expenses of resource persons, participants, the technical management committee (TMC), and support staff shall be charged against their respective MOOE/local funds subject to the usual accounting and auditing rules and regulations
4. The participants in this training shall be given compensatory overtime credits/service credits under paragraph 5.3 letter K of the Joint Circular of Civil Service Commission (CSC) and the Department of Budget and Management (DBM) dated October 4, 2004.
5. Travel and other incidental expenses shall be charged from the SEF / Provincial School Board subject to the usual accounting and auditing rules and regulations.
6. For information, guidance, and compliance of all concerned.



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DepEd Tayo - Region V - Catanduanes

Training Venues

Sports Event	Venue
Boxing	Binogsacan NHS Guinoban , Albay
Aero- Gymnastics	Daraga North Central School Daraga, Albay

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EXECUTIVE COMMITTEE

Over-all Chairman: Gilbert T. Sadsad
Co- Chairman: Ronelo Al K. Firmo
Members: Norma B. Samantela
Ma. Jeany P. Abayon
Lauro B. Milano

Technical Management Committee

Chairman: Ronald C. Asis
Co- Chairman: Danilo R. Murillo
Members: Francisco Dexter O. Sison
Ernie Baranquel

Secretariat

Chairman: Rommel U. Quinones
Co-Chairman: Raizza B. Santos
Mary Ann Magistrado
Jennifer Danela

Resource Persons

Boxing

Jonathan Oscar G. Jimenez
Angelo Baguio
Richard M. Bechayda
Felipe P. Ramirez

Aero Gymnastics

Maricel Castro
Francis John Alcasid
Harry Isaac Sadia-Pinit
Jonee O. Ayende
Romnick Mhel S. Martinez

WORKING COMMITTEES

Documentation

Chairman: Rommel U. Quinones
Co-Chairman: Raizza B. Santos
Member: Mary Ann Magistrado
Jennifer Danela

Registration

Chairman: Albay TMC
Co-Chairman: Albay TWG

Ways and Means

Chairman: Danilo R. Murillo
Co-Chairman: Jonathan Oscar Jimenez
Member: Albay TWG

Accomodation

Chairman: Jonathan Oscar Jimenez
Co-Chairman: Maricel Castro
Members: Jonee Ayende

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TRAINING MATRIX for BOXING

TIME/DAY	March 11, 2023	March 12, 2023
7:30-8:00	Registration	Preliminaries
8:00-8:30	OPENING PROGRAM	Breakout Sessions
8:30- 9:30	Plenary Technical and Competition Rules Jonathan Oscar G. Jimenez IBA 3-Star International Referee	Coaches: Updates Richard M. Bechayda & Felipe P. Ramirez Technical Officials: Practicum Jonathan O. G. Jimenez & Angelo C. Baguio ABAP National Referee
9:30-10:00	<i>Health Break</i>	
10:00-12:00	Plenary Technical and Competition Rules Jonathan Oscar G. Jimenez IBA 3-Star International Referee	Breakout Sessions Coaches: Responsibilities of the coach Richard M. Bechayda & Felipe P. Ramirez Technical Officials: Practicum Jonathan O. G. Jimenez & Angelo C. Baguio ABAP National Referee
12:00-1:00	<i>Lunch</i>	
1:00-3:00	Plenary Referees and Judges Regulations Jonathan Oscar G. Jimenez IBA 3-Star International Referee	Breakout Sessions Coaches: Practicum Richard M. Bechayda & Felipe P. Ramirez Technical Officials: Practicum Jonathan O. G. Jimenez & Angelo C. Baguio ABAP National Referee
3:00-3:30	<i>Health Break</i>	
3:30-4:30	Plenary Referees and Judges Regulations Jonathan Oscar G. Jimenez IBA 3-Star International Referee	Breakout Sessions Coaches: Practicum Richard M. Bechayda & Felipe P. Ramirez Technical Officials: Practicum Jonathan O. G. Jimenez & Angelo C. Baguio
4:30- 5:00	CLOSING PROGRAM	

TRAINING MATRIX for AEROBIC GYMNASTICS

Time	Day 1	Day 2
	Activity	Activity
7:00- 8:00	Registration	Preliminaries
8:00- 9:00	Opening Program	Difficulty Lecture and Practicum in Difficulty Speaker: Francis John Alcasid
9:00- 10:00	Updates in Aerobic Gymnastics (Open Forum) Speaker: Maricel M. Castro	
10:00- 10:15	AM SNACK	
10:15 11:00	General Information and Composition of Routines Speaker: Jonee O. Ayende	Execution Lecture and Practicum in Execution Speaker: Romnick Mhel Martinez
11:00- 12:00		
12:00- 1:00	LUNCH BREAK	
1:00- 2:00	The Jury and Its Functions Harry Speaker: Isaac Sadi	Artistry Lecture Speaker: Jonee O. Ayende
2:00:3:00	Difficulty Elements Speaker: Francis John Alcasid	Practicum in Artistry Speaker: Jonee O. Ayende
3:00- 3:15	PM SNACK	
3:15-4:00	Shorthand Symbols (Practicum) Speaker: Maricel M. Castro	Aerobic Dance (Practicum) Aerobic Step Speaker: Maricel M. Castro
4:00-5:00	Line Judges and Time Judges Functions (Practicum) Speaker: Harry Isaac Sadia	Closing Program

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