

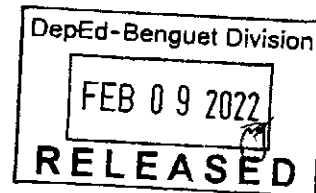


Republic of the Philippines  
**Department of Education**  
 Cordillera Administrative Region  
**Schools Division of**

January 20, 2022

**DIVISION MEMORANDUM**

NO. 041 S. 2022



**TO: CID AND SGOD CHIEFS  
 PUBLIC SCHOOLS DISTRICT SUPERVISORS  
 PUBLIC, PRIVATE ELEMENTARY AND SECONDARY SCHOOL HEADS  
 ALL OTHERS CONCERNED**

**VIRTUAL DIVISION ACCREDITATION OF BENGUET COACHES IN ARNIS AND ATHLETICS**

1. In support to the constitutional mandate on promoting sports in education, and in compliance with the DepEd Sports Manual mandating schools to have a minimum of three sports discipline per school and with strict compliance to health protocols in the locality; public, private elementary and secondary schools are invited to participate in the three-day Virtual Training in Arnis and Athletics on February 17 – 19, 2022.
2. The training aims to enrich the arnis and athletics coaching knowledge on the updates in coaching rules and enhance their skills in performing the different moves/exercises.
3. Participants to this activity are the public and private elementary and secondary teacher-coaches and aspiring to be coach in the above sports discipline who are willing to organize/train athletes in their respective schools in preparation for the conduct of the 2022 Benguet Provincial Virtual Provincial Meet in March and April 2022.
4. They must be physically fit and are willing to redemonstrate the different skills being taught. Proper attire (jogging pants, shirts and rubber shoes) are required each participant. Pregnant mothers are discouraged to attend.
5. Participants are required to complete the whole duration of the virtual training in order to be given a certificate of accreditation. Likewise, they shall post their picture online from time to time as may be required by the management.
6. Teacher - participants are entitled for service credits for the attendance on Saturday February 19, 2022, which will be prepared by the Division Secretariat.
7. Expenses incurred by the participants in connection with this activity shall be personal and or charged to local funds subject to the usual accounting rules and regulations.
8. For queries, please contact Emerson Hadsan at cp # 09075956222 or 09198621200-project proponent in athletics; Ms. Pauline Tomin at cp # 09611912393 – project proponent in arnis; Cesar Luma-ang at cp # 09283188179 - Division Sports Coordinator.
9. Immediate and wide dissemination of this memo is urged.

**GLORIA B. BUYA-AO**  
 Schools Division Superintendent



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 Facebook Page: DepEd Tayo Benguet



**ANNEX A**  
**ACTIVITY MATRIX**

**VIRTUAL DIVISION ACCREDITATION OF BENGUET COACHES IN ARNIS AND ATHLETICS**

Date: February 17 – 19, 2022

Day 1

Part I

7:00 – 7:50 ..... Pre-Registration (Required, link to be forwarded)

Part II – Virtual Plenary Session

Opening Program

8:00 – Prayer ..... Participant

Pambansang Awit ..... AVP

Panunumpa sa Watawat .....AVP

Cordillera Hymn ..... AVP

Benguet Hymn .....AVP

Opening Remarks .....Lucio B. Alawas, CES

Statement of Purpose ..... Ceasar B. Luma-ang, EPS

Message .....Gloria B. Buya-ao, SDS

Part III – Break Away Session by Event until Day 3

Note: Please see separate activity matrix per event, shift link.

### Training Matrix – ARN16

Time	(Feb.17.) Day 1	Persons Involved	(Feb.18) Day 2	Persons Involved	(Feb.19) Day 3 Friday	Persons Involved
8:00 AM to 9:00 AM	Registration	Facilitators –in -charge	Checking of attendance	Facilitators-in-charge (Tublay)	Checking of attendance	Facilitators –in-charge (Itogon)
9:00 AM to 10:00 AM	OPENING PROGRAM	Facilitator-in-charge	-Lectures and demonstration on the 12 Basic classical strikes using double baston.	Speaker/-Michael Banana	Lecture and demonstration in Standard anyo.	Speaker-
10:00- 10:15	Health Break	Health Break	Health Break	Health Break	Health Break	Health Break
10:00 AM to 10:30 AM	-Orientation of guidelines in webinar proper. -Orientation of the three-day virtual training.	Speaker -Deo Sodaypan-Secretariat -Pauline A. Tomin	Workshop/Practicum	Participants Facilitator	Workshop /Practicum	Participants Facilitators
10:30 -11:30	-Lecture on Philosophy in Coaching	Speaker; Dr.Paulo Motita 11	-Lectures and demonstration on the 11 Basic classical strikes using sword and dagger.	Speaker-Pauline A.Tomin	Lecture on the guidelines and rules in judging cultural and standard anyo.	Speaker-Michael Banana Myrick Ao-asen
11:30AM to 12:00 AM	Lectures in 12 Basic Classical strikes using solo baston.	Speaker-Pauline A. Tomin	Workshop/Practicum	Participants	Workshop	Participants
12:00 to 1:00 p.m	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1:00 P.M to 2:P.M	Lectures in 12 Basic Classical strikes using solo baston.	Speaker-Pauline A. Tomin	Lecture and demonstration of empty hand and with stick sinawali.	Speaker -Hannah Colas	Judging and viewing of return demo by the participants on the performance of 3 to 5 combinations of classical strikes and traditional anyo. workshop	Participants /Facilitator
2:00 PM to 3:PM	Workshop/Prtacticum	Participants Facilitator	Practicum	Participants Facilitator	Submission of recorded videos on the google drive.	Participants Facilitators
3:00 p.m to 4:00 p.m	Execution of 3 to 5 combinations of basic classical strikes using solo baston.	-Myrick Ao-asen	Lecture and demonstration on the Cultural Anyo .	Speaker - Hannah Colas		
4:00-4:40	Practicum/Workshop	Participants/Facilitator	Workshop			
4:40-5:00 p.m	Evaluation /Attendance		Evaluation/Attendance		Evaluation and closing program	Participants /facilitator-(LTCS)

Annex B: Attached document is the list of coaches and trainers in Arnis Sports who have attended the previous District and Division level trainings are required to participate in the Virtual Training of Arnis Sports Skills and Officiating officials Training on Feb.17,18 and 19,2022 for follow-up training and in preparation for the upcoming District and Provincial Virtual Arnis Sports Competition.

Name	School	District
1.Leonora D. Cosme	Ambangeg National HighSchool	Bokod District
2.Juna Alex	Ambangeg National HighSchool	Bokod District
3. Deo Sudaypan	La Trinidad Central School	La Trinidad District
4. Elizabeth D. Albo	La Trinidad Central School	La Trinidad District
5. Mavis E. Baliqued	Tublay School of Home Industries	Tublay District
6. Ivy Tabanganay	Tublay School OfHome Industres	Tublay District
7. Natalia Salming	Tublay of Home Industries	Tublay District
8. Joan L. Telio	Ciriaco Elem.School	Tublay District
9.Clarissa. Depayso	Ciriaco elem.School	Tublay District
10. Maybelline Langbis	Becday Chasuras Lamsis	Tubaly District
11.Marilou Sumakey	Loo National High School	Buguias District
12.Florita Algabis	Bacasen-Wakit Elementary School	Buguias District
13. Rovanie Joy Donglasan	Balili Ementary School	La Trinidad District
14.Josephine Sab-it	Sablan National HighSchool	Sablan District
15.Jay Leon	Sablan National Highh School	Sablan District
16. Eveliza W.Abance	Buyagan Elementary School	La Trinidad District
17.Joyce Polonio	Buyagan Elementary School	La Trinidad District
18.Jennifer I.Gacayan	Longlong Elementary School	La Trinidad District
19.Marilou Estam	Michael G. Angel Elem.School	Sablan District
20. Kristy Venus L. Pacio	Sagandoy Elem. School	Buguias District
21. Mercedes Catacutan	Pakpakitan Elem. School	Kibungan District
22. Caridad Dagupen	Camilo Lucaben elem.School	Kibungan District
23. Fely Tongalog	Pico Elementary School	La Trinidad District
24. Gloria A. Pelico	Pico Elementary School	La Trinidad District
25. Lorna Garoy	Palali Elementary School	Sablan District
26.Hanley Pacheco	Taya MG School	Sablan District
27. Graziella Argate	Talete MG School	Sablan District
28.Elizabeth Laruan	Bahong Elementary School	La Trinidad District
29. Agustina Agmaliw	Tacdian Elementary School	La Trinidad District
30.Joel Mangallay	Alejo M. Pacalso NHS	Itogon District
31. Teresita Ngayawon	Alejo M. Pacalso NHS	Itogon District
32. Ramzee Razote	Alejo M. Pacalso NHS	Itogon District
33. Kathrine C, Dao-asen	Bagtangan Elem.School	Bakun District
34. Emma T.Dokipen	Bakun Central Elem.School	Bakun District
35. Melchor Bacasen	Palidan Integrated School	Bakun District
36. Arnel Tamtam	Palidan Integrated School	Bakun District
37.Julie G. Gawiden	Tingboen Galisen Elem. School	Bakun District
38.Emma S. Acbayaan	Sinacbat NHS	Bakun District
39. Mary O. Wasian	Batanes Elem.School	Bakun District
40.Manolo Catano	Sinacbat NHS	Bakun District

41. Remar Degsi	SNHS	Bakun District
42. Jonathan S. Busilac	BNHS	Bakun District
43. Juliet S. Alboc	Labinio Acquisio Elem.School	Bakun District
44. Sarah Jane Moc-eg	Labinio Acquisio Elem.School	Bakun District
45. Gema O. Pag-ang	Batanes Elem.School	Bakun District
46. Maudee M. Beray	Karao Tribe Elem.School	Bokod district
47. Yolanda Dodon	Bokod National HighSchool	Bokod District
48. Velasco Metwa	Tacadang Integrated School	Kibungan District
49. Carolyn Dayawen	Tacadang Integrated School	Kibungan District
50. Emythes Tauli	Tacadang Integrated School	Kibungan District
51. Myrick Ao-asen	LNHS	Mankayan District
52. Michael Banana	TNHS	Tuba District
53. Erlinda Tamaken	Ayosep Elem. School	Mankayan District
54. Winalia W. Empizo	Kapangan Central School	Kapangan District
55. Ursula Balao	GBDAIS-Main	Kapangan District
56. Willy Kay-an	ANHS	Atok District
57. Sebio Badival	Topdac Elem.School	Atok District
58. Elbie Bisly	Masalin Elem.School	Bakun District
59. Yelen D. Sabiano	Tingbaoen -Galisen Elem. School	Bakun District
60. Pauline A. Tomin	La Trinidad Central School	La Trinidad District
61. Jessie Galian	Kapangan NHS	Kapangan District
62. Winalia Empizo	KCNHS	Kapangan District
63. Nadlyn Coilan	Taba-ao Integrated School	Kapangan District
64. Manuel Martin	Boklaoan E/S	Kapangan District
65. Julianne Nicolai Meris	Taba-ao Integrated School	Kapangan District
66. Jessie Balagsa	Belis BS	Kapangan District
67. Evelina Balngcod	Longboy Elem. School	Kapangan District
68. Vivian D. Pacio	Kabayan Central school	Kabayan District
69. Lydia M. Guiad	Kabayan Central School	Kabayan District
70. Lily T. Panas	Kabayan Central School	Kabayan District
71. Mary -ann Moltio	Topdac elem. School	Atok District
72. Federico Ancheta	Benguet National High School	La Trinidad District
73. Kimberly Bulasao	Benguet National High School	La Trinidad District
74. Clemente Angloan	Benguet National High School	La Trinidad District
75. Ambrocio Tulic	Benguet National High School	La Trinidad District
76. Tessie E. Ket-eng	Bacasen -Wakit E/S	La Trinidad District
77. Famila Maximo	Camp 30 NHS	Atok District
78. Merlobenda Recile	Puguis Elemenatry School	La Trinidad District
79. Marilyn G. Nabe	Becday Chasoras Elem. School	Tublay Sistrict
80. Rachell L. Arud	Lamut Elementary School	La Trinidad District

----- Nothing Follows -----

## TRAINING MATRIX - Athletics

DAY 1			
	SPEAKER	TOPIC	
9:00-10:00	SEE PROGRAM PAPER	OPENING PROGRAM	
TIME		BREAK	
10:15-10:20	HAROLD BACUSO	ORIENTATION OF THE ACTIVITIES	
10:20-11:50	EDELIZA DEMOT	INTRODUCTION TO KIDS ATHLETICS 6-7	
1:00-3:00	HAROLD BACUSO	CONTINUATION OF DISCUSSION	
3:00-3:15	BREAK		
3:15-4:15	JOHNERGIE JUAN	EQUIPMENTS	
4:15-4:45		ASSIGNMENT	
DAY 2			
8:00-9:00	EDELIZA DEMOT	KIDS ATHLETICS 8-9	
9:00-10:00	HAROLD BACUSO	ACTIVITIES IN 8-9 KA	
10:00-10:15		BREAK	
10:15-11:45	JOHNERGIE JUAN	TRAINING PLAN PREPARATION	
12:00-1:00	LUNCH BREAK		
1:00-2:00	JOHNERGIE JUAN	ACTIVITY MAKING OF SESSION PLAN PER GROUP	
2:00-3:00	EMERSON B. HADSAN	TECHNICAL RULES OF THE VIRTUAL ATHLETIC MEET	
3:00-3:10	BREAK		
3:10-4:00	EDELIZA DEMOT	STRAVA APPLICATION	
4:00-5:00	OUT PUT MAKING	Strava Dry Run/ Session Plan making	
DAY 3			
8:00-10:00	ALL SPEAKERS	PRESENTATION OF OUT PUT /District	
10:00-10:15	BREAK		
10:15-11:45	EMERSON B. HADSAN	UPDATES ON TECHNICAL RULES	
12:00-1:00	LUNCH		
1:00-2:00	ALL SPEAKERS	Election of Officers /CLEARING HOUSE	
2:00-3:00		CLOSING PROGRAM	

*Athletics*

**SPEAKERS:**

**1. Johnergie Juan :Athletics Coach-Benguet**

**:Accredited National Coach level 1 ( PATAFA)**

**: KIDS Athletics Level 1 Instructor (PATAFA/WAA)**

**2. Harold Bacuso: Regional Technical Official (Deped Car)**

**: KIDS Athletics Level 1 Instructor (PATAFA/WAA)**

**3. Edeliza Demot :Athlete : Marathon/Trail runner**

**: KIDS Athletics Level 1 Instructor ( PATAFA/WAA)**

**4. Emerson B.Hadsan :Tournament Manager Athletics( DepEd CAR)**

**: National Technical Official (PATAFA)**

**:KIDS Athletics Level 1 Instructor (PATAFA/WAA)**

**:Accredited National Coach level 1 ( PATAFA)**

## Annex A

List of Teacher - Coaches participants - *Athletics*

	NAME	DISTRICT
1	EVALISA ABANCE	LA TRINIDAD
2	NORWIN PINGO	LA TRINIDAD
3	LUZVIMINDA WAYA	LA TRINIDAD
4	GEL DATENG	LA TRINIDAD
5	MARYLYN DAMOSLOG	LA TRINIDAD
6	HERXILLIA MANI	LA TRINIDAD
7	RAQUEL MANUEL	LA TRINIDAD
8	LALITA LAQUIAO	LA TRINIDAD
9	EULA LABADDAN	LA TRINIDAD
10	JENNIFER SORIANO	LA TRINIDAD
11	AYLA BAYAS	LA TRINIDAD
12	NORIVEL SAGUID	LA TRINIDAD
13	TEODORO DICOS	LA TRINIDAD
14	EDITH MARY ANNE L. BULASAO	LA TRINIDAD
15	WILLY JAMES KILLIP	LA TRINIDAD
16	JOAN L. CALAGAN	LA TRINIDAD
17	JERALYN DANGO	LA TRINIDAD
18	ROGELIO OSAY	LA TRINIDAD
19	MARIBEL PULACAN	LA TRINIDAD
20	MARILYN CORTON	LA TRINIDAD
21	MARINA S. LABOTAN	LA TRINIDAD
22	JANICE T. NGOLAB	LA TRINIDAD
23	NANETTE BASCO	LA TRINIDAD
24	JENYL T. SEMENIO	LA TRINIDAD
25	NORA TIAGO	LA TRINIDAD
26	RENELYN TANDOC	LA TRINIDAD
27	MARITES TAM-OG	LA TRINIDAD
28	RHODORA ANGCUAN	LA TRINIDAD
29	TOMMY W. DIONISIO	LA TRINIDAD
30	JOVELYN C. MESA	LA TRINIDAD
31	INES ESTEBAN	LA TRINIDAD
32	DICKERSON LARUAN	LA TRINIDAD
33	NARDO ALIBA	LA TRINIDAD
34	MESENIA LAQUIAO	LA TRINIDAD
35	LIEZEL MENDOZA	LA TRINIDAD
36	RACHELLE ARUD	LA TRINIDAD
37	GINA SAB-IT	LA TRINIDAD
38	ELSA GASMENA	LA TRINIDAD
39	JONAH LAOYAN	LA TRINIDAD
40	PEARLY MICA AMPAGUEY	LA TRINIDAD
43	JAIME TOMAS	ATOK
44	JAKE CALUSA	ATOK



45	MARY ANN MOLTIO	ATOK
46	VIOLA YABNES	ATOK
47	JHOANNE INGOSAN	ATOK
48	BRINDA B. AMADO	ATOK
49	REMEDIOS PACITO	ITOGON 1
50	DORIS B. KINGAT	ITOGON 1
51	MARILOU P. LISAYEN	ITOGON 1
52	KIRTHA P. WAKIT	ITOGON 1
53	SOLA GRACE B. BANIAGA	ITOGON 1
54	MARY BETH P. PATNAAN	ITOGON 1
55	YVONNE C. FERNANDEZ	ITOGON 1
56	LORNA D. NANASCA	ITOGON 1
57	MARITES PADSOYAN	ITOGON 1
58	BEVERLY ALANGDEO	ITOGON 2
59	MELISA P. ALIDES	ITOGON 2
60	ANTHONY V. ADAWI	ITOGON 2
61	RUTH QUIRIMIT	ITOGON 2
62	ANNA LIZA S. CASTRO	ITOGON 2
63	MARGO MELIS	ITOGON 2
64	GRACE OTINGUEY	ITOGON 2
65	BRYAN KUSADSAD	ITOGON 2
66	EFRANIE E SAGAY	ITOGON 2
67	JORDAN LANDOCAN	ITOGON 2
68	GLENDA G. CAMADO	ITOGON 2
69	PANGI J. ALILAO JR.	KAPANGAN
70	YOSHIDA BELINO	KAPANGAN
71	DOMINGA A. BINAY-AN	KAPANGAN
72	DOMINIC MUGAL	KAPANGAN
73	FRANCIS MANIS	KAPANGAN
74	VIVIAN GUZMAN	MANKAYAN
75	AURORA DOKIPEN	MANKAYAN
76	DOLORES PAPLONOT	MANKAYAN
77	ABRINA BAYGAN	MANKAYAN
78	FLORECITA PASADILLO	MANKAYAN
79	ANTONETTE LASTINO	MANKAYAN
80	ALICIA ANASAN	MANKAYAN
81	ERLINDA TAMAKEN	MANKAYAN
82	JUNWIN INGAAN	MANKAYAN
83	LORNA BAS-ILAN	MANKAYAN
84	JOVILYN G. BANTOL	MANKAYAN
85	FELICIDAD TONGALOG	MANKAYAN
86	JANICE PASULE	MANKAYAN
87	SALVI SAB-IT	MANKAYAN
88	OFELIA PASADILLO	MANKAYAN
89	MILA N. PACADA	MANKAYAN
90	LORADEL LOMIDO	MANKAYAN

128	DORALYN DAMASO	TUBLAY
129	HAZEL VELASCO	TUBLAY
130	MYRNA OLANTE	TUBLAY
131	LEA A. TONDO	TUBLAY
132	JUDITH MARINO	TUBLAY
133	DILBERT FELIX RUBIO	TUBLAY
134	LORNA D. SAMSON	TUBLAY
135	RACQUEL T. BALDOS	TUBLAY
136	SALVACION B. TORRES	TUBLAY

91	ANALYN TINONG	MANKAYAN
92	NOREIN D. BUGTONG	MANKAYAN
93	LYN F. SAKIWAT	MANKAYAN
94	LEA ROSE S. AYAN	MANKAYAN
95	EDEN DALOG	MANKAYAN
96	ANA B. POSAYEN	MANKAYAN
97	FLORA M.POSAYEN	MANKAYAN
98	NIDA S. MASNAN	MANKAYAN
99	JENNELYN B. WALANG	MANKAYAN
100	ELIZABETH A. DIP-ASEN	KIBUNGAN
101	JULIA L. BANGCADO	KIBUNGAN
102	DIANNE J. DAYAO	KIBUNGAN
103	RUBY A. VIRAY	SABLAN
104	OLIVER P. CAMACHO	SABLAN
105	FLORDELINA TIPAYNO	SABLAN
106	ANNALIZA SAINGAN	TUBA
107	LOIDA KILIP	TUBA
108	SYLVIA K. PUHNAK	TUBA
109	JOCELYN WONG	TUBLAY
110	MERHAM ABELARDO	TUBLAY
112	JULIA COPER	TUBLAY
113	ESING VICTOR	TUBLAY
114	ANALYN O. TAMANG	TUBLAY
115	SHERYL TOMALI	TUBLAY
116	SHARON TIAGO	TUBLAY
117	WELLA T. COPER	TUBLAY
118	NOIME FELIX	TUBLAY
119	SHERYL TERCERO	TUBLAY
120	CHONA CARBONEL	TUBLAY
121	BERNADETTE TAYNAN	TUBLAY
122	MARK ALBIS	TUBLAY
123	DELYNE B. ACDANG	TUBLAY
124	PAULINA K. MERO	TUBLAY
125	MERALYN MORA	TUBLAY
126	SAMEL S. DALES	TUBLAY
127	JASMIN SORVETO	TUBLAY
128	DORALYN DAMASO	TUBLAY
129	HAZEL VELASCO	TUBLAY
130	MYRNA OLANTE	TUBLAY
131	LEA A. TONDO	TUBLAY
132	JUDITH MARINO	TUBLAY
133	DILBERT FELIX RUBIO	TUBLAY
134	LORNA D. SAMSON	TUBLAY
135	RACQUEL T. BALDOS	TUBLAY
136	SALVACION B. TORRES	TUBLAY
137	ISIDRA S. BARTOLOME	TUBLAY

138	GEMMA LYN S. POLON	TUBLAY
139.	ELIZABETH LARUAN	LA TRINIDAD
140	JOY L. MADALLANG	LA TRINIDAD
141	LUCILLE S. WAGNER	LA TRINIDAD
142	ELMERINE S. PANAGAN	LA TRINIDAD
143	ROLANDO ROSAL	MANKAYAN
144	JOHNNY PADTOC	MANKAYAN
145	WELFREDO MENDOZA	MANKAYAN
146	JEZEL P. BAYAWA	MANKAYAN
147	HAROLD BACUSO	LTB