

17 September 2025

Division Memorandum

No. 407 s. 2025

**To: Assistant Schools Division Superintendent
Public Schools District Supervisors/PSDs
Public and Private Secondary School Heads
All Others Concerned**

DepEd - Benguet Division

SEP 18 2025

RELEASED

DIVISION WEIGHTLIFTING SPORTS SEMINAR AND WORKSHOP

1. Weightlifting as a sport is one of the Olympic disciplines that develop not only physical strength but also focuses on character building among athletes. It is growing popular in the country due to the success of our national athlete, Ms. Hidilyn Diaz, who became Olympic Champion in 2021. Weightlifting now is a regular sport in DepEd.
2. In line with the DepEd's mission to foster holistic development of learners, there will be a Division Weightlifting Sports Seminar and Workshop on September 27 – 28, 2025 at the Benguet Sports Complex, Wangal, La Trinidad, Benguet.
3. Participants are the interested Benguet coaches, technical officials and trainers from the secondary public and private schools who are inclined to organize and train athletes in weightlifting as an additional sporting event.
4. A five-hundred-peso (P500.00) shall be collected from each participant to defray cost of accommodation, meals and snacks and honoraria of resource speakers/trainers from the Philippine Sports Commission (PSC) Manila, for the duration of the two-day training. Meals, accommodation and travel expenses of participants shall be borne by them which can be charged to local funds subject to the usual accounting rules and regulations.
6. A two-day service credit/compensatory overtime credit shall be granted to DepEd training management, secretariat and participants for their attendance/ services rendered in this activity. They are asked to register online on or before September 25, 2025, through the proponent (messenger) Ivy Dang-ay Tabanganay. Likewise, for queries please contact the same.
7. This memorandum shall serve as an authority to travel to the training staff and participants.
8. Immediate dissemination of and compliance with this memorandum is desired.


ESTELA P. LEON-CARIÑO EdD, CESO III

Regional Director and
Concurrent Officer In-Charge

Office of the Schools Division Superintendent



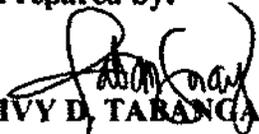
Matrix of Activity

Day	Time	Activity	Persons Involved
(DAY 1) September 27, 2025	7:30 – 8:00	Registration/checking of attendance	
	8:01 – 8:30	-Nationalistic song -Prayer	
		-Acknowledgement of Participants	Cesar Luma-ang- DSO
		Welcome Remarks	RD ESTELA P. LEON- CARIÑO EdD, CESO III, OIC SDS
		Statement of Purpose	Ivy Tabanganay- Proponent
	8:31 – 9:00	Introduction to Weightlifting as a Sport	Speaker A
	9:01 – 9:45	History and Development of Weightlifting in the Philippines and Worldwide	Speaker B
	9:45 – 10:00	BREAK	
	10:01 – 10:30	Benefits of weightlifting: Physical, mental and Character Development	Speaker A
	10:31 – 11:00	Safety Guidelines and Injury Prevention Usage	Speaker B
	11:01 – 12:00	Weightlifting and Proper Usage	
	12:01 – 1:00	LUNCH BREAK	
	1:01 – 3:00	-Fundamental Techniques in Weightlifting (Snatch, Clean & Jerk) -Proper Body Mechanics and Movement Patterns -Warm – up, Flexibility and Strength Conditioning for Weightlifters	Speaker C
	3:01 – 3:15	BREAK	
	3:16 – 5:00	-Coaching Roles and responsibilities in weightlifting -Training Program Design and Periodization basics	Speaker A
DAY 2 September 28, 2025	8:00 – 9:40	-Hand-on Demonstration of Basic Lifts (Snatch/ Clean & Jerk Progressions)	Speaker A, B and C
	9:41 – 10:00	BREAK	
	10:01 – 12:00	-Spotting and Assisting Athletes During Training	Speaker B
	12:01 – 1:00	LUNCH BREAK	
	1:01 – 2:00	-Weightlifting for Youth and Grassroots Development	Speaker B
	2:01 – 2:40	-Nutrition and recovery for Weightlifters	Speaker C
	2:41 – 3:00	BREAK	
	3:01 – 4:00	-Pathways to Competition: Local, National and International levels	Speaker B
4:01 – 4:30	-Open Forum and evaluation	Secretariat, Speakers A, B and C	
4:31 – 5:00	-Closing Program	Secretariat	

BUDGETARY REQUIREMENT:

Particulars	Resource Requirement	Estimate Cost	Source of funds
1. Accomodation of speakers	3 pax (2 days) * 250php	1,500	Registration Fee
2. Food and Snacks of the speakers and facilitators	5 pax (2 days) * 500php	5,000	
3. Talent/ Honorarium of speakers	3 pax (2 days) * 3,000php	9,000	
TOTAL:		15,500	

Prepared by:


IVY D. TABANGANAY
TSHI Sports Coordinator, MT I

Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BENGUET

PROJECT PROPOSAL

I. TITLE: DIVISION WEIGHTLIFTING SPORTS SEMINAR AND WORKSHOP

II. RATIONALE:

Weightlifting, as a sport, is one of the Olympic disciplines that develops not only physical strength but also discipline, that focus on character building among athletes. Despite its prominence internationally and its growing popularity in the Philippines due to the success of our national athletes, particularly that of Ms. Hidilyn Diaz who became the world champion in 2021, weightlifting became a regular sport in DepEd.

To introduce this sport and its benefits to the community, the Weightlifting Sports Seminar – Workshop is designed to provide a comprehensive orientation both for the athletes and coaches. Through this initiative, participants will be exposed to the fundamentals of weightlifting – its techniques, safety protocols, training methods and developmental pathways. Coaches will likewise be given the proper orientation and skills necessary to guide aspiring coaches with safe and systematic progress in sport.

This seminar – workshop also aims to serve as platform to spark interest among the youth and the local sports community, highlighting weightlifting as an alternative sport that can develop discipline, resilience and excellence. Moreover, it supports the long – term vision of discovering and nurturing potential weightlifters from Benguet who may represent the province and the country in future competitions.

By introducing weightlifting through this program, it is hoped to broaden the opportunities for athletes, diversify the sports culture of Benguet and contribute to the holistic growth of grassroots sports development in the province.

III. OBJECTIVES:

The seminar and workshop aim to:

1. Introduce weightlifting as a new sport in Benguet.
2. Orient and train coaches on the fundamentals, techniques and safety measures in weightlifting to ensure effective and responsible instruction.
3. Support grassroots sports development in the province by identifying potential coaches who may train future athletes to compete in the Districts, Provincial Meet, Regional Meet and the Palarong Pambansa.
4. Strengthen the sports culture in Benguet by diversifying the range of available sports programs and opportunities for coaches and athletes.

IV. DATE AND VENUE:

The proposed date of training is September 27 - 28, 2025 at the Benguet Sports Complex, Wangal, La Trinidad, Benguet

V. MATERIALS AND EQUIPMENT:

The materials and equipment needed are the following:

-Projector	-Laptop	-Score Sheets	-Weightlifting equipment
-Bond papers	-Markers	-Sound system	-Rubber mats

VI. PARTICIPANTS: 30 Participants

The expected participants are the interested Benguet Coaches/ Trainers who are inclined to organize and train athletes for weightlifting as an additional sports event.

VII. LEAVE BENEFITS AND LEGAL BASIS:

It is requested that DepEd trainers/ facilitators/ resource persons and training participants shall be granted a two (2) days service credits (SC)/compensatory overtime credits (COC) considering that the activity falls on a Friday (holiday) and a Saturday. Legal Basis: CSC and DBM Circular No. 2 s. 2024 titled Non-Monetary Remuneration for Overtime Services Rendered, DepEd Order No. 30 series 2016 provides the Policies and Guidelines on Overtime Services and Payment in the Department of Education.

VIII. BUDGETARY REQUIREMENT:

Source of fund- P500.00 shall be collected from each participant to defray honoraria, meals and snacks of resource speakers/trainers. (30 pax x 500.00 = 15,000.00).

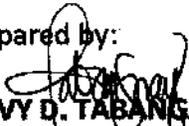
IX. EXPECTED OUTPUT:

1. Increased awareness and appreciation – participants will gain a deeper understanding of weightlifting as a sport and its potential in Benguet.
2. Basic technical Knowledge and Skills – Coaches/ participants will acquire knowledge of the fundamental lifts, proper techniques and safety protocols.
3. Enhanced coaching capacity with introductory coaching strategies, training program design basics and methods for safe and effective athlete development
4. The activity will serve as a starting point for the establishment of weightlifting clubs, grassroots programs, and long-term athlete development in the province.

X. MONITORING AND EVALUATION:

The training will be monitored by the training proponent through the daily attendance sheet. It will also be supervised by the Division Sports Coordinator, the Public Schools District Supervisors and the school heads. An evaluation form shall be distributed to the participants to evaluate the conduct of the training.

Prepared by:


IVY D. TABANGANAY
TSHI Sports Coordinator, MT I

Reviewed by:


LUCIO B. ALAWAS
CES – SGOD

Recommending Approval:


SAMUEL T. EGSAEN JR., EdD CESO VI
Assistant Schools Division Superintendent

Approved:


ESTELA P. LEON-CARIÑO EdD, CESO III
Regional Director and
Concurrent Officer In-Charge
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