



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region III
DIVISION OF CITY SCHOOLS
City of San Jose del Monte



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September 4, 2012

DIVISION MEMORANDUM
No. 149 s. 2012

To: Public Schools District Supervisors
Public Elementary / Secondary School Principals / OIC's
Private School Heads

**ONE-DAY SPORTS CLINIC IN
TABLE TENNIS**

1. The City Schools Division in coordination with the City Youth Sports Development Office (CYSDO) shall conduct a One-Day Sports Clinic in Table Tennis at the City Covered Court on September 14, 2012, (8:00a.m. – 4:00 p.m.)
2. The objectives of the clinic are:
 - 2.1 Equip the participants with basic fundamental and advance skills in playing Table Tennis;
 - 2.2 Improve/Enhance the participants' game tactics and strategies in match situations.
3. Participants are one (1) coach and two (2) players per elementary and secondary schools.
4. Private schools are invited to send teacher-coaches.
5. Meal and transportation expenses of the facilitators shall be borne by the CYSDO, while the participants are chargeable against local/school funds.
6. Wide and immediate dissemination on the content of this Memorandum is hereby desired.


DR. AMANCIO S. VILLAMEJOR JR., CESO IV
Schools Division Superintendent



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ONE-DAY SPORTS CLINIC IN TABLE TENNIS

City Covered Court
 September 14, 2012

S – how our patriotism to the country

P – roclaim our faith to the Lord Almighty

O – ffer the words of Welcome

City Government.....**Mr. Henry Miguel**
 Head, CYSDO

Department of Education.....**Dr. Leonardo D. Zapanta**
 Assistant Schools Division Superintendent

R – aise the spirit with the
 inspiring words.....

Dr. Amancio S. Villamejor Jr., CESO IV
 Schools Division Superintendent

T – hrill the participants with yell/cheer

S – tate the objectives of the clinic.....**Miss Pacita T. Cabanalán**
 EPS I – PE & Health

PROGRAM OF ACTIVITIES

TIME	ACTIVITIES
8:00 – 8:30	Registration
8:30 – 8:45	Opening Program
8:45 – 12:00	Theory and fundamental skills in Table Tennis (Grip, Stance, Forehand/Backhand Strokes, and Drills)
12:00 – 1:00	LUNCH BREAK
1:00 – 3:45	Advance Skills (Push, Topspin, Drive, Loop Spin, Side Spin, Block, Chop, Flick, Lob, and Drills) Game Plans, Tactics, and Strategies Technical Training and Practice Drills