



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



SEP 26 2012

website: www.depedcsjdm.webs.com / email: deped_csjdm@yahoo.com / telefax: (044) 815-2815

September 24, 2012

DIVISION MEMORANDUM

No. 167, s. 2012

To: *Public Schools District Supervisors*
Public Elementary / Secondary School Principal / OICs
Heads of Private Schools

SPORTS CLINIC IN COACHING ATHLETICS

1. The City Schools Division shall conduct a **Three – Day Sports Clinic in Coaching Athletics** on **October 6, 12, & 13, 2012** at Sapang Palay National High School, City of San Jose del Monte.
2. The objectives of the Sports Clinic are:
 - 2.1 Equip the participants with fundamental skills in different events in athletics.
 - 2.2 Enhance the skills of teacher coaches in coaching athletics.
 - 2.3 Improve the performance of CSJDM athletes in higher level of sports competition.
3. Participants are: one (1) Department Head / Sports Coordinator in every public schools; two (2) young and energetic teacher – coaches per elementary and secondary schools and one (1) teacher coach per private school.
4. There will NO registration fee, however, meals of trainers / facilitators shall be borne by the Division MOOE while the participants are chargeable against local / school funds.
5. Participants to the clinic shall be granted two days service credits for rendering services during Saturdays (October 6 & 13) per DepEd Order No. 53, s. 2003.
6. Wide and immediate dissemination of this Memorandum is hereby desired.


DR. AMANCIO S. VILLAMEJOR JR., CESO IV
School Division Superintendent *mu*



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



website: www.depedcsjdm.webs.com / email: deped_csjdm@yahoo.com / telefax: (044) 815-2815

SPORTS CLINIC IN COACHING ATHLETICS

TRAINING MATRIX

TIME	Day 1	Day 2	Day 3
8:00 – 8:30	Registration	MOP Unfreezing	MOP Unfreezing
8:30 – 12:00	Opening Program Unfreezing Discussion on Basic Fundamentals, techniques and rules of the following <i>Runs</i> : <ul style="list-style-type: none"> • Sprint • Middle Runs 	Discussion on Basic Fundamentals, techniques and rules of the following <i>Jumps</i> : <ul style="list-style-type: none"> • Triple Jump • Long Jump • High Jump • Pole Vault 	Discussion on Basic Fundamentals, techniques and rules of the following <i>Throws</i> : <ul style="list-style-type: none"> • Javelin • Discus • Shot Put
12:00 – 1:00	LUNCH		
1:00 – 3:00	<ul style="list-style-type: none"> • Long Distance Runs • Hurdles • Steeple Chase 	Practicum: Footwork, techniques and rules of different Jumps	Practicum: Footwork, techniques and rules of different Throws
3:00 – 5:00	Practicum: Footwork, techniques and rules of different Runs	Discussion: Coaching Techniques	Preparation of Training Design Closing Ceremonies

OPENING PROGRAMME

October 6, 2012
 8:00 AM

*A*dhere to the symbol of our Country

*T*ouch the heart with a prayer

*H*eed to the food for thought

*L*end your ears to the introductory address

*E*njoy the intermission number

*T*une in ^{to} the message of the ASDS

*I*mmense yourself to the inspiring words of the SDS

*C*all the roll

*S*tate the objectives and mechanics

Gilbert Selva – KHS

Romeo Pera – BBE CS

Eva Miranda – BBI ES

Mr. Eduardo V. Cruz – Principal IV, SPNHS

Dr. Leonardo D. Zapanta, OIC – ASDS

Dr. Amancio S. Villamejor Jr., **CESO IV** – SDS

Mrs. Bernadette B. Rosaroso – Div. Coordinator

Miss Pacita T. Cabanalan – EPS I - PE & Health

Cyrus Cesar/ Elvira Cailing
 Emcees



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



website: www.depedcsjdm.webs.com / email: deped_csjdm@yahoo.com / telefax: (044) 815-2815

SPORTS CLINIC IN COACHING ATHLETICS

WORKING COMMITTEES

Over-all Chair : **Edison P. Daclis**
Co – Chair : Gilbert Selva
Consultant : Pacita T. Cabanalan

Registration / Attendance

Chair : Eva Miranda
Co – Chair : Elvira Cailing

Physical Management

Chair : Cyrus Cesar
Co – Chair : Romeo Pera

List of Trainers / Facilitators

1. Eva Miranda - Lawang Pare (BBI) ES
2. Elvira Cailing - Lawang Pare (BBI) ES
3. Romeo Pera - BBE CS
4. Edison P. Daclis - SPNHS
5. Gilbert Selva - Kakawate HS
6. Cyrus Cesar - Goldenville (Minuyan) HS

PE & School Sports (PESS) Advisers

East District - Mrs. Shirley A. Macawile
West District - Mr. Sofronio P. Macawile
Mr. Ramiro M. Gacosta