

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

September 24, 2012

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DIVISION MEMORANDUM

No. 167, s. 2012

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

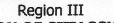
SPORTS CLINIC IN COACHING ATHLETICS

- 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.

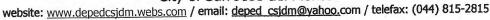
DR. AMANCIO S. VILLAMEJOR JR., CESO IV
School Division Superintendent



Republic of the Philippines **DEPARTMENT OF EDUCATION** Region III









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> : • Sprint • Middle Runs	Discussion on Basic Fundamentals, techniques and rules of the following Jumps: Triple Jump Long Jump High Jump Pole Vault	Discussion on Basic Fundamentals, techniques and rules of the following Throws: • Javelin • Discus • Shot Put
12:00 - 1:00	LUNCH		
1:00 - 3:00	Long Distance RunsHurdlesSteeple 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

Adhere to the symbol of our Country

Touch the heart with a prayer

Heed to the food for thought

Lend your ears to the introductory address

Enjoy the intermission number

June in the message of the ASDS

Immense yourself to the inspiring words of the SDS

Call the roll

State 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**



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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

Eva Miranda - Lawang Pare (BBI) ES
 Elvira Cailing - Lawang Pare (BBI) ES

3. Romeo Pera - BBE CS4. 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