



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
DIVISION OF GENERAL TRIAS CITY
LUIS Y. FERRER JR. NORTH NATIONAL HIGH SCHOOL

31 January 2023

SCHOOL MEMORANDUM

No. 09, s. 2023

ADVISORY ON CLUSTER MEET

To: All Teaching and Non- Teaching Personnel

1. In response to the letter and proposal submitted by the MAPEH Department, this office is pleased to inform you that Cluster 10 Meet will be on February 4-19 (Saturdays and Sundays only).
2. Attached herewith are the following:
 - a. Approved Letter
 - b. Training Details
 - c. Official List of Athletes
 - d. Request Letter (for venue)
 - e. Training Plan
 - f. Parental Consent
3. For your guidance and compliance.


NANETH P. SALVADOR, EdD
Principal I

NSPS / SM NO. 06, S. 2023
01/31/23



Address: Wellington Place, Phase VI, Pasong Camachile II, General Trias City, Cavite, Philippines 4107
Contact Numbers: (046) 235-0632 / 09190664246 / 09177146495
Email Address: 307823@deped.gov.ph

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January 23, 2023

Naneth P. Salvador, Ed.D
Principal I
Luis Y. Ferrer, Jr. North National High School

Madam:

Greetings of Love and Peace!

In line with the preparation for the upcoming Sports Cluster Meet 2022-2023. The MAPEH Department will facilitate sports training for our student-athletes.

The following are attached in this document for your reference and approval.

- Training details
- List of players per event (to be excused in their classes)
- Letter of request for the use of venue
- Training Plan
- Parental Consent

Thank you very much.

Very truly yours,

Ferdinand A. Buenaventura

MAPEH Teacher / Basketball Coach

Noted by:

Emmanuel C. Abando

MAPEH Key Teacher/ Sports Coordinator



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Approved by:


Naneth P. Salvador, EdD
Principal I



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TRAINING DETAILS

Event	Teacher-Coach	Date	Time	Venue
Basketball	Ferdinand A. Buenaventura/ Cresencio Esmero Jr.	January 25, 26, 27, 30, 31, 2023	7:00 am - 5:00 pm	Phase 4 Covered Court
		January 28, 2023	10:00 am – 12:00 nn	Phase 4 Covered court
		February 1, 2, 3, 2023	7:00 am - 5:00 pm	Phase 4 Covered court
Volleyball Boys/Girls	Edwin Santos/Genesis Montano/Zenaida Ayson/Chrismy Almonacid	January 26,27,28,30 ,31,1,2,3	8:00 -11:00 am(boys) 1:00-4:00 pm	Phase 6 Covered Court
Chess	Reynaldo Galos	January 25, 26, 27, 2023	7:00 - 3:00	School Library
Taekwondo	Chinkee Mae Dechavez/Janet De Asis	January 25, 26, 27, 30, 31, February 1, 2, 3, 2023	7:00 am - 3:00 pm	Room 101 - Amaya Building
Table Tennis	Chris Gapusan/Glydel Perez	January 24, 2023 onwards	8:00 - 4:00 Pm	Room 103 - Amaya Building



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General Training Format/Plan

<ol style="list-style-type: none">1. Routine<ul style="list-style-type: none">- Opening Prayer- Mood/Health Check- Training Session Goal- Venue/Equipment Check2. Dynamic Warm Up3. Drills <p>Water Break</p> <ol style="list-style-type: none">4. Lead up Games5. Scrimmage <p>Break</p> <ol style="list-style-type: none">6. Mental Training7. Drills <p>Water Break</p> <ol style="list-style-type: none">8. Game9. Stretching Cool Down <ol style="list-style-type: none">10. Session Recap11. Reminders12. Venue Clean Up <p>Closing Prayer</p>	<ul style="list-style-type: none">- Strength and Conditioning- Body Weight Training- Agility Drills- Dance Workout- Cardio Workout <p>**Activities and drills will vary depending on the event.</p>
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Softball/Baseball	Kevin Butil/ Joyce Ann Ambata/Via Fhaye Mundala	January 25 - February 3, 2023	7:30 - 5:00	1.Phase 4 covered court 2.Luis Y Ferrer Jr North National High Gym 3.Masaito/W ellington Open Space
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Note: During the training, the teacher-coaches must provide activities for their classes. A substitute teacher will be assigned to monitor their class.

List of Student-Athletes

Ferdinand Buenaventura – Basketball Coach

PLAYERS

- | | |
|--------------------------------|--------------|
| 1.Aaron Bitalac | - 10 Mabini |
| 2. Justin Baco | - 10 Jaena |
| 3. Heaven Ashton E. Encomienda | - 10 Trias |
| 4. Kyle Richwel G. Barba | - 9 Dalandan |
| 5. Jay Z. Ongonion | - 8 Orchid |
| 6. Axl Zeff S. Richling | - 7 Agoho |
| 7.Harvey Lance L. Domingo | - 9 Atis |
| 8. Alvin Joshua G. Camensi | - 9 Bayabas |
| 9.James Laurenze A. Geluz | - 9 Rambutan |
| 10.DUSTIN D. VINLUAN | - 10 JAENA |
| 11. RAINJOSH P. RONDA | - 10 JACINTO |
| 12.JOHN MANUEL A. VIRAY | - 9 SANTOL |



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Reynaldo Galos - Chess Coach

PLAYERS

- | | |
|----------------------------|--------------|
| 1. Emil Dwayne S. Ada | 10 - Rizal |
| 2. Rean Martin B. Palanca | 10 - Rizal |
| 3. Ma. Josh Anne D. Javier | 8 - Rosas |
| 4. Jelinley L. Trumpo | 7 - Kamagong |

Chinkee Mae A. Dechavez – Taekwondo Coach

Janet Asis – Taekwondo Coach

PLAYERS

- | | |
|-------------------------|--------------|
| 1. Erika Jade Argolida | 7 Mahogany |
| 2. Kyla Gabutan | 7-Mahogany |
| 3. Princess Velono | 8-Santan |
| 4. Zairelle Manibo | 8-rosas |
| 5. Jackson Mahilum | 9-Chico |
| 6. Adrian Abia | 9-Santol |
| 7. Mike Jerald de Jesus | 9-Santol |
| 8. Jasmin Lorio | 9-Rambutan |
| 9. Ashanti delos Santos | 9- Rambutan |
| 10. Emerald Mangaring | 10-Aguinaldo |
| 11. Nash Devera | 10-Jacinto |
| 12. Rhandolf Zoleta | 10-Mabini |
| 13. Irish Olasiman | 10-Silang |
| 14. Jayden Olorvida | 10-Silang |
| 15. John Wyne Jaluag | 10-Silang |



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Edwin Santos – Volleyball Boys Coach
 Genesis Montaña – Trainer

PLAYERS

1. Joshua S. Grefaldeo	8 - Sampaguita
2. Patrick Ramos Guinto	9 - Avocado
3. Ardrins G. Cortez	10- Luna
4. Kayl Andrel A. Pagaling	7- Pili
5. Arniel S. Tamayo Jr .	9-Avocado
6. John Paul Patrick C. Lacorte	8-Sampaguita
7.Joshua Tristan M. Eneluna	9-Bayabas
8.John Raiven E. Lesniana	9- Duhat
9. Rainier Solis Palacio	10- Del pilar
10.Marc Angel Tejada	10- Mabini
11. Clark Ken E. Reyes	9-Dalandan

Zenaida Ayson – Volleyball Girls Coach
 Jennielyn C. Nono – Volleyball Girls Coach
 Chrismy Almonacid – Trainer

PLAYERS

1. Ruby Ann C. Ecleo	- 9 Dalandan
2. Abegail T. Pompong	- 8 Gumamela
3. Jane Nicole L. Licuanan	- 9 Guyabano
4. Maron Rose S. Cahayag	- 10 Aguinaldo
5. Angel Mae V. Ramirez	- 9 Duhat
6. Jesalyn J. Pacaldo	- 9 Dalandan
7. Ashley Mae M. Ordoñez	- 7 Acacia
8. Francille Mercader Aguilar	- 10 Jaena
9. Princess Dianne A. Tang-o	- 9 Rambutan
10. Christine Joyce H. Pajarillaga	- 7 Ipil-ipil
11. Francisca A. Timabang	- 9 Bayabas
12. Trixy P. Siega	- 10 Trias



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Glydel Perez – Table Tennis Coach

Chris Gapusan – Table tennis Coach

PLAYERS

- | | |
|--------------------------------|-----------------|
| 1. Ronna Katherine V. Ribaya | 8 Dama De Noche |
| 2. Noreen Kate Padua Oserin | 8 Ilang-ilang |
| 3. Ryhana Corcoro | 7 Mahogany |
| 4. Princess Jane Salve Acaylar | 9 Avocado |
| 5. Marwin Iggy Licoto | 8 Dama De Noche |
| 6. Theart O. Magnifico | 8 Dama De Noche |
| 7. Rodney James N. Ribaya | 9 Guyabano |
| 8. Joerel Calzado | 8 Dama De Noche |

Kevin Butil – Baseball Head Coach

Joyce Ann Ambata – Baseball Assistant Coach

PLAYERS

- | | |
|-------------------------------|---------------|
| 1. Varon jhamier C tabiando | 9-Santol |
| 2. John Gionyl J. Rivas | 8- Camia |
| 3. Charls James P. Repala | 9- Pinya |
| 4. Ralph Laurence C. De Asis | 9- Atis |
| 5. Danielle Caranto | 8-Rosas |
| 6. Quixie Palma | 9-Atis |
| 7. Jaymerson Cahayag | 9-Santol |
| 8. Yuri Jiro Nato | 10 del Pilar |
| 9. Martin Gabriel B. Estuista | 8 Sampaguita |
| 10. Clynch Lacro | 10- Aguinaldo |
| 11. Aizel Jhon Salazar | 9 Dalandan |
| 12. John Raymier Manalo | 8 Orchid |
| 13. John Jacob Reyes | 8 Orchid |
| 14. John Jasper Pepito | 7 Agoho |
| 15. Charles Dave Gonzaga | 8 Santan |



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Kevin P. Butil- Softball Head Coach

Via Fhaye U. Mundala – Softball Assistant Coach

PLAYERS

1.Sherilla C. Zabala	7 Molave
2.Princess Yvonne S. Castro	9 Guyabano
3.Rizzalyn O. Bangsal	8 Orchid
4.Irish Cuayzon	10 Trias
5.Jhenna rose L. Acutim	8 Camis
6.Raiza Mae De Jesus	10 Silang
7.Jellian L. Lawan	7 Molave
8.Jovelyn Z. Ongonion	7 Yakal
9. Jeinna lalaine M. Lorenzo	7 Molave
10 Sabina Dipon	9 Santol
11.Sofia Eunice Diokno	8 Daisy
12.Dayze Balili	9Atis
13.Angelica Villaruel	10 Trias
14.Jessabel C. Ganon	9 Dalandan
15.Janel Paje	9 Bayabas

Note: It is agreed by the faculty and assigned Teacher-coaches, that the learners listed above shall be excused in their classes during the training sessions and games. However, if a participant or a team will lose or not advance in the next pace of games, they will return and attend their class.



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Elmer Casajeros – Basketball 3x3 Coach

Players

- | | |
|-------------------------------|-----------|
| 1. JOHN STRAVINSK FERRANDO - | 10 SILANG |
| 2. JULIAN LOUISE HERBOLARIO - | 9 SANTOL |
| 3. JAKE FLOREZ TABIOS - | 9 MANGGA |
| 4. JARELL KIRK GARCIA - | 9 ATIS |



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Date

PARENTAL CONSENT

I/We hereby willingly and voluntarily give consent the participation of my/our son/daughter _____ in the School's Sports Training.

I have considered the benefits that my son or daughter will derive from his/her participation in this activity provided that due care and precaution will be observed to ensure the comfort and safety of my son/daughter and that Luis Y Ferrer Jr. North National High School employees and personnel may not be held responsible for any untoward incident that may happen beyond their control.

Signature of Father/Mother/Guardian

Name of Father/Mother/Guardian

Verified by : _____

Trainer/Coach

Emmanuel C. Abando

Sports Coordinator

Noted by: Naneth P. Salvador, Ed.D

Principal I



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