



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


07 November 2023

**SCHOOL MEMORANDUM**  
No. 95, s. 2023

**CONDUCT OF 3-DAY SPORTS COACHES WORKSHOP ON  
SPORTS PROGRAMMING (CLUSTER LEVEL)**

To: Cluster 6 PSDS, School Heads, Select Teacher-Coaches and Students of Luis Y. Ferrer Jr. North National High School

1. This office announces the conduct of **3-Day Sports Coaches Workshop on Sports Programming (Cluster Level) on November 8 – 10, 2023 at 8:00AM** in the **Junction Hall of Luis Y. Ferrer Jr. North National High School**.
2. The conduct of this activity aims the following:
  - To provide sports coaches with an in-depth understanding of training matrix and periodization principles.
  - To enable coaches to design individualized training programs for athletes based on their specific needs and goals.
  - To equip coaches with the ability to create periodized training plans that optimize athletes' performance during different phases of the season.
  - To enhance the coaches' ability to monitor and adapt training programs as needed.
3. Admin and Teacher-Coaches' attire will be the red Cluster-6 shirt, jogging pants, and rubber shoes.
4. Attendance to the said activity shall be strictly monitored.
5. Attach herewith are the list of participants of the training workshop, program matrix, and invitation.
6. A certificate will be issued once the outputs are completed and submitted to the facilitator.
7. Immediate dissemination of and strict compliance with this memorandum is earnestly desired.

  
**NANETH P. SALVADOR, EdD**  
Principal I

FAB / SM NO. 84 S. 2023  
11/07/23



Address: Wellington Place, Phase VI, Pasong Camachile II, General Trias City, Cavite, Philippines 4107  
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**PRINCIPAL**

Name	School
1. NANETH P. SALVADOR, EdD	LUIS Y. FERRER JR. NORTH NATIONAL HIGH SCHOOL
2. IMELDA S. AREVALO	NAVARRO ELEMENTARY SCHOOL
3. JOSEPHINE D. LONTOC	SANTIAGO ELEMENTARY SCHOOL
4. RENREN LAUS AMANTE-MURALLA	CECILIO SALIBA ELEMENTARY SCHOOL

**TEACHER PARTICIPANTS**

<b>LUIS Y. FERRER JR. NORTH NATIONAL HIGH SCHOOL</b>	
NAME	DESIGNATION
1. ASUGUI, ERWIN A.	MT-1 / SPORTS COORDINATOR
2. ABANDO, EMMANUEL C.	MAPEH TEACHER-COACH
3. BUENAVENTURA, FERDINAND A.	MAPEH TEACHER-COACH
4. BUTIL, KEVIN P.	MAPEH TEACHER-COACH
5. SANTOS, EDWIN P.	MAPEH TEACHER-COACH
6. AMBATA, JOYCE ANNE	MAPEH TEACHER-COACH
7. AYSON, ZENAIDA A.	MAPEH TEACHER-COACH
8. DECHAVEZ, CHINKEE	MAPEH TEACHER-COACH
9. MUNDALA, VIA FHAYE	MAPEH TEACHER-COACH
10. RESIT, KIMBERLY	MAPEH TEACHER-COACH
11. BATALLER, ANA CLAIRE	MAPEH TEACHER-COACH
12. DOLOR, ROMEO JR. J	TEACHER - SWIMMING COACH
13. GARCIA, AL FRANCES	TEACHER - ATHLETICS COACH
14. REYES, NANCY S.	TEACHER - LAWN TENNIS COACH
15. GALOS, REYNALDO S.	TEACHER - CHESS COACH
16. GALOS, MARY JOYCE C.	TEACHER - CHESS COACH
17. BARLES, MANOLO L.	TEACHER - GYMNASTICS COACH
18. PEREZ, GLYDEL	TEACHER - TABLE TENNIS COACH
19. MONTANO GENESIS	TEACHER - VOLLEYBALL COACH
20. QUIGAMAN, SALVADOR	TEACHER - BADMINTON COACH
21. CASAJEROS, ELMER	TEACHER - BASKETBALL COACH



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<b>SANTIAGO ELEMENTARY SCHOOL</b>	
1. AYUP, HENARIO	SPORTS COORDINATOR/KEY TEACHER
2. DOMONDON, JERRY	COACH
3. LAPAD, HAREN	COACH
4. CUELLAR, DENNIS	COACH
<b>NAVARRO ELEMENTARY SCHOOL</b>	
1. HAVANNA, JEZREEL	SPORTS/MAPEH COORDINATOR
2. DEMONTEVERDE, JUDY ANN E.	COACH
3. PEROS, DIVINO NINO	COACH
4. CANDELA, JANET P.	COACH
<b>CECILIO M. SALIBA ELEMENTARY SCHOOL</b>	
1. ESTRADA, ERICKSON C.	SPORTS COORDINATOR
2. PACTIORES, IAN KIRBY S.	MAPEH KEY TEACHER
3. REPUBLICA, ELVIRA V.	COACH
4. DINO, CARLITO S.	COACH
5. SOBEZA, MARY ANN M.	COACH

**LYFJNNHS SPORTS DISCIPLINE PRESIDENT**

<b>NAME</b>	<b>SPORTS DISCIPLINE</b>
1. VELONO, PRINCESS L.	TAEKWONDO
2. PONTE, FIONA LYNN C.	BADMINTON
3. CALZADO, JOEREL	TABLE TENNIS
4. VILLANO, ANDREW BENJIE	FLOORBALL
5. ECLEO, RUBY ANN	VOLLEYBALL
6. VIRAY, JOHN MANUEL	BASKETBALL
7. TABIANDO, VARON JHAMIER C.	BASEBALL
<b>TOTAL NUMBER OF PARTICIPANTS: 45</b>	



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Duration: 3 Days (November 8-10, 2023)  
 Venue: Luis Y. Ferrer Jr. North National High School – Junction Hall

Day 1	Activity	Resource Person/In-Charge
7:30 – 8:00 AM	Registration	Chinkee Mae Dechavez
8:00 – 8:20 AM	Opening Program - National Anthem - Prayer - Roll Call - Welcoming Remarks - Statement of Purpose - Workshop Mechanics	Kimberly Resit Via Fhaye Mundala Naneth P. Salvador, Ed.D - Principal Glenda A. Recto, Ed.D - PSDS
8:20 – 8:30	Introduction of Speaker	Ferdinand A. Buenaventura
8:30 – 10:30	Standardized Training Program in Sports	Mr. Joshua Villareal
10:30 – 12:00	Crafting of Training Program	Mr. Joshua Villareal
12:00 – 1:00	Lunch Break	
1:00 – 1:15	Energizer	Ana Claire R. Bataller
1:15 – 3:30	Presentation of Output	Mr. Joshua Villareal
3:30 – 4:30	Assessment and Evaluation of the Program/Q and A	Edwin Santos / Mr. Joshua Villareal
4:30 – 5:00	Giving of Certificate	Chinkee Mae Dechavez

Day 2	Activity	Resource Person/In-Charge
7:30 – 8:00 AM	Registration	Chinkee Mae Dechavez
8:00 – 8:10 AM	MOL	CMSES – Erickson C. Estrada
8:10 – 8:15	Introduction of Speaker	Edwin Santos
8:15 – 10:00	Presentation of School Sports Program	Erwin A. Asugui
10:00 – 10:30	Wellness Break	
10:30 – 11:30	Round Table Discussion: School Sports Program Practices	
11:30 – 12:00	Recap and Reminders	Edwin Santos

1:00 – 5:00	Asynchronous - Crafting of School Sports Program - Submission of School Sports Program thru Google Drive	
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Day 3	Activity	Resource Person/In-Charge
7:30 – 8:00 AM	Registration	Chinkee Mae Dechavez
8:15 – 8:15 AM	MOL	
8:15 – 10:00	Pre-Season Inter-Cluster Tournament Proposal	Ferdinand A. Buenaventura
10:00 – 11:30	Proposed Pilot Events for Pre-season tournament	
11:30 – 12:00	Q and A / Reminders	
1:00 – 5:00	Asynchronous/Submission of Participating Schools of Different Events thru	



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