



Republic of the Philippines
Department of Education
Region III
SCHOOLS DIVISION OF PAMPANGA

January 6, 2026

DIVISION MEMORANDUM
No. 019, s. 2026

**DIVISION REFRESHER TRAINING COURSE FOR COACHES
IN THE DIFFERENT SPORTS SKILLS**

To: Assistant Schools Division Superintendents
Division Chiefs
Public Schools District Supervisors
Public Elementary and Secondary School Heads
Public Elementary and Secondary Sports Coordinators
Division Sports Tournament Directors

1. In line with the Division Memorandum No. 385 s.2025 titled, "Activation, Renewal and Monitoring of the School Sports in Both Public and Private Schools, the stipulated schedule of sports activities includes the training for coaches with the intention to qualify and upgrade this division's coaches and officiating officials skills and competence to serve in the higher-level sports competitions, in consonance to this, a **refresher training course in the different sports skills is scheduled on January 14-16, 2026** at the Greene Manor Hotel, Redd Manor Hotel and Otel Pampanga simultaneously.

Otel Pampanga, CSFP	Greene Manor, CSFP	
(Day 1) Arnis, Athletics, Basketball, Chess, Gymnastics, Sepaktakraw, Volleyball, e-Games	(Day 1) Archery, Badminton, Baseball/Softball, Billiard, Dancesport, Football/Futsal, Table Tennis, Taekwondo, Tennis	
Otel Pampanga, CSFP	Greene Manor, CSFP	Redd Manor
(Day 2-3) Arnis, Athletics, Basketball, Chess, Gymnastics, Sepaktakraw, Volleyball	(Day 2-3) Archery, Badminton, Baseball/Softball, Billiard, Dancesport, Football/Futsal, Tennis	(Day 2-3) Table Tennis, Taekwondo

2. The training course aims to equip coaches with modern skills, enhance their capacity to mentor athletes, and elevate the performance of Pampanga in the Palarong Pambansa and other competitions which forms part of the initiatives under the Project GILAS: Geared-up Initiatives in Leveled-up Athletes' Support.



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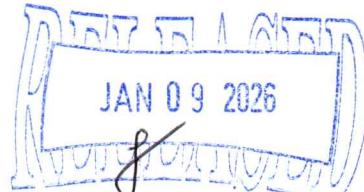
- Participants in this activity are the **District/ Cluster Sports Coordinators** to serve as Technical Working Group (TWG), **Tournament Directors** as Chairpersons of their respective sports events and the **winning coaches of the Sector/Congressional/ PRISAP Interzonal and ASFES** Synodal Encounter to pre-register on this link <https://bit.ly/44WFUQw> or use this code:



- Attached in the memo are Enclosure No. 1: Training Activity Matrix and Enclosure No 2: Tournament Directors and District/ Cluster Sports Coordinators to serve as Technical Working Group. They shall also serve as persons responsible in providing updates and information relative to the said training.
- Immediate dissemination and strict compliance of this Memorandum are desired.


ROMEO M. ALIP, PhD, CESO V
Schools Division Superintendent

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Training Activity Matrix			
Day	Time	Activity	Topic
Day 1 (Plenary)	7:00-8:30 am	Registration	
	8:30-9:00 am	Preliminaries/ Opening Program	
	9:00-10:00am Session 1	Orientation & DepEd Pampanga Sports Program Strategic Direction <i>Objective: Align coaches' direction with DepEd Pampanga's sports goals</i>	
	10:00-10:30am	Health and Fitness Break	
	10:30-12:00nn Session 2	Modern Coaching Principles & Athlete-Centered Training <i>Objective: Introduce updated coaching frameworks</i>	
	12:00nn-1:00pm	LUNCH	
	1:00 -2:00pm Session 3	Sports Psychology & Motivation <i>Objective: Equip coaches with techniques to build confidence and resilience</i>	
	2:00-3:30pm Session 3	Injury Prevention & First Aid in Sports <i>Objective: Provide basic knowledge on injury management</i>	
Day 2 Break- Out Sessions	3:30pm-5:00pm	Strength & Conditioning for Student-Athletes <i>Objective: Equip coaches with techniques to build confidence and resilience</i>	
	8:00- 8:30	Preliminaries	Prayer Management of Learning
	8:30-10:30	Demonstration of Sports Skills - Participants	
Day 3 Break- Out Sessions	10:30am-5:00pm Session 4	Training Workshop per Sports' Event Game Strategies & Tactical Approaches <i>Objective: Enhance sport-specific tactics and game strategies</i>	
	8:00-8:30	Preliminaries	Prayer Management of Learning
	8:30-12:00	Technical Guidelines and Rule of Games <i>Objective: Be knowledgeable and abreast on the specific guidelines that cover eligibility, conduct, equipment, time limits, officials, and protest procedures, adapting international focusing on fair play, athlete safety, and organized competition management through official memoranda and rulebooks.</i>	
	1:00-3:00 Session 5	Action Planning & Commitment Setting <i>Objective: Ensure application of learning in actual school sports training</i>	
	3:00 -5:00	Closing Program	



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SPORTS TOURNAMENT DIRECTORS

EVENT	CATEGORY	TOURNAMENT DIRECTOR	SCHOOL
ARNIS	Elementary	Cristine G. Cachuela	Diosdado Macapagal MMHS
	Secondary	Lester M. Parungo	Sta Lucia ES
ATHLETICS	Overall	Esmervaldo Pineda	San Isidro HS-Sta Ana
	Field Assistance	Miguel R. Rivera, Jr.	San Matias HS
	Secondary Boys	Sofronio M. Taruc Jr	San Luis HS
	Secondray Girls	Ramir M. Dela Cruz	Sta Cruz Academy of Lubao, Inc.
	Elementary Boys	Michael Alvarado	Wenceslao ES
	Elementary Girls	Leonilo A. Cordero	Paralaya HS
BADMINTON	Secondary	Rizaldy G. Yu	Don Antonio Lee Chi Uan IS
	Elementary	Robert D. Perez	Malino HS
BASEBALL/ SOFTBALL	Elementary	Ruben T. De Guzman	Pandacaqui Ress ES
	Secondary	Jeffrey A. Miranda	Sapang Maisac ES
BASKETBALL	Overall TD	Arthur Layug	Sta Maria HS
	Elementary Boys	Reymous Lomigo	Sta Maria ES
	Secondary Boys	Juniefer B. Bernardo	Sapang Uwak HS
	3x3	Robert Pineda Jr.	San Vicente San Francisco HS
	Secondary Girls	Romeo M. Timbol Jr.	Telesforo and Natividad NHS
	Overall TD	Jerry S. Manabat	San Carlos-San Luis HS
BILLIARD	Girls	Michelle M. Gumangan	Justino Sevilla HS
	Boys	Chrisvan Tanseco	
BOXING	Secondary Boys	Ferdinand F. Meneses	Bahay Pare NHS
CHESS	Overall TD	Garry V. Reyes	San Vicente NHS
	Secondary	Haydee D. Aguilar	Potrero ES-Bulaon
	Elementary	Elvira F. Manio	San Matias ES
	Elementary /Secondary	Gemma M. De Castro	Bro Andrew Gonzales HS
DANCESPORT		Jelen P. Galan	
		Marvin M. Sanga	Sta Cruz Academy of Lubao, Inc
FOOTBALL	Elementary	Janeth E. Joyel	Basa Air Base ES
	Secondary	Dennis T. Aggalut	Basa Air Base NHS
FUTSAL	Secondary	Voltaire Edmund B. Salas	
GYMNASTICS	OVERALL TD	Russel John M. Ronquillo	Baruya NHS
MAG	ELEM/SEC	Michelle P. Manabat	San Roque Dau NHS
WAG	ELEM/SEC	Caren L. Cruz	Mabical ES
RG	ELEM/SEC	Joey Sylvester H. Orteo	Paguiruan NHS



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AERO	ELEM/SEC	Jayson C. Manuel	Diosdado Macapagal MHS
SEPAKTAKRAW	OVERALL TD	Allen S. Malonzo	San Juan NHS-San Luis
	Elementary	Mary Jane Batac	Apalit ES
	Secondary	Romeo Rivera	Salapungan HS
SWIMMING	Elementary	Larry M. Marcial	Sasmuan ES
	Secondary		
TABLE TENNIS	OVERALL TD	Virgilio S. Valdez	
	Secondary	Renel C. Cao	Porac Model CHS
	Elementary	Mark R. Batac	Eliseo Belen ES
TAEKWONDO	Kyorugi Sec	June M. Manalo	Macabebe HS
	Kyorugi Elem	Joey Dela Cruz	Justino Sevilla NHS
	Poomsae	Froilan G. Isip	Malusac ES
TENNIS	Elem/Secondary	Abel N. Villanueva	Becura NHS
VOLLEYBALL	Elementary Boys	Henry V. Ignacio	Mexico ES
	Elementary Girls	Carolina O. Mendoza	Sto Cristo ES
	Secondary Boys	Gil Tungol	Sta Cruz Academy of Lubao, Inc
VUSHU	Secondary Girls	Ricardo Aglubat	Consuelo HS
	Secondary	Ma Lerma T Mangalindan	San Antonio ES- Lubao

PASDAA SPORTS COORDINATORS

DISTRICT/CLUSTER	NAME OF SPORTS COORDINATOR	SCHOOL
MAGALANG NORTH DISTRICT	FELIMON P. GONZALES JR.	SAN MIGUEL E/S
MAGALANG SOUTH DISTRICT	SHERWIN M. RAMOS	SAN VICENTE E/S
PORAC EAST DISTRICT	JOSELYN C. PINEDA	SAPANG UWAK ELEMENTARY SCHOOL
PORAC WEST DISTRICT	JAYPEE B. DAVID	MITLA ELEMENTARY SCHOOL
ARAYAT EAST DISTRICT	ANGELO C. QUERUBIN	CAMBA E/S
ARAYAT WEST DISTRICT	CHRISTOPHER C. BASCO	BALITI E/S
CANDABA EAST DISTRICT	ARTURO D. BAUTISTA	BAHAY PARE ELEMENTARY SCHOOL
CANDABA WEST DISTRICT	PETER M. NUCUM	CANDABA ELEMENTARY SCHOOL
CANDABA NORTH DISTRICT	JAYCECA M. BELTRAN	BARANGCA ELEM SCHOOL
MEXICO SOUTH DISTRICT	HENRY V. IGNACIO	MEXICO ELEMENTARY SCHOOL
MEXICO NORTH DISTRICT	TITA C. NUCUP	SAN PATRICIO ELEMENTARY SCHOOL
MEXICO WEST DISTRICT	LAILANI R. BALAJADIA	ANAO ELEMENTARY SCHOOL
SAN LUIS DISTRICT	CINDY S. DE GUZMAN	SAN JOSE ELEMENTARY SCHOOL
SANTA ANA DISTRICT	AGNES V. GUEVARRA	STA. ANA ELEMENTARY SCHOOL
APALIT DISTRICT	JENNIFER B. PATIAG	FAUSTO GONZALES SIOCO MS



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MACABEBE EAST DISTRICT	JOWELL MICHAEL H. TOLENTINO	SAN VICENTE FERRER ES
MACABEBE WEST DISTRICT	JOSEPH L. JIMENEZ	STA. MARIA ELEMENTARY SCHOOL
MASANTOL NORTH DISTRICT	EDGIE C. RETAMAR	SAN NICOLAS ELEMENTARY SCHOOL
MASANTOL SOUTH DISTRICT	ARTHUR S. CURA	ALAULI ELEMENTARY SCHOOL
MINALIN DISTRICT	REYMOUS P. LOMIGO	STA MARIA ELEMENTARY SCHOOL
SAN SIMON DISTRICT	ENRIQUE P. GOMEZ	SAN NICOLAS INTEGRATED SCHOOL
SANTO TOMAS DISTRICT	RONEL P RAGUDO	SAN VICENTE ELEMENTARY SCHOOL
BACOLOR SOUTH DISTRICT	MARK R. BATACT	ELISEO BELEN ELEMENTARY SCHOOL
BACOLOR NORTH DISTRICT	GERUNDIO M. GELIG	ELISEO BELEN ELEMENTARY SCHOOL
FLORIDABLANCA EAST	RYAN L. TURLA	FLORIDABLANCA ELEMENTARY SCHOOL
FLORIDABLANCA WEST	FROILAN G. ISIP	Floridablanca New Settlement ES
GUAGUA EAST DISTRICT	JAYMEE J. CASUPANAN	SAN PEDRO ELEMENTARY SCHOOL
GUAGUA WEST DISTRICT	ISAGANI P. SALONGA	SAN JUAN ELEMENTARY SCHOOL
LUBAO EAST DISTRICT	SONNY A. LINGAD	DEL CARMEN ELEMENTARY SCHOOL
LUBAO WEST DISTRICT	TOMAS JOSE V. MIGUEL	LAUC PAO ELEMENTARY SCHOOL
LUBAO NORTH DISTRICT	MICHELLE P. MANABAT	SAN ROQUE DAU ES
SASMUAN DISTRICT	LAZARO F. VELASCO	STA. MONICA ELEMENTARY SCHOOL
SANTA RITA DISTRICT	ARENZ D. SANTOS	San Basilio Elementary School
CLUSTER 1	NELDON P. DAVID	JUSTINO SEVILLA HIGH SCHOOL
CLUSTER 2	ABEL N. VILLANUEVA	BECURAN NATIONAL HIGH SCHOOL
CLUSTER 3	JAYSON C. MANUEL	DIOSDADO MACAPAGAL MEM. HS
CLUSTER 4	REX D. DAGDAG	SAN VICENTE PILOT SCHOOL FOR PHILIPPINE CRAFTSMEN
CLUSTER 5	EDMON G. BACALA	PASIG NATIONAL HIGH SCHOOL
CLUSTER 6	JAMES RANDOLF MACALINO	BAGTECH
CLUSTER 7	BRYAN ANGELO M. DIZON	CADUANG TETE NATIONAL HS
PRIVATE SCHOOL WEST ZONE	GIL L. TUNGOL	STA CRUZ ACADEMY OF LUBAO, INC
PRIVATE SCHOOL NORTH ZONE	KYLE C. MEJIA	MAGALANG ST. NICOLAS SCHOOL CORP.
PRIVATE SCHOOL SOUTH ZONE	GARY A. LUCIN	LA VERDAD CHRISTIAN COLLEGE
PRIVATE SCHOOL EAST ZONE	JONNEL C. ARCEO	ADELLE GRACE MONTESSORI SCHOOL INCORPORATED
PRIVATE SCHOOL CENTRAL ZONE	PAUL WALTER SAMSON	ST. ANGELA'S ACADEMY
ASFES SECONDARY	NIEDIE D. MIRANDA	St. Augustine Academy of Pampanga
ASFES ELEMENTARY	RICKY G. QUENDAN	St. Augustine Academy of Pampanga



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HR FELLOWS

Date	Venue	Fellows-in-charge
January 14-16, 2026	Otel Pampanga , Lazatin Boulevard, CSFP	MICHELLE G. REMOLACIO HT-III DOLORES NHS
	Greene Manor , Lazating Boulevard, CSFP	AIZIEL JOY T. MICLAT HT-III DOLORES NHS

QATAME ASSOCIATES

Date	Venue	QATAME-in-charge
January 14-16, 2026	Otel Pampanga , Lazatin Boulevard, CSFP	ETHEL V. DULU HT-III San Vicente San Francisco HS
	Greene Manor , Lazating Boulevard, CSFP	LAMBERTO MANANSALA, JR. HT-III Tarik Suliman HS



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