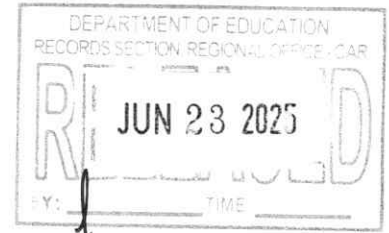




Republic of the Philippines  
**Department of Education**  
CORDILLERA ADMINISTRATIVE REGION



23 June 2025

**REGIONAL MEMORANDUM**

No. 429.2025

**CONDUCT OF REGIONAL TRAINING OF SPORTS CLUB FACILITATORS ON THE  
TEACHING OF SPORTS SPECIFIC SKILLS**

To: Assistant Regional Director  
Schools Division Superintendents  
Division School Sports Focals  
All Others Concerned

1. In line with the Department of Education's mission to foster holistic development of learners, the DepEd-CAR through the Education Support Services Division will be conducting Regional Training of Sports Club Facilitators on the Teaching of Sports Specific Skills on **July 21-25, 2025**, at **Teachers Camp, Baguio City**.

2. This activity is a part of the implementation of the Comprehensive School Sports Program (CSSP) focusing on the establishment of the School Sports Club (SSC). It aims to equip participants with the necessary skills and knowledge for effective sports management and to highlight the role of sports in learners' development. Further, this training will impart best practices, techniques, and values across various sports, thereby empowering participants with confidence and competence needed to lead and support capacity building efforts among sports advocates.

3. Training sessions will underscore the importance of sports in addressing the developmental needs of learners and facilitating their engagement in physical activities to promote health and growth.

4. Below are the Sports covered and training details:

a. Sports Covered	Arnis, Dancesport, Table Tennis, Pencak Silat, Wushu, and Sepak Takraw
b. Participants	<p>Divisions should prioritize schools that have an existing/registered School Sports Club (SSC) and are designated as Sports Club Facilitators. (Enclosure 1)</p> <p>Division School Sports Focal Persons are included in the total SDOs participants (Enclosure 2)</p>



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	Shall preferably be a DepEd non-teaching personnel and teaching personnel.
c. Equipment requirements to be provided/brought by the participants	
Arnis	Arnis stick
Dancesport	Dance shoes
Table Tennis	One (1) paddle
Sepak Takraw	One (1) Sepak takraw ball

5. School Division Offices shall submit the list of participants to Regional Office with sizes of t-shirts **on or before June 25, 2025.**

6. Board and lodging shall be provided during the activity while travel expenses of participants shall be charged against local funds, subject to the usual accounting and auditing rules and regulations. Check-in starts at 2:00 pm of July 21, 2025. First meal to be served is PM Snack of July 21, 2025, while last meal shall be Lunch of July 25, 2025.

7. Attached to this memo are the enclosures:

Enclosure 1: Resource Persons of Sports Club Facilitators  
Enclosure 2: Breakdown of Participants  
Enclosure 3: Program matrix

8. Immediate dissemination of and compliance with this Memorandum is desired.

Digitally signed by  
ESTELA P. LEON-CARIÑO  
EdD, CESO III  
Date: 2025.06.23  
14:16:14 +08'00'

**ESTELA P. LEON-CARIÑO EdD, CESO III**  
Director IV / Regional Director

ESSD/GCD/cps/Regional of Training f Sports Club Facilitators



Address: DepEd-CAR Complex, Wangal, La Trinidad, Benguet, 2601  
Telephone No: (074) 422 – 1318  
Email Address: car@deped.gov.ph





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Enclosure 1 to RM 429.2025

**REGIONAL TRAINING OF SPORTS CLUB FACILITATORS ON THE TEACHING  
OF SPORTS SPECIFIC SKILLS**

**RESOURCE PERSONS/LECTURER**

NO	Event	Resource Persons	SDO
1	Arnis	Ivy Tabanganay	Benguet
2		Lorenzo Cosidon	Tabuk City
3	Dancesport	Rozdale Managtag	Mt. Province
4		Miguel Colos	Benguet
5	Pencak Silat	Michael Banana	Benguet
6		Rustom Kinggingan	Ifugao
7	Table Tennis	Elmer Sagubo	Benguet
8		Eric Alcos	Abra
9	Sepak Takraw	George Api-it	Benguet
10		Dennis Balangue	Mt. Province
11	Wushu	John Parayao	Baguio City
12		Rhea R. Parayao	Baguio City



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Enclosure 2 to RM 429.2025

**REGIONAL TRAINING OF SPORTS CLUB FACILITATORS ON THE TEACHING  
OF SPORTS SPECIFIC SKILLS**

**PARTICIPANTS**

SDO	Breakdown of Participants						Total
	Arnis	Wushu	Sepak Takraw	Table Tennis	Dancesports	Pencak Silat	
Abra	4	4	4	4	4	4	24
Apayao	4	4	4	4	4	4	24
Baguio City	4	4	4	4	4	4	24
Benguet	4	4	4	4	4	4	24
Ifugao	4	4	4	4	4	4	24
Kalinga	4	4	4	4	4	4	24
Mountain Province	4	4	4	4	4	4	24
Tabuk City	4	4	4	4	4	4	24
<b>Total</b>							<b>192</b>

Participants from Regional Office	Total
Regional Director/Assistant Regional Director	1
ESSD Chief	1
PDO IV	1
MO IV	1
PDO II-LRPO	1
EPS- Values Education, CLMD	1
Regional School Sports Focal	1
Secretariat	1
<b>Total</b>	<b>8</b>



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Enclosure 3 to RM 429.2025

**REGIONAL TRAINING OF SPORTS CLUB FACILITATORS ON THE TEACHING  
 OF SPORTS SPECIFIC SKILLS**

**PROGRAM MATRIX**

<b>Day 0</b>	
<b>Time</b>	<b>Activity</b>
2:00 p.m. – 3:00 p.m.	Arrival and Registration of Participants
3:01 p.m. – 3:15 p.m.	<b>HEALTH BREAK</b>
3:15 p.m. – 4:30 p.m.	Physical Wellness Exercise
4:30 p.m. – 6:00 p.m.	Meeting with Resource Persons and Technical Working Group
6:01 p.m. – 7:00 p.m.	<b>DINNER</b>
<b>Day 1</b>	
6:00 a.m. – 8:00 a.m.	<b>BREAKFAST</b>
8:00 a.m. – 9:00 a.m.	<b>Preliminaries</b> A. Pambansang Awit B. Prayer C. Acknowledgement of Participants D. Statement of Purpose E. Welcome Remarks
9:30 a.m. – 10:00 a.m.	Presentation of Comprehensive School Sports Program (CSSP) <b>Resource Person:</b> Clark P. Sotero School Sports Focal ESSD, DepEd CAR
10:00 a.m. – 10:30 a.m.	Presentation/Updates of School Sports Club (SSC) <b>Resource Person:</b> Georgina C. Ducayso CES-ESSD ESSD, DepEd CAR
10:30 a.m. – 10:45 a.m.	<b>HEALTH BREAK</b>
10:45 a.m. – 11:20 a.m.	Youth Formation Program <b>Resource Person:</b> Mayclaire A. Jimenez PDO IV/Regional
11:20 p.m. – 12:00 p.m.	Learner Rights and Protection <b>Resource Person:</b> Dalton S. Teliao PDO II-LRPO ESSD, DepEd CAR
12:01 p.m. – 1:00 p.m.	<b>LUNCH BREAK</b>
1:00 p.m. – 1:30 p.m.	Athlete Safety Management <b>Resource Person:</b> Raymond Damoslog MO IV ESSD, DepEd CAR



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1:30 p.m. – 2:00 p.m.	<i>Sports Discipline &amp; Values</i> <b>Resource Person:</b> <i>Judica B. Dasco</i> <i>Education Program Supervisor</i> <i>CLMD, DepEd CAR</i>
2:30 p.m. – 3:00 p.m.	Orientation on background, content of the lecture, and schedule of activities. (Break Away Session)
4:00 p.m. – 6:00 p.m.	Lecture and Practicum - Arnis, Dance Sports, Pencak Silat, Sepak Takraw, Table Tennis and Wushu
3:01 p.m. – 3:15 p.m.	<b>HEALTH BREAK</b>
3:15 p.m. – 6:00 p.m.	Continuation of Lecture and Practicum
6:01 p.m. – 7:00 p.m.	<b>DINNER</b>
<b>Day 2</b>	
6:00 a.m. – 8:00 a.m.	<b>BREAKFAST</b>
8:01 a.m. – 8:15 a.m.	Continuation of Lecture and Practicum
8:46 a.m. – 10:30 a.m.	Continuation of Lecture and Practicum
10:30 a.m. – 10:45 a.m.	<b>HEALTH BREAK</b>
10:46 a.m. – 12:00 p.m.	Continuation of Lecture and Practicum
12:01 p.m. – 1:00 p.m.	<b>LUNCH BREAK</b>
1:00 p.m. – 3:00 p.m.	Continuation of Lecture and Practicum
3:01 p.m. – 3:15 p.m.	<b>HEALTH BREAK</b>
3:15 p.m. – 6:00 p.m.	Continuation of Lecture and Practicum
6:01 p.m. – 7:00 p.m.	<b>DINNER</b>
<b>Day 3</b>	
6:00 a.m. – 8:00 a.m.	<b>BREAKFAST</b>
8:01 a.m. – 10:30 a.m.	Continuation of Lecture and Practicum
10:31 a.m. – 10:45 a.m.	<b>HEALTH BREAK</b>
10:45 a.m. – 12:00 p.m.	Continuation of Lecture and Practicum
12:01 p.m. – 1:00 p.m.	<b>LUNCH BREAK</b>
1:01 p.m. – 3:00 p.m.	Continuation of Lecture and Practicum
3:01 p.m. – 3:15 p.m.	<b>HEALTH BREAK</b>
3:16 p.m. – 5:00 p.m.	Continuation of Lecture and Practicum
5:01 p.m. – 6:00 p.m.	Practice of participants for the Presentation of 6 Sports Discipline
6:01 p.m. – 7:00 p.m.	<b>DINNER</b>
<b>Day 4</b>	
6:00 a.m. – 8:00 a.m.	<b>BREAKFAST</b>
8:01 a.m. – 9:00 a.m.	Practice of participants for the Presentation of 6 Sports Discipline
9:00 a.m. – 10:00 a.m.	Presentation of 6 Sports Discipline
10:00 a.m. – 10:15 a.m.	<b>HEALTH BREAK</b>
10:16 a.m. – 12:00 p.m.	<b>Closing Ceremony</b>
12:01 p.m. – 1:00 p.m.	<b>LUNCH BREAK</b>
1:01 p.m. – 5:00 p.m.	Departure of Participants