



Republic of the Philippines
Department of Education
Region X
DIVISION OF EL SALVADOR CITY



Zone 3, Poblacion, El Salvador City
Telefax No: (088) 555-0475 | Email Address: elsalvador.city@deped.gov.ph | Website: depedelsalvadorcity.net

DIVISION MEMORANDUM

No. 190 s 2019

To : Public and Private Elementary School Heads
Public and Private Secondary School Heads
All Others Concerned

From : **JESNAR DEMS S. TORRES, Ph. D., CESE**
Assistant Schools Division Superintendent
OIC, Office of the Schools Division Superintendent

Subject : Adopt an Athlete Training Scheme (First Phase)

Date : July 30, 2019

1. The field is hereby informed of the Adopt an Athlete Training Scheme (First Phase) for all qualified athletes for the Regional Meet starting August 13, 2019 to September 30, 2019.
2. This activity is a School-based Training Scheme wherein qualified athletes are required to report to the winning school as implementer. *(Please see enclosures for reference)*
3. Participants of this activity are required to report on August 13, 2019, 1:00 PM at El Salvador City Central School Covered Court for an orientation. Further, all School Heads are advised to attend the said orientation.
4. Wide dissemination of this Memorandum is desired.



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ADOPT AN ATHLETE SCHEME
A School based Training
Phase I

A. RATIONALE

In strengthening the School Sports Program and continuous development of student-athletes, the Division of El Salvador City thru the School Governance and operations Division (SGOD) and Curriculum Implementation Division (CID) shall implement the scheme identifying schools to adopt an athlete to facilitate the first phase of the training. The School identified to adopt the scheme shall implement plans and programs to help uplift the performance of athletes to represent our Division for the higher meets.

B. OBJECTIVES

The Scheme is guided by the following objectives

1. Identify the school within El Salvador City who can effectively implement the program based on performances in the past
2. Plan out the School Based Training (Phase 1) needed to uplift the performance of athletes.
3. Propose recommendations/interventions for the improvement of performance of athletes to higher meets.

C. TIMELINE

The program shall be implemented starting August 12, 2019 to September 30, 2019 thru the initiative and assistance of all School Administrators of fifteen (15) Elementary Public Schools, eight (8) Secondary Public Schools and four (4) Private Schools

D. TARGETS

1. From 40% to 70% participation of skillful athletes in the higher meets
2. Increase the number of athletes to represent our Division in the higher meets
3. Strengthen the sports program implementing the School Based Training (Phase 1) Scheme and produce skillful athletes.
4. Increase the rank.



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E. IMPLEMENTATION

EVENT	SCHOOL IMPLEMENTER	SUPPORT SCHOOL
Athletics Secondary (Boys & Girls)	Cogon National HS	Hinigdaan NHS Sinaloc NHS
Athletics Elementary (Boys & Girls)	Amoros ES	Sambulawan ES Taytay ES
Badminton Elementary (Boys)	Cogon ES	PSB ES
Badminton Elementary (Girls)	Cogon ES	Bolisong ES
Badminton Secondary (Boys)	Molugan NHS	Molugan NHS
Badminton Secondary (Girls)	Saint Joseph Academy	Saint Joseph Academy
Basketball Elementary (Boys)	Molugan CS	Himaya ES
Basketball Secondary (Boys)	Saint Joseph Academy	Saint Joseph Academy
Basketball Secondary (3 on 3)	Cogon NHS	Hinigdaan ES
Billiard Secondary (Boys)	Cogon NHS	Ulaliman ES
Billiard Secondary (Girls)	San Francisco NHS	San Francisco de Asis
Boxing Secondary (Boys)	Himaya NHS	Kibonbon ES
Chess Sec. & Elem. (Boys & Girls)	c/o Mr. Tino Salabsab & Mr. Resurrecion Gunayon	
Swimming Elementary (Boys & Girls)	Molugan CS	Kalabaylabay ES Sinaloc ES
Swimming Secondary (Boys)	Cogon NHS	El Salvador City NHS
Swimming Secondary (Girls)	El Salvador City NHS	Cogon NHS
Wushu Secondary (Boys & Girls)	Molugan NHS	Molugan NHS
Volleyball Secondary (Boys & Girls)	Saint Joseph Academy	Saint Joseph Academy
Arnis Elementary (Boys & Girls)	El Salvador City NHS	El Salvador City NHS
Arnis Secondary (boys & Girls)	Molugan NHS	Molugan NHS

Prepared by:

MANUEL A. JANUBAS
Division Sports Officer

Reviewed by:

ROLLY B. LABIS, Ed.D.
Chief, SGOD

Approved:

JESNAR DEMS S. TORRES, Ph.D., CESE
Assistant Schools Division Superintendent
OIC-Office of the Schools Division Superintendent



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**LIST OF 2019 REGIONAL MEET QUALIFIERS
WITH COACHES AND CHAPERONS**

ELEMENTARY LEVEL

EVENT: ARNIS - Elementary Boys

- | | | |
|-------------------------|---|---------------------------------|
| 1. King Joshua Makibalo | - | El Salvador City Central School |
| 2. Selwyn Gascon | - | Molugan Central School |
| 3. El Addyhel Simine | - | Molugan Central School |

EVENT: ARNIS - Elementary Girls

- | | | |
|--------------------------|---|---------------------------------|
| 1. Blith Jasca Magpulong | - | El Salvador City Central School |
| 2. Trixie Mae Gagupioso | - | Amoros Elementary School |
| 3. Wendy Balucan | - | Amoros Elementary School |

EVENT: ARNIS -Secondary Boys

- | | | |
|-------------------------|---|------------------------------|
| 1. Ramel Aliñabon | - | Molugan National High School |
| 2. Nash Salceda | - | Molugan National High School |
| 3. John Louie Lacandula | - | Molugan National High School |
| 4. Joe Armando Bahian | - | Cogon National High School |

EVENT: ARNIS -Secondary Girls

- | | | |
|----------------------------|---|------------------------------|
| 1. June Irene Marañon | - | Molugan National High School |
| 2. Bellie Janine Magpulong | - | Molugan National High School |
| 3. Brianna Magpulong | - | Molugan National High School |
| 4. Annie Rose Dimana | - | Molugan National High School |
| 5. Hansel Secula | - | Molugan National High School |

EVENT: ATHLETICS (Track & Field) – Elementary Boys

- | | | |
|------------------------------|---|------------------------------|
| 1. Gayoso, Johnrich B. | - | Molugan Central School |
| 2. Balacuit, Kim Ronald F. | - | Amoros Elementary School |
| 3. Matinao, Clarence | - | Amoros Elementary School |
| 4. Sabagkit, Warren J. | - | Amoros Elementary School |
| 5. Rabusa, Terrence Louie A. | - | Amoros Elementary School |
| 6. Garciano, Kenneth Cras C. | - | Sambulawan Elementary School |
| 7. Ebal, Sherwin L. | - | Amoros Elementary School |
| 8. Jabutay, Daniel Joe F. | - | Amoros Elementary School |

Coach: Sammy Tres Reyes

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EVENT: ATHLETICS (Track & Field) – Elementary Girls

- | | | |
|--------------------------|---|---------------------------------|
| 1. Milana, Angel Mae P. | - | Himaya Elementary School |
| 2. Nadayag, Shane KC R. | - | El Salvador City Central School |
| 3. Baculio, Michaela B. | - | Amoros Elementary School |
| 4. Saamong, Jasmine L. | - | Sambulawan Elementary School |
| 5. Baculio, Jelaica A. | - | Amoros Elementary School |
| 6. Acuno, Angelly I. | - | Amoros Elementary School |
| 7. Tacobo, Fretzie Grace | - | Amoros Elementary School |

Coach: Jervie I. Gomez

Chaperon: Ruth Y. Rances

Trainer: Rona Ann Bengar

EVENT: ATHLETICS (Track & Field) – Secondary Boys

- | | | |
|------------------------------|---|---------------------------------------|
| 1. Dalondonan, Clint Ian O. | - | El Salvador City National High School |
| 2. Gura, Reymark Q. | - | El Salvador City National High School |
| 3. Ponce, Jefferson A. | - | El Salvador City National High School |
| 4. Mandakiton, Angelo P. | - | Cogon National High School |
| 5. Madjos, Wilnan M. | - | Hinigdaan National High School |
| 6. Bete, Michael Henry N. | - | Saint Joseph Academy |
| 7. Paulino, Ronie Jr. J. | - | Cogon National High School |
| 8. Saliring, Edmar A. | - | Hinigdaan National High School |
| 9. Libago, Desandre T. | - | El Salvador City National High School |
| 10. Tolentino, Marie Dave B. | - | Cogon National High School |

Coach: Amalia M. Fernandez

Trainer: Salvador T. Bendijo II

EVENT: ATHLETICS (Track & Field) – Secondary Girls

- | | | |
|------------------------------|---|------------------------------------|
| 1. Balacuit, Lovely Jean F. | - | Molugan National High School |
| 2. Milana, Honey Rose P. | - | Cogon National High School |
| 3. Tizon, Piona R. | - | Saint Joseph Academy |
| 4. Mugot, Dremelyn N. | - | Cogon National High School |
| 5. Pacala, Irene A. | - | San Francisco National High School |
| 6. Norquillas, Norilyn Q. | - | Cogon National High School |
| 7. Pasion, Jecil May | - | Molugan National high School |
| 8. Norquillas, Claire Joy Q. | - | Cogon National High School |
| 9. Milmao, April Jane T. | - | Cogon National High School |
| 10. Lomongo, Danica C. | - | Molugan National High School |
| 11. Malinao, Anna Jie G. | - | Sinaloc National High School |

Coach: Cheyenne L. Cabillon

Chaperon: Elerfe Jannine B. Kadile

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EVENT: BADMINTON – Elementary Boys

1. Quitero, Keir M.	-	Kibonbon Elementary School
2. Abang, Jhairus James M.	-	Cogon Elementary School
3. Labadan, Aldrin M.	-	Kibonbon Elementary School
4. Lomongo, Francis Joseph G.	-	Kibonbon Elementary School

Coach: Angel Lei V. Lincuna

EVENT: BADMINTON – Elementary Girls

1. Mugot, Krisha Mae C.	-	El Salvador City Central School
2. Nob, Nicole	-	Cogon Elementary School
3. Nob, Sandy Jane	-	Cogon Elementary School
4. Labares, Prexynde Biboll	-	Cogon Elementary School

Coach: Lizel C. Doriga

EVENT: BADMINTON – Secondary Boys

1. Pading, Vince Ryan H.	-	Cogon National High School
2. Lignes, John Spencer G.	-	Cogon National High School
3. Bucol, Fritz B.	-	Molugan National High School
4. Dela Rosa, John dhelle O.	-	Molugan National High School

Coach: Ma. Leslie M. Obligado

EVENT: BADMINTON – Secondary Girls

1. Laserna, Aliyah Grace J.	-	Saint Joseph Academy
2. Baclia-an, Kate Angela M.	-	Saint Joseph Academy
3. Abaneg, Kate Trishalee I.	-	Saint Joseph Academy
4. Magriña, Ericka Grace S.	-	Saint Joseph Academy

Coach: Vanessa Ariane V. Caballa

EVENT: BASKETBALL – Elementary

1. Lomongo, Francis Josph G.	-	Kibonbon Elementary School
2. Labadan, Aldrin M.	-	Kibonbon Elementary School
3. Aboc, Rhien Raiven S.	-	Molugan Central School
4. Simene, El Assikhel S.	-	Molugan Central School
5. Jamago, Leonel	-	Molugan Central School
6. Johnson, Ceejay	-	Molugan Central School
7. Bajas, Louie Jay S.	-	Molugan Central School
8. Edrina, Kirby Lyster L.	-	Molugan Central School
9. Taipez, Kenth Louiegie A.	-	El Salvador City Central School
10. Fajardo, Andrei Florenz S.	-	El Salvador City Central School
11. Sasman, Ezekeil B.	-	The New El Salvador Colleges
12. Balauro, Echo Jay N.	-	Himaya Elementary School
13. Requina, John Rhevis D.	-	Molugan Central Sch.

Coach: Renante L. Unabia

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EVENT: BASKETBALL – 5 on 5

1. Badoles, Ric Rayn S.	-	Saint Joseph Academy
2. Maña, Winjie Josh C.	-	Saint Joseph Academy
3. Jabonga, Jade Louie C.	-	Saint Joseph Academy
4. Bitacura, Regielou L.	-	Saint Joseph Academy
5. Oclarit, Rey John C.	-	Saint Joseph Academy
6. Canoy, Aldomar A.	-	Saint Joseph Academy
7. Quilab, elesio II B.	-	Saint Joseph Academy
8. Datoy, Kenneth G.	-	Saint Joseph Academy
9. Labadan, Joven G.	-	Cogon National High School
10. Amilao, Kirk Harvey M.	-	Cogon National High School
11. Oco, Dan Dave B.	-	Cogon National High School
12. Madelo, Jan Rhey	-	Molugan National High School

Coach: Lloyd A. Empinado

EVENT: BASKETBALL MEN – (3 X 3)

1. Palencia, Joseph Jay F.	-	Miraculous Medal Academy
2. Quilantang, Sherwin Jr. U.	-	Miraculous Medal Academy
3. Samson, Gelbryan R.	-	Cogon National High School
4. Virtudez, Cedrick N.	-	Cogon National High School

Coach: Winnie Jane Malinao
Chaperon: Rene M. Monto

EVENT: BILLIARDS – Boys

1. Macahilos, Glenn Argie A.	-	Cogon National High School
2. Recla, Mar Angelo N.	-	Cogon National High School

Coach: Cember Lei B. Abasula

EVENT: BILLIARDS – Girls

1. Macahilos, Shayrelle Ann C.	-	San Francisco de Asis National High School
2. Dadang, Jumeralyn Joecil M.	-	Cogon National High School

Coach: Leah P. Maestre

EVENT: BOXING

1. Bahian, Klaine B.	-	El Salvador City National High School
2. Pading, Renato T.	-	Hinigdaan National High School
3. Juntilla, Marjun L.	-	Hinigdaan National High School
4. Talasan, Filmarc A.	-	Hinigdaan National High School
5. Villalobos, Matt Herone U.	-	San Francisco de Asis National High Sch.
6. Pelesio, Lyndon B.	-	Molugan National High School
7. Villarte, David Dax A.	-	Molugan National High School
8. Jaudian, Retsnev Jake G.	-	Saint Joseph Academy

Coach: Lemuel Q. Liñan
Chaperon: Cholo B. Buna



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EVENT: CHESS – Elementary Girls

- | | | |
|----------------------------|---|---------------------------------|
| 1. Martinez, Ashlly P. | - | El Salvador City Central School |
| 2. Mugot, Shaina Necole O. | - | Bolisong Elementary School |
- Coach: Remelyn S. Baculio

EVENT: CHESS – Elementary Boys

- | | | |
|----------------------------|---|------------------------------|
| 1. Salabsab, John Dale L. | - | Molugan National High School |
| 2. Sabella, Andry James C. | - | Cogon National High School |
- Coach: Resurreccion B. Gunayan, Jr.

EVENT: CHESS – Secondary Girls

- | | | |
|------------------------------|---|------------------------------|
| 1. Salabsab, Honey Jane L. | - | Molugan National High School |
| 2. Langala, Quirchie Kate B. | - | Cogon National High School |
- Coach: Dyanna Rose I. Fabre

EVENT: CHESS – Elementary Girls

- | | | |
|-----------------------------|---|---------------------------------|
| 1. Ilar, Keith Adriane I. | - | El Salvador City Central School |
| 2. Tabamo, Cassey Miguel F. | - | Bolisong Elementary School |
- Coach: Tino L. Salabsab

EVENT: SWIMMING – Elementary Boys

- | | | |
|-----------------------------|---|---------------------------------|
| 1. Sual, Dom Lawrence | - | El Salvador City Central School |
| 2. Hortelano, Sen Matthias | - | Molugan Central School |
| 3. Chua, Chris John | - | Molugan Central School |
| 4. Garcia, Christian | - | Molugan Central School |
| 5. Micante, Tyron | - | Molugan Central School |
| 6. Actub, Carfil Patrick | - | Molugan Central School |
| 7. Trujillo, Carlos Anthony | - | El Salvador City Central School |
| 8. Villegas, Cromwell Jr. | - | Molugan Central School |
| 9. Sabuero, Jan Tracey | - | El Salvador City Central School |
| 10. Bete, Ricci Jhudiell | - | El Salvador City Central School |
- Coach: Natalio Bongcas Jr.

EVENT: SWIMMING – Elementary Girls

- | | | |
|----------------------------|---|---------------------------------|
| 1. Sandoval, Ashlisa | - | El Salvador City Central School |
| 2. Tajore, Gabriela | - | Stellulae Mariae |
| 3. Calabio, Sheleigh Libby | - | Molugan Central School |
| 4. Canoy, Ellen Roxanne | - | Molugan Central School |
| 5. Noer, Dhara Faye D. | - | El Salvador City Central School |
- Coach: Liezyl Capuyan



EVENT: SWIMMING – Secondary Boys

- | | | |
|------------------------------|---|---------------------------------------|
| 1. Sabella, Kent Jasper C. | - | Cogon National High School |
| 2. Noer, John Zerry Yan D. | - | El Salvador City National High School |
| 3. Cardenas, Donald Benjo L. | - | Cogon National High School |
| 4. Paulino, Justin Dave J. | - | Cogon National High School |
| 5. Namocot, Johnmark T. | - | Cogon National High School |
| 6. Diu, Jun Hiel C. | - | Cogon National High School |
| 7. Revalde, Arche O. | - | Cogon National High School |
| 8. Lacre, Habyear B. | - | Molugan National High School |

Coach: Alma D. Oguimas

EVENT: SWIMMING – Secondary Girls

- | | | |
|------------------------|---|---------------------------------------|
| 1. Puras, Rochelle | - | El Salvador City National High School |
| 2. Yecyec, Jessel | - | Cogon National High School |
| 3. Monton, Kean Shynna | - | Cogon National High School |
| 4. Apus, Christine Ryn | - | El Salvador City National High School |

Coach: Jocelyn T. Bonayog

EVENT: WUSHU SANDA – Secondary Boys

- | | | |
|-------------------------|---|--------------------------------|
| 1. Daculiat, Raycar D. | - | Molugan National High School |
| 2. Laure, Charles N. | - | Hinigdaan National High School |
| 3. Ellevera, Kert Louie | - | Molugan National High School |
| 4. Malolot, Ian Jay S. | - | Molugan National High School |
| 5. Malait, Myke D. | - | The New El Salvador Colleges |

EVENT: WUSHU SANDA – Secondary Girls

- | | | |
|-------------------------------|---|------------------------------|
| 1. Pairat, Yollie Grace I. | - | Molugan National High School |
| 2. De Jesus, Jana Michaela S. | - | Molugan National High School |
| 3. Lacre, Bernadith, B. | - | Molugan National High School |
| 4. Igloria, Remejean M. | - | Molugan National High School |

EVENT: VOLLEYBALL - Secondary Boys

- | | | |
|--------------------------|---|----------------------|
| 1. Keith Alan D. Estoque | - | Saint Joseph Academy |
| 2. Axel Van M. Book | - | Saint Joseph Academy |
| 3. Lance Lyndon Gimena | - | Saint Joseph Academy |
| 4. Kent Wirrol Quinones | - | Saint Joseph Academy |
| 5. Rodel Bonajos | - | Saint Joseph Academy |
| 6. Jonathan Magamay | - | Saint Joseph Academy |
| 7. Rustico Lagare Jr. | - | Saint Joseph Academy |
| 8. Vince Miguel Behiga | - | Saint Joseph Academy |
| 9. Crishner Kirk Gabule | - | Saint Joseph Academy |
| 10. John Lourence Lumio* | - | Saint Joseph Academy |
| 11. Jubelou Algonos | - | Cogon National HS |
| 12. ReyJay Capili | - | Cogon National HS |

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- | | | |
|-------------------------------|---|------------------------------|
| 1. Vacalares, Mariel Jane | - | Saint Joseph Academy |
| 2. Oplas, Shaira Weniel P. | - | Saint Joseph Academy |
| 3. Tayros, Francheska | - | Saint Joseph Academy |
| 4. Geminez, Earnice John | - | Saint Joseph Academy |
| 5. Clapano, Angel Mae B. | - | Saint Joseph Academy |
| 6. Apag, Arriane Nicole | - | Saint Joseph Academy |
| 7. Bayer, Ellaiza | - | Cogon National High School |
| 8. Sacolangan, Hazel Kate | - | Molugan National High School |
| 9. Acuno, Theres B. | - | Saint Joseph Academy |
| 10. Picot, Mariel | - | Molugan National High School |
| 11. Busa, Marichu Fe | - | Saint Joseph Academy |
| 12. Jabagat, Maria Ervic Earl | - | Cogon National High School |

Coach: Cristy Bombeo

Chaperon: John Bryan Bagnol

EVENT: WRESTLING - Secondary Boys

Cadets Category

- | | | |
|--------------------------|---|------------------------------|
| 1. Baculio, Jun Jeric N. | - | Cogon National High School |
| 2. Acop, Jay | - | Molugan National High School |
| 3. Argones, James Ryan | - | Molugan National High School |
| 4. Rajal, Jessryl | - | Molugan National High School |

Junior Category

- | | | |
|-------------------------|---|------------------------------|
| 1. Claudel, Vincent V. | - | Cogon National High School |
| 2. Saturno, Romel C. | - | Molugan National High School |
| 3. Actub, Aries John A. | - | Molugan National High School |
| 4. Angon, Joselito | - | Molugan National High School |

EVENT: WRESTLING - Secondary Girls

Cadets Category

- | | | |
|---------------------------|---|------------------------------|
| 1. Tayros, Roxanne Joy E. | - | Molugan National High School |
| 2. Barba, Sofia Bianca | - | Molugan National High School |
| 3. Nob, Brianna Sophia O. | - | Cogon National High School |
| 4. Gulapo, Gwen B. | - | Molugan National High School |

Junior Category

- | | | |
|------------------------|---|------------------------------|
| 1. Alcaraz, Jeselle D. | - | Molugan National High School |
| 2. Inutao, Angeli G. | - | Cogon National High School |
| 3. Salvador, Ferly M. | - | Cogon National High School |
| 4. Sorin, Cherlyn A. | - | Molugan National High School |
| 5. Molijon, Rutchel N. | - | Cogon National High School |

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