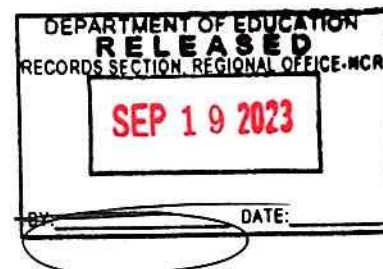




Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION



MEMORANDUM

ROP No. **911** s. 2023

To : **Schools Division Superintendents**
Division Sports Officers/Coordinators

From : **WILFREDO E. CABRAL, CESO III**
Regional Director

Subject : **PALARO POST EVALUATION AND PLANNING**
WORKSHOP OF REGION AND DIVISION SPORTS
OFFICERS/COORDINATORS

Date : September 15, 2023

The DepEd-National Capital Region will conduct a Palaro Post Evaluation and Planning Workshop on September 25-28, 2023 at Teachers Camp, Baguio City.

In this regard, all Schools Division Sports Officers/Coordinators are requested to attend the aforesaid activity. Please bring laptops and all needed documents that can be used for the evaluation and planning workshop.

Expenses for the accommodation and meals of the participants will be shouldered by the Regional Office charge to MOOE/Palaro Funds, while transportation and other miscellaneous expenses can be charge to MOOE/Local funds, subject to the usual accounting and auditing rules and regulations.

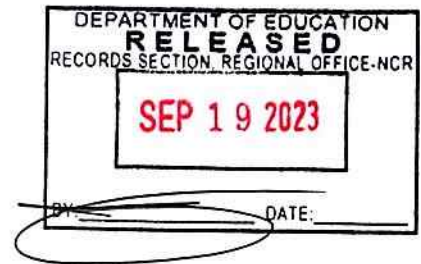
Attached is the indicative program, list of participants and technical working group for reference.

For any query, please contact Mr. Perlito G. Manalad, Project Development Officer-II, Regional Sports Coordinator at mobile no. 0919-6262308.

Immediate dissemination of this Memorandum is desired.

esssd/lito/23





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NATIONAL CAPITAL REGION

Palaro Post Evaluation and Planning Workshop

LIST OF PARTICIPANTS

1	<i>Regional Office</i>	Dr. Crisanto A. Ecija	Chief
2		Ms. Joan R. Pedroche	PDO-IV
3		Mr. Perlito G. Manalad	PDO-II
4		Dr. Gina L. Cruz	SEPS
5		Dr. Merlino Mateo	SHNU
6	Caloocan	Mr. Ariel P. Villar	Division Sports Officer
7	Las Piñas	Dr. Fatima T. Yusingbo	Division Sports Officer
8	Makati	Mr. Lawrence Jay Sedilla	Division Sports Officer
9	Malabon	Ms. Lynette O. Cipriano	Division Sports Officer
10	Mandaluyong	Mr. Rex A. Ado	Division Sports Officer
11	Manila	Mr. Joel L. Dionicio	Division Sports Officer
12	Marikina	Dr. Albert D. Villamor	Division Sports Officer
13	Muntinlupa	Mr. Edison C. Enerlas	Division Sports Officer
14	Navotas	Mr. Ernifer O. Cosmiano	Division Sports Officer
15	Parañaque	Ms. Fe Menciano	Division Sports Coordinator
16	Pasay	Mr. Pedro D. Gloriani	Division Sports Officer
17	Pasig	Dr. Victor M. Javeña	Division Sports Officer
18	Quezon City	Mr. Arnel M. Peralta	Division Sports Officer
19	Taguig-Pateros	Mr. Shoji G. Gerona	Division Sports Officer
20	Valenzuela	Dr. Salvador A. Gaban Jr.	Division Sports Officer
21	Pasig	Mr. Roi Watanabe	Resource Person
22	TaPat	Mr. Rodel C. Magsino	TM-Athletics Principal
23	Las Pinas	Mr. Oiram Robert D. Rafael	Division Sports Coordinator Department Head
24	Marikina	Mr. Mark Arabit	Resource Person
25	Manila	Mr. Rhonald Rey De Vera	Division Sports Coordinator Department Head
26	Mandaluyong	Mr. Leopoldo Miranda	Division Sports Coordinator Education Program Supervisor
27	Caloocan	Mr. Andy Balcon	Division Sports Coordinator EPS II
28	Pasig	Ms. Gerly B. De Castro	TWG and DSC EPS II
29	Malabon	Dr. Jeffrey Carlos	TWG and DSC Department Head
30	Valenzuela	Mr. John Lemer Lindayag	TWG and DSC EPS II





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PALARO POST EVALUATION AND PLANNING WORKSHOP

Teachers Camp, Baguio City
September 25-28, 2023

Day - 0 (2:00 pm Check-In) (September 25, 2023) OD - PAMAMAZON		
1:00 pm	Arrival and Registration	
3:00 – 3:30 pm	Opening Program National Anthem Prayer Acknowledgment of Participants Welcome Remarks	Dr. Jeffrey Carlos Mr. John Lemer Lindayag Ms. Joan R. Pedroche Proj. Devt. Officer-IV Dr. Crisanto A. Ecija Chief, ESSD
3:30-5:00 pm	Best Practices: SDO Manila SDO Pasig	Mr. Joel L. Dionicio Dr. Victor M. Javeña
6:00 pm	DINNERS	

Day - 1 (September 26, 2023) OD - CAMANAVA		
8:00-8:30 Am	Warm up Exercise, Recapitulation	Officer of the Day
8:30-10:30 am	School Sports Club Manual	Dr. Ariel Villar SDO Caloocan Mr. Lawrence Sedilla SDO Makati Dr. Albert Villamor SDO Marikina
10:30-10:40	BREAK	
10:40-12:00	School Sports Program	Dr. Ariel Villar Mr. Lawrence Sedilla Dr. Albert Villamor
	LUNCH	
1:00 – 5:00 pm	Needs Analysis/Baseline Assessment Open Forum	Mr. Roi Watanabe Ms. Gerly B. De Castro Dr. Gina L. Cruz Facilitators
6:00 pm	DINNER	



Day - 2 (September 27, 2023) OD - PAMAMARISAN		
8:00-8:30 AM	Warm up Exercise, Recapitulation	Officer of the Day
8:30-10:30	Sports Science (Scientific Strategies and Approaches	Mr. Mark Arabit SDO Marikina
10:30-10:40	BREAK	
10:40-12:00	Talent and Coach Identification	Dr. Albert Villamor DSO –SDO Marikina
12:00-1:00	LUNCH	
1:00 – 3:00	Screening of Documents for Participation	Ms. Lynnette Cirpiano DSO – SDO Malabon
3:00-4:00	Overview of Sports Development Plan	Mr. Lawrence Sedilla DSO –SDO Makati
4:00 – 6:00	WORKSHOP	DSO's
6:00	DINNER	

Day - 3 (September 28, 2023) OD - MUNTIPARLAS		
8:00-8:30 AM	Warm up Exercise, Recapitulation	Officer of the Day
8:30-9:30	Continuation of Workshop	DSO's
9:30-11:00	Presentation and Critiquing	Dr. Gina L. Cruz Facilitator
11:00 -12:00	Closing Program <ul style="list-style-type: none"> • Awarding of Certificates • Closing Remarks 	ESSD Officials Dr. Crisanto A. Ecija Chief, ESSD
12:00-1:00	Check- out	
1:00 PM	Home Sweet Home	

TECHNICAL WORKING GROUP

Chair	- Director Wilfredo E. Cabral	Secretariat	- Dr. Jeffrey Carlos
Co Chair	- ARD Cristito A. Eco		- John Lemer Lindayag
Members:	- Dr. Crisanto A. Ecija	Resource Person	- Mr. Mark Arabit
	- Ms. Joan R. Pedroche		- Mr. Joel L. Dionicio
	- Mr. Perlito G. Manalad		- Dr. Victor Javeña
	- Dr. Gina L. Cruz		- Dr. Ariel Villar
Medical Officer – Dr. Merino Mateo			- Mr. Lawrence Jay Sedilla
			- Dr. Albert Villamor
			- Mr. Roi Watanabe
			- Ms. Lynette Cipriano