



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION



January 13, 2025

REGIONAL MEMORANDUM

No. 048, s. 2025

To: Schools Division Superintendents
CID and SGOD Chiefs
Division Sports Officers/Division Sports Coordinators
All Others Concerned

OFFICIAL PARTICIPANTS TO THE 3-DAY CAPACITY BUILDING FOR SPORTS PROGRAM IMPLEMENTERS (COACHES)

1. In connection with Regional Memorandum No. 1343 s. 2024 dated December 18, 2024, titled *3-Day Capacity Building for Sports Program Implementers (Coaches)* scheduled on **January 29-31, 2025**, to be held at **Leonidas Resort and Restaurant, Talisay, Batangas City**, the Schools Divisions are hereby informed of the Official List of Participants to the said training program.
2. Attached are the Indicative Program of Activities and List of Participants with respective Division Sports Officers and Division Sports Coordinators as Facilitators per sports event. First meal is **breakfast** on **January 29, 2025**, while the last meal is **lunch** on **January 31, 2025**. Failure to attend the training shall pay the equivalent expenses for board and lodging for three (3) days in the amount of Six Thousand Pesos (P6,000.00).
3. Participants are required to bring and present during registration their approved **Travel Authority** signed by the Schools Division Superintendent (SDS) and Medical Certificate stating that he/she is medically and physically fit for the training.
4. The board and lodging will be shouldered by the Regional Office while the travel and incidental expenses of the participants will be charged to local funds subject to the usual accounting and auditing rules and regulations.
5. Teaching and non-teaching personnel are entitled to one day service credit or Compensatory Time-Off whichever is applicable subject to existing policies and guidelines for the attendance on *January 29, 2025*, as declared special non-working holiday.



Address: 6 Misamis St., Bago Bantay, Quezon City
Email address: ncr@deped.gov.ph
Website: depedncr.com.ph





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6. For further inquiries, you may contact the Regional Office through the **Education Support Services Division (ESSD)** at email joan.pedroche@deped.gov.ph.

7. Immediate dissemination and compliance with this Memorandum are desired.


JOCELYN DR ANDAYA
Regional Director, NCR
Concurrent Officer-In-Charge
Office of the Assistant Secretary for
Operations

Encl.:
As stated

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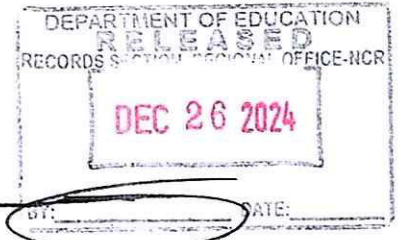


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December 18, 2024

REGIONAL MEMORANDUM

No. 1343, s. 2024

To: Schools Division Superintendents
CID and SGOD Chiefs
Division Sports Officers/Division Sports Coordinators
All Others Concerned

**3-DAY CAPACITY BUILDING FOR SPORTS PROGRAM IMPLEMENTERS
(COACHES)**

1. In line with the continuous professional development of our teacher-coaches in the DepEd National Capital Region (NCR), the Education Support Services Division (ESSD) will conduct a **3-Day Capacity Building for Sports Program Implementers (Coaches)** on **January 28-31, 2025**, venue to be announced.
2. The activity aims to achieve the following objectives:
 - Provide comprehensive and standardized training for coaches in Arnis, Athletics, Billiards, Dancesport, and Sepak Takraw.
 - Enhance the technical, tactical, and strategic coaching competencies of NCR coaches.
 - Foster professional growth, peer learning, and networking among coaches within the NCR.
 - Improve the quality of sports training and competition within schools in the NCR.
3. This initiative is driven by the findings from the Palarong Pambansa 2019 and 2023, which highlighted performance gaps in these sports disciplines, particularly at the elementary level. Targeted training will address foundational skills, coaching strategies, and resource utilization to enhance athlete performance across all levels.
4. Each Schools Division Office (SDO) is requested to send **one (1) Elementary Teacher-Coach** and **one (1) Secondary Teacher-Coach** per sports event (Arnis, Athletics, Billiards, Dancesport, and Sepak Takraw). The participants are preferably MAPEH teacher or with experience /engagement in their chosen sport event.

All participants must fill out the **Pre-Registration Form** at the following link:
<https://forms.office.com/r/SJHnvP3JKq> **on or before December 27, 2024.**



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The form requires the following details:

- Full Name (First Name / M.I. / Last Name)
- Gender
- Contact Number
- Division
- Position/Designation
- School/Office
- Religion
- Sports Event (Arnis/Athletics/Billiards/Dancesport/Sepak Takraw)
- Email Address/DepEd Account

5. Participants shall bring and present during registration their approved **Travel Authority** signed by the Schools Division Superintendent (SDS) and Medical Certificate stating that he/she is medically and physically fit for the training. Participants are expected to arrive at the venue on **January 28, 2025** and depart on **January 31, 2025**. The **first meal** to be served is dinner on January 28, and the **last meal** is lunch on January 31.

6. Expenses related to this activity shall be charged to local funds and / or program support funds subject to the usual accounting and auditing rules and regulations.

7. For further inquiries, you may contact the Regional Office through the **Education Support Services Division (ESSD)** at joan.pedroche@deped.gov.ph .

8. Immediate dissemination and compliance with this Memorandum are desired.

JOCELYN DR ANDAYA
Regional Director, NCR
Concurrent Officer-In-Charge
Office of the Assistant Secretary for Operations

/essd/joan/



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Education Support Service Division (ESSD)

PROGRAMME OF ACTIVITIES

3-DAY CAPACITY BUILDING OF SPORTS PROGRAM IMPLEMENTERS (Coaches)

JANUARY 29-31, 2025 | Leonida's Resort & Restaurant, Talisay Batangas

DATE	TIME	ACTIVITY	RESPONSIBLE OFFICE/PERSON
DAY 1 January 29	7:00 AM	BREAKFAST	
	8:00 AM	OPENING PROGRAM	Regional Office Officials/Secretariat
		Preliminaries	Regional Office Officials/Secretariat
		Welcome Message	
		Overview of Event Objectives and Schedule	Regional Office Officials/Secretariat
	9:30 AM	PLENARY SESSION: <ul style="list-style-type: none"> - Philosophy - Characteristics of Good Coach - Pedagogy 	Fe A. Menciano Division Sports Coordinator – SDO Paranaque City Lawrence Jay S. Sedilla Division Sports Officer – SDO Makati City
	10:15 AM (15 minutes)	BREAK	
	10:30 AM	Principle of Periodization <ul style="list-style-type: none"> - Training Program using the Principle of Periodization (by Sport) 	Mark Joseph Arabit Teacher II – Sta. Elena High School Marikina
12:00 PM	LUNCH BREAK		
1:00 PM	Breakout Sessions by Sport (Session 1) <ul style="list-style-type: none"> - Coaches split into groups for focused sessions in Arnis, Athletics, Billiards, Dancesport, and Sepak Takraw. 	ARNIS: Paulo O. Motita II SEPS – DepEd, Central Office BLSS Alain Sejane MAPEH Teacher – San Isidro National High School	

	<p>3:15 AM (15 minutes)</p>	<p>- Each group works with a sport-specific facilitator to discuss and practice basic techniques and coaching strategies.</p> <p>BREAK</p>	<p>ATHLETICS: Flordeliza C. Carreon Professor -- University of Makati (Track Events)</p> <p>Jeanette Obiena Worlds Athletics Referee Silver – Chiang Kai Shek (Field Events)</p> <p>BILLIARDS: Paul Gamaliel Aquilar Master Teacher I, MAPEH – Pedro E. Diaz High School, SDO Muntinlupa City</p> <p>Allan G. Soliman Professional Tournament Organizer, National Accreditor DepEd Billiards, Member/Trainer – Makati Pool Players Association</p> <p>DANCESPORTS: Rosalie I. Dela Cruz Assistant Professor, Program Chair, BSESS-FSM – University of Makati</p> <p>Lowell B. Tan PDSFI National Adjudicator/PDSFI Academy Core Member & Educator – Philippine Dancesport Federation Inc.</p> <p>SEPAK TAKRAW: Rogelio M. Cabanting Jr. Head Teacher VI – Pedro Diaz High School, SDO Muntinlupa City</p>
	<p>5:00 PM</p>	<p>Quality Assurance, Monitoring, and Evaluation (QAME)</p>	<p>Regional Office Officials/Secretariat</p>
	<p>5:30 PM onwards</p>	<p>END OF DAY 1 ACTIVITIES (DINNER)</p>	

DAY 2 January 30	7:00 AM	BREAKFAST	
	8:00 AM	Management of Learning	Regional Office Officials/Secretariat
	9:00 AM	Breakout Sessions by Sport (Session 2: Practical Drills) <ul style="list-style-type: none"> - Hands-on practice of techniques and drills specific to each sport - Small group work with sport facilitators for in-depth training in Amis, Athletics, Billiards, Dancesport, and Sepak Takraw 	ARNIS: Paulo O. Motita II SEPS – DepEd, Central Office BLSS Alain Sejane MAPEH Teacher – San Isidro National High School ATHLETICS: Flordeliza C. Carreon Professor – University of Makati (Track Events) Jeanette Obiena Worlds Athletics Referee Silver – Chiang Kai Shek (Field Events) BILLIARDS: Paul Gamaliel Aquilar Master Teacher I, MAPEH – Pedro E. Diaz High School, SDO Muntinlupa City Allan G. Soliman Professional Tournament Organizer, National Accreditor DepEd Billiards, Member/Trainer – Makati Pool Players Association DANCESPORTS: Rosalie I. Dela Cruz Assistant Professor, Program Chair, BSESS-FSM – University of Makati Lowell B. Tan PDSFI National Adjudicator/PDSFI
	10:15 PM (15 minutes)	BREAK	

			<p>Academy Core Member & Educator – Philippine Dancesport Federation Inc.</p> <p>SEPAK TAKRAW: Rogelio M. Cabanting Jr. Head Teacher VI – Pedro Diaz High School, SDO Muntinlupa City</p>
	12:00 PM	LUNCH BREAK	
	1:00 PM	<p>Breakout Sessions by Sport (Session 3: Application and Mock Training)</p> <ul style="list-style-type: none"> - Coaches conduct mock training sessions within their groups for each sport - Peer and facilitator evaluation of training effectiveness and application of learned techniques 	<p>ARNIS: Paulo O. Motita II SEPS – DepEd, Central Office BLSS</p> <p>Alain Sejane MAPEH Teacher – San Isidro National High School</p> <p>ATHLETICS: Flordeliza C. Carreon Professor – University of Makati (Track Events)</p> <p>Jeanette Obiena Worlds Athletics Referee Silver – Chiang Kai Shek (Field Events)</p> <p>BILLIARDS: Paul Gamaliel Aquilar Master Teacher I, MAPEH – Pedro E. Diaz High School, SDO Muntinlupa City</p> <p>Allan G. Soliman Professional Tournament Organizer, National Accreditor DepEd Billiards, Member/Trainer – Makati Pool Players Association</p> <p>DANCESPORTS: Rosalie I. Dela Cruz</p>
	3:15 PM (15 minutes)	BREAK	

			<p>Assistant Professor, Program Chair, BSESS- FSM – University of Makati</p> <p>Lowell B. Tan PDSFI National Adjudicator/PDSFI Academy Core Member & Educator – Philippine Dancesport Federation Inc.</p> <p>SEPAK TAKRAW: Rogelio M. Cabanting Jr. Head Teacher VI – Pedro Diaz High School, SDO Muntinlupa City</p>
	5:00 PM	Quality Assurance, Monitoring, and Evaluation (QAME)	Regional Office Officials/Secretariat
	5:30 PM onwards	END OF DAY 2 ACTIVITIES (DINNER)	

DAY 3 January 31	7:00 AM	BREAKFAST	
	8:00 AM	Management of Learning	Regional Office Officials/Secretariat
	9:00 AM onwards	<p>PLENARY SESSION - Presentation of Outputs by Sport</p> <p>Quality Assurance, Monitoring, and Evaluation (QAME)</p> <p>Closing Program</p> <p>END OF DAY 3 ACTIVITIES (LUNCH BREAK)</p>	Resource Speakers Regional Office Officials/Secretariat
	12:00 PM	CHECK OUT	



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SPORTS PROGRAM IMPLEMENTERS (COACHES)

Arnis, Athletics, Billiards, Dancesports and Sepak Takraw

RO - TECHNICAL WORKING GROUP

No.	EVENT	NAME	DESIGNATION
1.	TWG	Roger R. Morillos	OIC Chief-ESSD
2.	TWG	Joan R. Pedroche	PDO IV
3.	TWG	Perlito G. Manalad	PDO II
4.	TWG	Regine Zapanta	Admin Support II
5.	TWG	Kanna Katrina Magdangan	Technical Assistant I
6.	TWG	Clifford Stephen	Nurse
7.	TWG	Wilson Manas	Driver
8.	-	-	-

EVENT - TECHNICAL WORKING GROUP

No.	EVENT	NAME	DESIGNATION
1.	TWG	Rolyn M. Navarro	(Athletics)
2.	TWG	Jan Lemer Lindayag	EPS II (Arnis)
3.	TWG	Ma. Elena April Olet	HT III (Billiards)
4.	TWG	Jeffrey Carlos	HT III (Dancesport)
5.	TWG	Leonard Laureta	EPS II (Sepak Takraw)



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SPORTS PROGRAM IMPLEMENTERS (COACHES)

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SDO – CALOOCAN

No.	EVENT	NAME	DESIGNATION
	TWG	Ariel P. Villar	EPS/DSO
1.	ARNIS	Beverly Ann R. Guese	T3
2.		Angelo D. Hate	T1
3.	ATHLETICS	Jouie F Lanuza	T1/Sports Coordinator
4.		Jason S Lapastora	T1
5.	BILLIARDS	Dexter V. Lee	T1/Coach
6.		Mark Dave Soriano	T1
7.	DANCESPORTS	Johnny A. Vivero Jr.	T2
8.		Ellen L. Oraa	MT1
9.	SEPAK TAKRAW	Ma. Rita D. Deciles	T3
10.		Jorge D. Libuton	Coach



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SPORTS PROGRAM IMPLEMENTERS (COACHES)
Arnis, Athletics, Billiards, Dancesports and Sepak Takraw
SDO – LAS PINAS

No.	EVENT	NAME	DESIGNATION
	TWG	Fatima Y. Yusingbo	TWG
1.	ARNIS	Jonathan M. Sasi	T2
2.		Chloe R. Banlaygas	T2
3.	ATHLETICS	Ramir S. Damaso	T1
4.		Marck Erwin A. Eduria	T1
5.	BILLIARDS	Benbino A. Macawile	Coach
6.		Christel Anne Z. Rayel	T1
7.	DANCESPORTS	Jovit L. Jeniebre	MT1
8.		Elmo P. Banay	T1
9.	SEPAK TAKRAW	Rochelle C. Limin	T1
10.		Ryan R. Zamudio	T1



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SDO – MAKATI

No.	EVENT	NAME	DESIGNATION
	TWG	Lawrence Jay S. Sedilla	ASP II/DSO
1.	ARNIS	Jhon Rhol G. Inting	T1/Sports Coordinator
2.		Arlene Vista	T1
3.	ATHLETICS	Juvy L. Sacramento	T2
4.		Dhalia E. Tabora	T1
5.	BILLIARDS	Kevin P. Bunagan	T1
6.		Raffy C. Asuncion	T2
7.	DANCESPORTS	Ruben I. Diaz	T3/Sports Coordinator
8.		Kemuel Gavino	T1
9.	SEPAK TAKRAW	Reginold P. Morillo	T3/Coach
10.		Catherine S. Casuga	T2



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SDO – MALABON

No.	EVENT	NAME	DESIGNATION
	TWG	Lynnette O. Cipriano	EPS/DSO
1.	ARNIS	Rhea M. De Ocampo	T3
2.		Jhon Patrick B. Malinawan	T3
3.	ATHLETICS	Dariel Jhon I. Tampilic	T2
4.		Mary Grace D. Mondragon	T1
5.	BILLIARDS	Alexander K. Pacuan	T3
6.		Edeson N. Pada	T1
7.	DANCESPORTS	Mary Grace M. Jabon	MT1
8.		Judy Ann L. Pastor	T1
9.	SEPAK TAKRAW	Ryan T. Vargas	T2
10.		Lean O. Gaban	MT1



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SDO – MANDALUYONG

No.	EVENT	NAME	DESIGNATION
	TWG	Leopoldo A. Miranda JR.	EPS/DSO
1.	ARNIS	Raymond Saturnino	T3
2.		Emely P. Pineda	T1
3.	ATHLETICS	Ryan C. Casas	T1
4.		Randy F. Tilbe	HT/Sports Coordinator
5.	BILLIARDS	Marvin John Lontoc	T2
6.		Jose Enrico C. Villanueva	DT3
7.	DANCESPORTS	John-John P. Roman	T1
8.		Jessel C. Yaun	HT3
9.	SEPAK TAKRAW	Karl Vincent S. Sabangan	T2
10.		Prudence A. Palon	MT1



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SDO – MANILA

No.	EVENT	NAME	DESIGNATION
	TWG	Edmund G. Villareal	DSO
1.	ARNIS	Michelle P. Ferrancullo	T2
2.		Rommel E Pascual	T1
3.	ATHLETICS	Diana Mari T.Tolin	T2
4.		Regino L. Castillo	T1
5.	BILLIARDS	Hazel P. Galos	T1
6.		Aimee N. Ventura	T3
7.	DANCESPORTS	Dharel N Apelado	T2
8.		Jay A. Molo	T2/Sports Coordinator
9.	SEPAK TAKRAW	Anna Michelle D. Autencio	T1/Coach
10.		Kenneth Jhon M. Loria	T2



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SDO – MARIKINA

No.	EVENT	NAME	DESIGNATION
	TWG	Elizalde Q. Cena	CES/DSO
1.	ARNIS	Maricris Cruz	T1
2.		Alma L. Sison	T1
3.	ATHLETICS	Eleazar Joseph A. Cena	T1
4.		Junie A. Quibierne	T2
5.	BILLIARDS	Mary Ann D.Gonzales	T3
6.		Cori Kaine S. Nadiahan	T1
7.	DANCESPORTS	Robert M. Gamier	T3
8.		Maria Annie B. Belga	T1
9.	SEPAK TAKRAW	Jonathan A. Enate	T2
10.		Wilfredo L. Aurelio	T1



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SDO – MUNTINLUPA

No.	EVENT	NAME	DESIGNATION
	TWG	Edison C. Enerlas	EPS/DSO
1.	ARNIS	Queen Danielle C. Manabat	T1
2.		Vic Carlo V. Bato	T1/Coach
3.	ATHLETICS	Jovy Joy T. Perez	T1
4.		Arliz L. Serrano	T1
5.	BILLIARDS	Vonmar Luis P Chavez	T3
6.		Penuel N. Parajas	T3
7.	DANCESPORTS	Romnick E. Patao	T1
8.		Hedrick G. Seda	T1/Coach
9.	SEPAK TAKRAW	Enrico C. Madarcos	MT2
10.		Rowen D. San Pedro	T1



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SDO – NAVOTAS

No.	EVENT	NAME	DESIGNATION
	TWG	Eernifer O. Cosmiano	EPS/DSO
1.	ARNIS	Renon P. Tobias	T1
2.		Frederick F. Mateos	T3
3.	ATHLETICS	John Paul C. Adelino	T1
4.		Jocelyn Punay	T3
5.	BILLIARDS	Ryan J. De Castro	T1
6.		Jessa N. Serencio	T2
7.	DANCESPORTS	Honey Renzel G. Gahum	T1
8.		Cherry Daniela W. Laureano	T3
9.	SEPAK TAKRAW	Kevin H. Lacsinto	T1
10.		Don Rheymon D. Tinimbang	T1



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SDO – PARANAQUE

No.	EVENT	NAME	DESIGNATION
	TWG	Fe A. Menciano	DSC/PSDS
1.	ARNIS	Fatima Lorenz R. Olaso	T1
2.		Roy S. Suerte	MT1/Sports Coordinator
3.	ATHLETICS	Jim Anthony B. Tolin	Head Coach
4.		Wilson C. Ciceron Jr.	T3
5.	BILLIARDS	Angel Mae Reyes	T1
6.		Joanna Marie B. Galano	T2/Coach
7.	DANCESPORTS	Jomar L. Benitez	T1
8.		Arlene N. De Pedro	T3
9.	SEPAK TAKRAW	Cyrell Anne S. Paligutan	T1
10.		Julius A. Cordova	Coach



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SDO – PASAY

No.	EVENT	NAME	DESIGNATION
	TWG	Pedro d. Gloriani	EPS
1.	ARNIS	Annieflor R. Fajilagmago	T1
2.		Michael S. Belmil	T2
3.	ATHLETICS	Protacio P. Aydalla Jr	T2
4.		Benedict Dominic S. Cruz	T3
5.	BILLIARDS	Kharisma G. Sim	T3
6.		Lyndon S. Sanchez	MT
7.	DANCESPORTS	Jessica B. Antiquiera	T2
8.		Junbeth B. Santos	MT1
9.	SEPAK TAKRAW	Cristina O. Oberes	Coach
10.		Jelly D. Favila	T1



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SDO – PASIG

No.	EVENT	NAME	DESIGNATION
	TWG	Marivic D. Lising	DSO
1.	ARNIS	Bernalin B. Hernandez	T3
2.		Reignerose M. Esquierra	T2
3.	ATHLETICS	Melque L. Molinez	-
4.		Eusebio D. Calimag Jr.	T1
5.	BILLIARDS	Ferdinand P. Lorenzo	T1
6.		Redempto C. Esmeralda	MT1
7.	DANCESPORTS	Regine B. Manlangit	T1
8.		Jonah B. Ligad	T1
9.	SEPAK TAKRAW	Neram L. Bendo	T1/Coach
10.		Ian D.L Almirol	T1



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Arnis, Athletics, Billiards, Dancesports and Sepak Takraw

SDO – QUEZON CITY

No.	EVENT	NAME	DESIGNATION
	TWG	Leonardo P. Dagum Jr.	EPS
1.	ARNIS	Jonah Arceli C. Bautista	T2/Coach
2.		Mary Joyce S. Guarin	T1
3.	ATHLETICS	Ardwin P. Gaudia	T1
4.		Rudito B. Cagatin	Coach
5.	BILLIARDS	Aldrine Jay V. Amante	T2
6.		Don Russel D. Ventura	T1
7.	DANCESPORTS	Michelle B. Lobendino	T3
8.		Joshua G. Guillermo	T3
9.	SEPAK TAKRAW	Reynante V. Cafe	Coach
10.		Jan Dominick B Legaspi	T1/Coach1



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SDO – SAN JUAN

No.	EVENT	NAME	DESIGNATION
	TWG	Michael James D. Darilag	EPS/DSO
1.	ARNIS	Marcelina D. Vallespin	T3
2.		Edlani C. Sasaluya	T1
3.	ATHLETICS	Elisa M. Evangelista	T3
4.		Maria Rizza Lou S. Montes	T3
5.	BILLIARDS	Joseph G. Gallos	MAPEH Coordinator
6.		Nazareno P. Bautista	T2
7.	DANCESPORTS	Alona R. Nogoy	T3
8.		Florence M. Seville	T2
9.	SEPAK TAKRAW	Catalino A. Camayra	T3
10.		Edmond Amador Riano	T1



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SDO – TAGUIG AND PATEROS

No.	EVENT	NAME	DESIGNATION
	TWG	Shoji G. Gerona	DSO
	RESOURCE SPEAKER	Rodel C Magsino	TWG
1.	ARNIS	Abraham C. Lagmay, Jr.	T1
2.		Avelino A. Alangilan Jr	T1
3.	ATHLETICS	Harmon M. Gatchalian	T1
4.		Norberto T. Puda	T3
5.	BILLIARDS	Mark Christopher Monteagudo	T1
6.		Jhun Rhose Joy L. Alarcon	T1
7.	DANCESPORTS	Elaine Joy O. Tumampil	T1
8.		Mark Jonh M. Llagas	T1
9.	SEPAK TAKRAW	Khristine R. Roa	T1
10.		Ligaya C.Villanueva	T2



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SDO - VALENZUELA

No.	EVENT	NAME	DESIGNATION
	TWG	Salvador A. Gaban Jr	EPS/DSO
1.	ARNIS	Rose Marie L. Fostanes	T1
2.		Rosanna Marie B. Samson	T2
3.	ATHLETICS	Rodel P. Azaña	T3
4.		Mark Ivan Lorenz A. Ramos	T1
5.	BILLIARDS	Moreno R. Baco	T3
6.		Maribeth S. Teodoro	T3
7.	DANCESPORTS	Ronel R. Austria	MT1
8.		Jecel Jean V. Paglinawan	T1
9.	SEPAK TAKRAW	Oliver R. Valenzuela	T1
10.		Jamileen Joy V. Buen	T1
