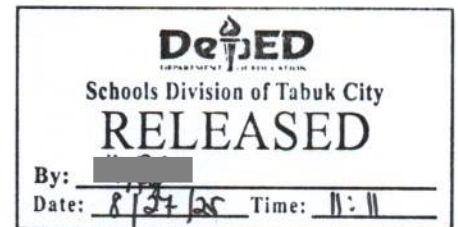




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

August 26, 2025

DIVISION MEMORANDUM
NO. S., 371, s. 2025

CONDUCT OF CAPACITY BUILDING ON SPORTS COACHING

TO: CID & SGOD Chiefs
Public Schools District Supervisors
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. To further enhance the competencies of school-based sports mentors and sustain the gains of the recently concluded **CARAA 2025**, the Schools Division of Tabuk City, through the School Governance Operations Division (SGOD) will conduct a **Sports Capacity Building for Coaches** from 8:00 AM-5:00 pm on **September 1-3, 2025** at **Katapatan Hall, SDO Tabuk City**.
2. The activity seeks to achieve the following:
 - a. Equip teachers with knowledge and skills for preparing a practice plan that includes warm-up, skill development, and cool-down.
 - b. Enable teachers to design and deliver practice sessions incorporating effective communication, motivational techniques, and feedback strategies tailored to specific age groups and skill levels.
 - c. Guide teachers in developing and implementing personalized training plans for athletes, demonstrating understanding of individual needs and training principles, resulting in measurable performance improvements.
 - d. Provide teachers with practical strategies and resources to effectively incorporate cultural values into their lesson plans.
3. The participants of this capacity-building activity shall include the coaches and co-coaches who served during the concluded CARAA Meet 2025, as well as the District Sports Coordinators. The official list of attendees is provided below for reference and guidance.

A. 2025 CARAA COACH AND CO-COACH			
NO.	NAME	DESIGNATION/POSITION	SCHOOL/OFFICE
1.	Mae S. Bacacao	Coach	Callagdao ES
2.	Charmagne B. Mores	Co-coach	Southern Tabuk IS



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3.	Delia A. Dawing	Coach	Cabaruan ES
4.	Mila M. Maiyao	Co-coach	Ipil IS
5.	Jeneva D. Cadingan	Coach	Southen Tabuk IS
6.	Hanelyn Laneza A. Kibayen	Co-coach	Bulanao CS
7.	Jenny Vi B. Alvarez	Coach	Tabuk City CS
8.	Maydelyn Iwos	Coach	San Pablo IS
9.	Larny Reyes	Coach	Appas ES
10.	Julie Bugabil	Coach	Calanan ES
11.	Cherry Kate Dong-as	Coach	Agbannawag CS
12.	Raul V. Dalilis	Co-coach	Burayukan ES
13.	Prime Faith K. Comdang	Chaperon	Agbannawag CS
14.	Adorafe Bangibang	Coach	Cudal CS
15.	Jovelyn Laggang	Co-coach	Bulanao CS
16.	Cathyrine Cecilio	Coach	Cudal CS
17.	Cynthia A. Perez	Co-coach	Bulanao CS
18.	Jovelyn Tadili	Coach	Bulanao CS
19.	Cory Magsilao	Co-coach	STIS
20.	Janet Gunnawa	Coach	Bulanao CS
21.	Ciriaco Galinggan	Co-coach	Magsaysay
22.	Jerally Licudo	Coach	Laya IS
23.	Rachelle D. Buslig	Co-coach	Laya IS
24.	Jenny Claire B. Pecua	Coach	Casigayan ES
25.	Zander Balacang	Co-coach	Casigayan ES
26.	Rossana Cos-agon	Coach	Bulanao CS
27.	Lorenzo S. Cosidon	Coach	Kalinga NHS
28.	Erene Emralino	Co-coach	Kalinga NHS
29.	Daphne Tanbawan	Coach	Tabuk City NHS
30.	Maritess Suyam	Co-coach	Balawag NHS
31.	Hannah Cawilan	Coach	New Tanglag NHS
32.	Gerlowendy Besas	Co-coach	STS, Tabuk City
33.	Eliezer Adonis Valderama	Coach	Tabuk City NHS
34.	Danilo D. Daluping	Co-coach	Kalinga NHS
35.	Donald Dulan	Coach	St. William's Academy
36.	Froilan Taclawan	Coach	Tabuk City NHS
37.	Doronuin Dumirag	Co-coach	Kalinga State University
38.	Genalyn A. Ferrer	Coach	Kalinga State University
39.	Jay Banawag	Co-coach	Agbannawag NHS
40.	Trisha May A. Padcayan	Coach	Tabuk City NHS
41.	Chester D. Pacas	Coach	Agbannawag NHS
42.	Anabelle D. Salida	Co-coach	Agbannawag NHS
43.	Paul Francis Quines	Coach	Tabuk City NHS
44.	Eric Von Banggawan	Co-coach	Tabuk City NHS
45.	Rafael Alcodia	Coach	Agbannawag NHS
46.	Feleciano Agsaoay	Co-coach	SDO
47.	Ethyle Baliling	Chaperone	Agbannawag NHS



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48.	Daisy R. Gulingan	Coach	Kalinga NHS
49.	Maria Christina Kub-ao	Co-coach	TCNHS
50.	Nory Luminang	Coach	Kalinga NHS
51.	Rebecca D. Eng-op	Co-coach	BULO NHS
52.	Marjorie L. Grindulo	Coach	Kalinga State University
53.	Jason Pangibitan	Co-coach	Calaccad NHS
54.	Jessie Bell L. Batta	Coach	Kalinga NHS
55.	Guiller S. Lumbag	Coach	Tabuk City NHS
56.	Marylin Sangdaan	Co-coach	Tabuk City NHS
57.	Andre Shaun Xavier Bawit	Coach	St. Tonis' College
58.	Rachelle M. Favila	Chaperone	Kalinga NHS
59.	Von Jamester Palangdao	Coach	St. Williams Academy
60.	Eula Mae Pattaguan	Co-coach	Kalinga NHS
61.	Christopher Zoilo Escobar	Coach	Kalinga NHS
62.	Chester G. Bawagan	Co-coach	TCNHS
63.	Etherliza Baguiyon	Coach	Kalinga NHS
64.	Maribeth Reambillo	Co-coach	Kalinga NHS
65.	Jake Floyd Morales	Coach	Kalinga NHS
66.	Jennifer Camaddo	Co-coach	Agbannawag NHS
67.	Johnny Baydon	Co-coach	Agbannawag NHS
68.	Sherwin Fernandez	Coach	Kalinga NHS
69.	Joy Grace Diaz	Co-coach	Agbannawag NHS
70.	Stephen George Gatan	Coach	TCNHS
71.	Jamilah Cawilan	Co-coach	Agbannawag NHS

A. TECHNICAL MANAGEMENT AND DISTRICT SPORTS COORDINATORS

	NAME	DISTRICT	SCHOOL
72	JOSELITO B. CABELLO	NTD 1	TCNHS
73	DANMAX L. COTEZ	NTD 1	BASAO ISLA
74	RAUL V. DALILIS	NTD 2	BURAYUKAN ES
75	JAY AR DALIMAG	NTD 2	DIS
76	AMADO B. DANA	ETD 1	BCS
77	CAROLINE TORRES	ETD 1	CCES
78	NAPOLEON MUKAY	ETD 2	SAN PABLO IS
79	LEONARDO EGALAN	ETD 2	MADOPDOP ES
80	RICKY D. SIMANGAN	ETD 3	SOTTO ES
81	JOSE QUANSO	ETD 3	ENHS
82	DANILO D. DALUPING	STD 1	KNHS
83	MELCHOR B. LANGBISAN	STD 1	STIS
84	MELCHOR LAYUGAN	STD 2	CALACCAD NHS
85	ERNESTO CABANES	STD 2	MAGABBANGON ES
86	ROMMEL A. ALCANZARINE	STD 3	BALAWAG NHS
87	ANTONIO DAWING	STD 3	SUYANG ES
88	EDDIE G. RODRIGUEZ	WTD 1	GOBGOB ES
89	EDGAR F. DELGADO	WTD 1	NEWTANGLAG NHS



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90	HENER ABAD	WTD 2	PINAGAN ES
91	RUDY PAUL TAGUIBAO	WTD 2	GUILAYON IS

B. SPEAKERS

92	FEDERICO C. FLORES, JR	SDO	SGOD
93	FERDINAND A. MALAGYAB	SDO	CID
94	DAISE M. BUCAO	SDO	SGOD
95	COLLIN EARL U. BULLONGAN	STD 1	KNHS

C. PROGRAM MANAGEMENT TEAM

	NAME	POSITION	OFFICE
96	BENEDICTA B. GAMATERO PhD, CESO V	SDS	OSDS
97	JAN NOWEL E. PEÑA	ASDS	OSDS
98	SALLY P. FEKEN	CES	SGOD
99	FEDERICO C. FLORES, JR	EPS	SGOD
100	FERDINAND A. MALAGYAB	PSDS	CID
101	EFREN Y. DANAG	PO-III/ INSPECTORATE	SGOD
102	HARRIET C. BUSLIG	SEPS/FACILITATOR	SGOD
103	SHAMGAR N. CANDELARIO	EPS 2/FACILITATOR	SGOD
104	KENNETH A. ATIWAG	SEPS/M&E	SGOD
105	VINCENT B. MARTINEZ	EPS 2/ M&E	SGOD
106	JAMES CEASAR A. DAYAO	AO-4/LOGISTICS	OSDS
107	SHIRLEY C. SARMIENTO	NURSE 2	SGOD
108	RUSSLLE NGAO-I	NURSE 2	SGOD
109	BENJAMIN S. MANUEL	TA 1/SECRETARIAT	SGOD
110	ROMEO B. AGAGON	SEPS/DOCUMENTER	SGOD

4. Sports District Coordinators shall attend **only on the first day**, September 1, 2025, for the scheduled **orientation on DepEd Order No. 022, s. 2025**, which outlines updated guidelines on school-based sports development and coaching standards.
5. Public Schools District Supervisors and School Heads are directed to ensure the timely dissemination of this memorandum and full support to the designated participants.
6. Should there be any queries/clarifications, please contact Mr. Federico C. Flores, Jr., SGOD-EPS at federico.flores004@depd.gov.ph or 09056091037.
7. Immediate and wide dissemination of this Memorandum is desired.


BENEDICTA B. GAMATERO PhD, CESO V
Schools Division Superintendent