



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

08 Mar 2024

DIVISION MEMORANDUM

CID-2024-111

CONCENTRATION TRAINING OF THE KIAMBA DELEGATION IN PREPARATION
FOR THE 2024 SARANGANI PROVINCIAL ATHLETIC ASSOCIATION MEET

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Public and Private Elementary and Secondary Schoolheads Concerned

1. To prepare for the upcoming Sarangani Provincial Athletic Association (SPAA) Meet, the Public Schools District Offices of Kiamba, Sarangani Province will conduct a concentration training program on March 9-12, 2024, at Kiamba Central Elementary School and Kiamba National High School.
2. The activity aims to:
 - a. strengthen the athletes' necessary skills needed in a team or individually for sports competitions;
 - b. develop camaraderie among the athletes, coaches, co-coaches, chaperons, and delegation officials; and
 - c. physically condition all the members of the Kiamba delegation as they will be stepping outside their comfort zone.
3. The participants in this training program are the selected athletes, coaches, co-coaches, chaperons, and training staff. Schoolheads of the participating teachers must ensure that no classes will not be left unattended during this activity and that the safety and well-being of all student-athletes are being taken care of.
4. For services rendered on the weekend, all personnel involved shall be entitled to service credits and compensatory time off whichever is applicable.
5. Expenses incurred by the schools relative to this activity are chargeable against local funds or school MOOE subject to the usual accounting and auditing rules and regulations.
6. For inquiries, contact Mr. Leo R. Huliganga at 09613918221 and Ms. Teresita C. Macabacyao at 09197963709.
7. Immediate dissemination of this Memorandum is desired.


RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

Encl.: Activity Matrix

Reference: N o n e

To be indicated in the Perpetual Index
under the following subjects:

SPORTS
TRAINING PROGRAMS

LRH/CID-DISS/MLA – concentration training of the kiamba delegation in preparation
for the 2024 sarangani provincial athletic association meet
0307/March 8, 2024

ACTIVITY MATRIX

| Date and Time | Activity | Responsible Person/s | Resources Needed |
|----------------------|---|--|-------------------------|
| March 8, 2024 | | | |
| 3:00 pm-5:00 pm | Arrival and Orientation on the conduct of in-house training | Ruperto B. Cruz Roland O. Gapas Julius D. Suico TWG | Attendance Sheet |
| 5:00 pm-6:00 pm | Settling to their respective quarters | Coaches/Co-Coaches/ Chaperons/Athletes | |
| 6:00 pm-7:00 pm | Dinner/Personal Hygiene | | |
| 7:00 pm-9:00 pm | Presentation of Training Plan (by event) | | |
| 9:00 pm onwards | Lights Off | | |
| March 9-11, 2024 | | | |
| 5:00 am-5:30 am | Wake-up Call | Coaches/Co-Coaches/ Chaperons/Athletes/ TWG | |
| 5:30 am-6:00 am | Morning Exercise | | |
| 6:00 am-7:00 am | Breakfast | | |
| 7:00 am-7:30 am | Personal Hygiene | | |
| 7:30 am-10:00 am | Training Proper | | Attendance Sheet |
| 10:00 am-12:00 nn | Rest/Distribution of LAS | | LAS |
| 12:00 nn-1:30 pm | Lunch/Siesta Time | | |
| 1:30 pm-2:30 pm | Distribution of LAS | | LAS |
| 2:30 pm-5:00 pm | Training Proper | | |
| 5:00 pm-6:00 pm | Rest period | | |
| 6:00 pm-7:00 pm | Dinner | | |
| 7:00 pm-7:30 pm | Personal Hygiene | | |
| 7:30 pm- 9:00 pm | Review of the Training Plan (By Event) | | |
| 9:00 pm onwards | Lights Off | | |
| March 12, 2024 | | | |
| 5:00 am-5:30 am | Wake-up Call | Coaches/Co-Coaches/ Chaperons/Athletes / TWG | |
| 5:30 am-6:00 am | Morning Exercise | | |
| 6:00 am-7:00am | Breakfast | | |
| 7:00 am-7:30 am | Personal Hygiene | | |
| 7:30 am-10:00 am | Training Proper | | Attendance Sheet |
| 10:00 am-12:00 nn | Rest/Distribution of LAS | | Answered LAS |
| 12:00 nn-1:30 pm | Lunch/Siesta Time | | |
| 1:30 pm-2:30 pm | Distribution of LAS | | Answered LAS |
| 2:30 pm-4:00 pm | Training/Cool Down Activities | | |
| 4:00 pm-5:00 pm | Final instruction in preparation for the SPAA Meet 2024 | | |
| 5:00 pm | Home sweet home | | |