

Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CITY SCHOOLS-TAGBILARAN
Tagbilaran City

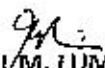
January 5, 2015

DIVISION MEMORANDUM
No. 01 s. 2015

**DIVISION CAPABILITY BUILDING SEMINAR-WORKSHOP FOR CVIRAA 2015
COACHES AND TRAINERS**

To: **EPS, PSDS
SCHOOL HEADS / SCHOOL ADMINISTRATORS
(ELEM & SEC. BOTH PUBLIC & PRIVATE)**

1. This office will conduct a one (1) day Capability Building Seminar-Workshop for Coaches & Trainers in preparation for the CVIRAA 2015 on Saturday, January 10, 2015 at JJs Seafood Village, Tagbilaran City. (Enclosed is the Training Matrix). Participants are the coaches & trainers both elementary and secondary divisions. The objectives are the following:
 - a. Enhance the capacity of the coaches & trainers in the different concepts and phases of sports trainings;
 - b. Establish the roles and functions of coaches & trainers in promoting competitive athletes and ethical values in playing games;
 - c. Update participants on the basic physical fitness and wellness activities during trainings, preparations of athlete's credentials, dietary requirements for the athletes;
 - d. Formulate a scientific Training Design and Monitoring Tool by event for the In-House Trainings.
2. Participants must comply with the following:
 - a. Come with their own laptop & writing materials
 - b. Wear a sports attire
 - c. Bring their handouts, notes, or books on coaching and sports trainings
 - d. Must report to the venue on time
3. There is no registration fee; moreover, two snacks & lunch will be served free.
4. Coaches & trainers coming from the public schools will be given one (1) day service credit.
5. Immediate dissemination and strict compliance of this memorandum is desired.


DR. EVANGEL M. LUMINARIAS, CESO V
Schools Division Superintendent

Capability Building Seminar-Workshop for CVIRAA Coaches & Trainers
January 10, 2015
Jjs Seaood Village, Tagbilaran City

TRAINING MATRIX

TIME	ACTIVITY/TOPIC	RESOURCE PERSON/FACILITATOR
7:30 – 8:00	Arrival/Registration	Training Management
8:00 - 8:20	Opening Program	Training Management
8:20 – 8:45	Self-Assessment	Mr. Lucio Epe
8:45-10:00	Conditioning & Stress Adaptation (Fitness & Wellness)	Mr. Frank Echalico
10:00- 11:00	Dietary Requirements of the athletes	Mr. Frank Echalico
11:00 – 12:00	Psychological Phase of Sports Training	Mr. Mathew Nemenzo
12:00 – 1:00	LUNCH BREAK	
1:00 – 2:00	Athletes' Credentials Preparations	Mrs. Corazon Samuya
2:00 - 3:30	Concepts & Phases of Sports Training	Mr. Joseph C. Barrete
3:30 – 4:45	Write Shop on Training Design & Monitoring Tool by Event for the In-House Trainings	Mr. Joseph C. Barrete
4:45 – 5:00	Wrap-up & Closing Program	Training Management