



Republic of the Philippines  
Department of Education  
Region VII, Central Visayas

**DEPED TAGBILARAN CITY SCHOOLS DIVISION**  
City of Tagbilaran



July 16, 2018

Division Memorandum

No. 387, s. 2018

**SWIMMING SEMINAR-WORKSHOP AND TRAINING FOR COACHES AND SWIMMERS 2018**

To: All Public and Private Elementary and Secondary Schools Heads  
Public and Private Elementary and Secondary School Sports Coordinators  
Public and Private Elementary and Secondary Swimming Coaches  
All Other Concerned

1. This Office hereby announces the Swimming Seminar Workshop and Training for Coaches and Swimmers on July 20-22, 2018 at the UB-VDT Victoriano D. Tirol Aqua Center.
2. The event is sponsored by the University of Bohol Rockets Swimming Team in partnership with the Philippine Swimming Team coach "Archimedes "Archie" Lim" Jasmine.
3. The seminar-workshop and training aims to:
  - 3.1. Motivate and inspire more Filipinos to get into competitive swimming and become future swimming champions.
  - 3.2. Educate and share knowledge (technical) to coaches and swimmers regarding swimming as a competitive sport.
  - 3.3. Promote swimming and have more pool of talents, provide better environment, discover untapped potential and promote swimming as a sport.
5. Registration Fee is Three Hundred Pesos (P 300.00) for swimmers and Eight Hundred Pesos (P 800.00) for coaches in which food is not included.
6. Interested participants- coaches-teachers and swimmers are allowed on official; time only. Attached is the training schedule of activities for your guidance.
7. For further inquiries please contact Engr. Lemuel O. Belarmino, PhD, mobile no. 0939 624 5424.
8. For the information, guidance and compliance of all concerned.

  
**VIRGINIA C. ZAPANTA, Ed.D., CESO V**  
Schools Division Superintendent

July 12, 2018



**DR. VIRGINIA C. ZAPANTA, ED.D, CESO V**  
Schools Division Superintendent  
Tagbilaran City Division

Through: **MR. ALBERTO A. LACANG**  
Education Program Supervisor, MAPEH  
Tagbilaran City Division

*Handwritten signature and date: 3/12/18*

*Handwritten initials: 3:15*

Dear Madam:

Greetings!

The University of Bohol Rockets Swimming Team in coordination/partnership with the Philippine Swimming Team coach Archimedes "Archie" Lim, will be hosting a swimming seminar workshop and training for coaches and swimmers on July 20-22, 2018 at the UB-VDT Victoriano B. Tirol Jr. Aquatic Center.

Our mutual goal is to promote swimming in our Province and City as a competitive sport since we believe that Filipinos have the natural talent for this sport that needs to be tapped and developed. We have partnered with the following people to help us in improving our swimming skills for the event:

- Coach Archie Lim – National and 2016 Philippine Olympic Swimming Team Head Coach**
- Jasmine Alkhalidi – 2-time Olympian and SEA Games Medalist**
- Jessie Lacuna – 2-time Olympian and SEA Games Medalist**

With this, we would like to extend our invitation and information to our schools in Tagbilaran City through your office for them to have an opportunity to learn from no less than our Olympians. Attached is the schedule and guidelines of the training.

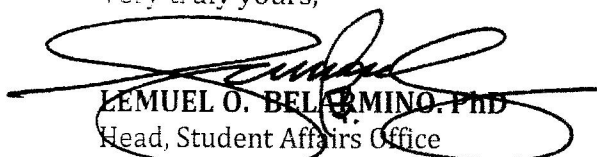
We would be glad if our coaches and swimmers from the Division of Tagbilaran, can join us and together, we can all learn and continue to improve our craft.

We believe that this would not only educate, but more importantly inspire our Filipino swimmers and swimming coaches in the City and the Province as a whole.

For further inquiries, please feel free to contact the undersigned at mobile no. 09396245424.

Thank you very much and God bless.

Very truly yours,

  
**LEMUEL O. BELARMINO, PhD**  
Head, Student Affairs Office  
University of Bohol



# UB ROCKETS

SWIM WITH OLYMPIANS OF  
COACHING SEMINAR AND SWIMMER'S WORKSHOP

JULY 20 - 22, 2018 • UB-VBT JR AQUATIC CENTER

## Goals:

1. Motivate and inspire more Filipinos to get into competitive swimming and become future swimming champions.
2. Educate and share knowledge (technical) to coaches and swimmers regarding swimming as a competitive sport.
3. Go beyond Metro Manila to promote swimming so we may have more pool of talents, provide better environment, discover untapped potential, and promote swimming as a sport.

## General Information:

**What:** Swimming Seminar for coaches and Workshop camp for swimmers

**Where:** Victoriano B. Tirol Jr. Aquatic Center, University of Bohol, UB VDT-ALC Campus, Penaflor Street, Tagbilaran City, Bohol

**Who:** Coach Archie Lim – National and 2016 Philippine Olympic Swimming Team Head  
Coach Jasmine Alkhalidi – 2-time Olympian and SEA Games Medalist  
Jessie Lacuna – 2-time Olympian and SEA Games Medalist

**When:** July 20-22, 2018

**Fee:** P300.00 for swimmers

P800.00 for coaches

\*Registration Fees include a free event t-shirt.

\*Food is not included.

For reservations and more information please contact Roset at 09070649644.

## SCHEDULE of Activities

	DAY 1	DAY 2	Day 3
6:00AM – 8:00AM	Registration and Introduction (7AM-9AM)	Swim #2 Backstroke with turns, start, and finish, Leg Training	Swim #4 (Butterfly – UW, Dives and Sprint Training)
	BREAK		
9:00AM-10:30AM	Lecture#1- Strokes and Techniques #1 (Stroke Mechanics Basic, Freestyle, and flip turn)	Lecture#5- Strokes and Techniques #3 (Breastroke, Open turn, Dives)	Lecture#9 - Activity – Team Building, Confidence Building
10:30AM-12:00NN	Lecture#2- Strokes and Techniques #2 (Backstroke and IM turns, finish)	Lecture#6- Strokes and Techniques #4 (Butterfly, UW Dolphin kick, and Sprint Training)	Lecture#10- Swim Parents, Open Forum, Closing
	BREAK		
1:30PM-3:00PM	Lecture#3*- Annual, Seasonal, Monthly, Daily Program (with tapering)	Lecture#7*- Professionalism, Club Administration, Training and Competition management)	
3:00PM-4:30PM	Lecture#4* – Developing Aerobic (Capacity), Anaerobic endurance, Muscle endurance, speed and power, Drills and technique	Lecture#8*- Strength and Conditioning and Nutrition	
	BREAK		
5:00PM-7:00PM	Swim #1 (Freestyle Drill, Flip turn + Aerobic and Pulling Training)	Swim #3 (Breastroke – w/open turns, keyhole) IM Training	

\* PM Lecture sessions are for coaches only