



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
**SCHOOLS DIVISION OF OZAMIZ CITY**

December 16, 2024

**DIVISIONAL MEMORANDUM**

No. 381 s. 2024

**ONE-DAY SPORTS CLINIC FOR SEPAK TAKRAW ATHLETES AND TEACHER - COACHES HANDLING SCHOOL-BASED SEPAK TAKRAW SPORTS CLUB**

TO: Assistant Schools Division Superintendent  
Chief Education Supervisors (SGOD and CID)  
Public Elementary and Secondary School Heads  
All Others Concerned

1. This Division announces the conduct of a One Day Sports Clinic for Sepak Takraw Athletes and Teacher-Coaches handling School based Sepak Takraw Sports Club on December 21, 2024 (Saturday) at Ozamiz City National High School Mini Arts Theater.
2. Sepak Takraw, blending soccer and volleyball, is one of the mandatory sports in Philippine schools. This initiative by the Department of Education aims to enhance students' agility, teamwork, and appreciation of cultural heritage, fostering both physical fitness and esprit de corps.
3. Participants:
  - a. Sepak Takraw Coaches or School based Sepak Takraw Club Coach
  - b. Sepak Takraw Athletes (parental consent for student participants is required)
4. Appropriate sports attire must be worn during the training to ensure overall comfort, boost performance, better movement, wick away sweat and keep the body cool.
5. This training will be managed by Cyrus Mark B. Rivera, the Tournament Director of the One Asenso Misamis Occidental Provincial Athletic Association. This Training is under the supervision of the Division Sports Officer, Johnnel A. Guangco and Division Athletic Manager, Anthony P. Marollano. Participation to this training requires no monetary registration.
6. To ensure a meaningful learning experience, the training team has invited former Palarong Pambansa athlete, Jay Anislag and other experienced trainers.
7. Attached is the training matrix, list of TWG and resource persons.



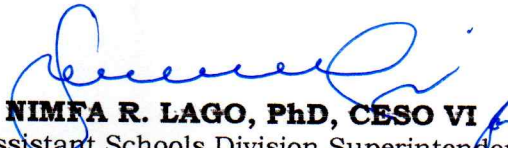
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8. Teachers serving as coaches during weekend sports training/competitions and other related activities shall be granted **service credits**. In addition, non-teaching personnel who serve as event monitors, medical teams, coaches, trainers, and sports officials shall also be granted **Compensatory Time-Off (CTO)** per DepEd Order No. 84, s. 2003, re: Addendum to DepEd Order No. 53, s. 2003, ( Updated Guidelines on Grant of Service Credits to Teachers); and Civil Service Commission and Department of Budget and Management Joint Circular No. 2, s. 2004.
9. Immediate and wide dissemination of this Memorandum is hereby enjoined.



**NIMFA R. LAGO, PhD, CESO VI**  
 Assistant Schools Division Superintendent  
 OIC, Office of the Schools Division Superintendent

Encl.: As Stated

References: DepEd Memorandum 020, s. 2024 re: Conduct of the Palarong Pambansa

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

**ATHLETICS                      SCHOOL                      SPORTS                      PROGRAMS**

SGOD/DM 2024 One Day Sports Clinic for Sepak Takraw Athletes and Teacher-Coaches handling  
 School based Sepak Takraw Sports Club

\_\_\_/December 16, 2024



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## MATRIX

One-day Sports Clinic for Sepak Takraw Athletes and Teacher -  
Coaches handling School-Based Sepak Takraw Sports Club

Time	Activity	Description
07:00 - 08:00	Registration	Participants register
08:00 - 08:30	Short Opening Program	
08:30 - 09:30	Basic Skills Training	Focus on fundamental skills: serving, kicking, and heading.
09:30 - 10:00	Drills & Techniques	Practice drills to improve footwork, agility, and ball control.
10:00 - 10:15	Break	Short break for hydration and rest.
10:15 - 11:15	Advanced Skills & Strategies	Training on advanced techniques and game strategies.
11:15 - 12:00	Practice Matches	Participants play practice matches to apply learned skills in a game setting.
12:00 - 1:00	Lunch Break	Time for lunch and relaxation.
1:00 - 2:00	Team Building Activities	Activities to foster teamwork and communication among participants.
2:00 - 3:00	Specialized Training	Focus on specific roles: server, striker, and feeder training.
3:00 - 3:15	Break	Short break for hydration and rest.
3:15 - 4:15	Tactical Training	Training on positioning, formations, and tactical plays.
4:15 - 5:00	Cool Down & Feedback Session and closing	Cool down exercises followed by a feedback session and Q&A with coaches.



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