



Republic of the Philippines
DEPARTMENT OF EDUCATION

Regional Office XII
Regional Administrative Center, Carpenter Hill, City of Koronadal
Fax No. 083-228-8825; email: depedregionxii@yahoo.com



July 14, 2014

REGION MEMORANDUM

No. 179, s. 2014

REGIONAL TRAINING FOR COACHES (FIRST LEVEL COACHING)

TO: All Schools Division Superintendents
This Region

1. As part of the year-round sports activities of the region, DepEd RO XII will conduct a Regional Training for Coaches (First Level Coaching) on July 31, 2014 – August 2, 2014 at Antonio Acharon Sports and Recreation Center, Calumpang, General Santos City.
2. This coaches training is designed to equip the coaches on the basic and scientific knowledge and skills in coaching, with the following objectives:
 - a. create a network of trained coaches placed at various levels of Sports discipline activities all over Region XII,
 - b. acquire fundamental skills in coaching sports events,
 - c. develop basic skills in coaching and managing coaching activities,
 - d. apply properly and correctly the basic skills in coaching,
 - e. appreciate the art of games through proper management of the training in preparation for any level of sports competitions, and
 - f. empower coaches to become a high caliber managers of their team during PALARONG PAMBANSA.
3. Participants to this training are the nine (9) Division PESS Supervisors, twenty (20) SRAA Tournament Managers, selected trainers, and coaches in the different sport events. Endorsement from the Schools Division Superintendent is a requirement, and only ten (10) coaches per event per division shall be recommended to ensure quality training outcome. Participants are advised to be already at the venue on July 30, 2014 (Day 0) in the afternoon for the registration and settling in. Meals will start dinner of Day 0 and will end up lunch of Day 3 (August 2, 2014). See attached matrix for your reference.
4. A registration fee of Eight Hundred Fifty Pesos (**P850.00**) shall be charged to each participant to cover expenses on food, certificates, honorarium of trainers, training kit, office supplies and other incidental expenses incurred in the conduct of the training. Participants are also required to bring sports attire, sports equipment and other paraphernalia needed for the training.
5. Registration and transportation expenses of the participants can be chargeable against local funds/MOOE subject to the usual accounting and auditing rules and regulations.
6. Submission of list of participants by division office is requested until July 25, 2014 thru fax no. 083-228-8825 or email at khyrub_khyrafb@yahoo.com.ph.
7. Immediate dissemination of this Memorandum is desired.


ALLAN G. FARNAZO, CESO IV
OIC – Regional Director

Reference: As stated

To be indicated in the perpetual index under the following subjects:
Sports SRAA 2014 Training



i-PEACE

Integrity-Professionalism, Efficiency, Accountability, Commitment, Equity





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**REGIONAL TRAINING FOR COACHES
 (First Level Coaching)**

July 31 – August 2, 2014
 Antonio Acharon Sports and Recreation Center, Calumpang, General Santos City.

TRAINING MATRIX

Time	Activities	Responsible Persons
DAY 0 (July 30, 2014)		
3:00 - 7:00 P.M. 4:00 – 5:00 P.M.	<ul style="list-style-type: none"> ➤ Arrival, Registration and Settling In ➤ Quality Assurance of Training Plans & Presentations 	<ul style="list-style-type: none"> ➤ Registration Committee ➤ SRAA Directorate & Training Team
6:00 – 7:00 P.M.	D I N N E R	
DAY 1 (July 31, 2014)		
6:00 – 7:00 A.M.	B R E A K F A S T	
8:30 – 9:00 A.M. 9:00 – 12:00 P.M.	<ul style="list-style-type: none"> ➤ Opening Ceremony ➤ Plenary Session (Talent Identification and Development) 	<ul style="list-style-type: none"> ➤ RD, SDS-GSC, Directorate, Trainers & Participants ➤ Directorate & Training Team
12:00 – 1:00 P.M.	L U N C H B R E A K	
1:00 – 5:00 P.M.	➤ (Plyometric and Movement Skills)	➤ Directorate & Training Team
5:00 – 6:00 P.M.	D I N N E R	
7:00 – 9:00 P.M.	<ul style="list-style-type: none"> ➤ Sports Nutrition ➤ Sports Injury Prevention 	<ul style="list-style-type: none"> ➤ Directorate & Training Team ➤ Herven Allado, RN and Ma. Lourdes Ines (Nutritionists)
DAY 2 (August 1, 2014)		
5:00-6:30 A.M.	➤ Physical Conditioning (Battery Test)	➤ Directorate, Trainers & Participants
6:30-7:30 A.M.	B R E A K F A S T	
8:00-12:00 A.M.	<ul style="list-style-type: none"> ➤ Break out Session per event Basic Coaching - Sports Philosophy - Establishing objectives - Leadership in Coaching - Coaching Style 	➤ Training Team
12:00 – 1:00 P.M.	L U N C H B R E A K	
1:00 – 5:00 P.M.	<ul style="list-style-type: none"> ➤ Break out Session per event. ➤ Basic Drills 	➤ Training Team
5:00 – 6:00 P.M.	D I N N E R	
7:00 – 9:00 P.M.	<ol style="list-style-type: none"> 1. Functional Training for Young Athletes 2. Metabolic Conditioning 	➤ Training Team
DAY 3 (August 2, 2014)		
5:00-6:30 A.M.	➤ Physical Conditioning (Battery Test)	➤ Directorate, Trainers & Participants
6:30 – 7:30 A.M.	B R E A K F A S T	
8:00 – 10:30	➤ Plenary Session Coach Personal Action Planning	➤ Directorate, Trainers & Participants
10:30 – 12:00 P.M.	➤ Written and Practical Examination (By Event)	➤ Training Team
12:00 – 1:00 P.M.	L U N C H B R E A K	
1:00 – 2:00	➤ Closing Program	➤ Directorate, Trainers & Participants



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