



Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF TABUK CITY
City Hall Compound, Dagupan, Tabuk City, Kalinga



DIVISION MEMORANDUM

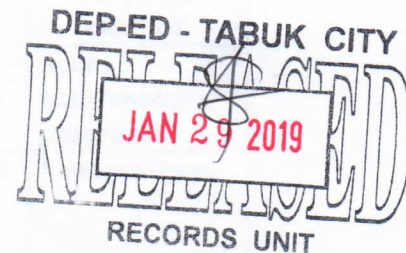
No. 20 s. 2019

TO: PSDSs, School Heads, Coaches, Trainers and Other Concerned

FROM: **BENEDICTA B. GAMATERO** *[Signature]*
OIC-Schools Division Superintendent

DATE: January 29, 2019

SUBJECT: **IN-HOUSE TRAINING OF ATHLETES FOR CARAA 2019**



1. Please be informed that the **In-House Training of Athletes** will start on Saturday, **February 2, 2019** and will end in the afternoon of **February 22, 2019**.
2. In this regard, all athletes, coaches, co-coaches and trainers are advised to report at Bulanao Central School not later than **8:00 AM on February 2, 2019**.
3. Participants are required to bring the following; appropriate clothes for training for 20 days, towels, blankets, sleeping bags, pillows, mosquito nets, plates, cups, spoons and other personal needs.
4. For the coaches, please require your athlete's **PARENT WAIVER** and bring with you the Athletes Folder for assessment by the Accreditation and Assessment committee during the training.
5. For those who will be needing vehicles in coming to the camp, coaches are advised to inform the training management thru txt or call to mobile phone number 09261901660 (Mr. Soriano) two days before the start of the training.
6. Attached is the Training Matrix for everyone's reference and information.
7. Please be guided accordingly.

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**IN-HOUSE TRAINING MATRIX
CARAA 2019**

DATE	TIME	ACTIVITY	VENUE	PERSONS INVOLVED	EXPECTED OUTPUT
February 1, 2019	8:00-12:00	Preparation of room assignments	Bulanao Central School	Training Management Team	Room Assignments designated
	1:00-4:00 PM	Release of Sports Equipment	Tabuk CS	Romeo Agagon & Dewaii Bagayao	Released Items
February 2, 2019	7:00-12:00	Arrival and fixing of room assignments and Measurement of Playing uniforms.	Bulanao Central School	TMs, Coaches, Co-coaches, Trainers and Athletes	Rooms well fixed
	1:00-3:00	Welcome Program & Training Orientation: Camp rules, Training Standard Procedures & Venues, Transportation, Meals, Medical check-up, Health & Sanitation Picture taking, Folders, etc.	Bulanao CS Ground	SDS, Chief SGOD, Assigned Training Management Team	Well-informed coaches, Co-coaches, trainers and Athletes.
	3:00-5:00	ID picture Taking	BCS	Training Management Team, Athletes and coaches	
February 3-22 2019	8:00 AM-5:00 PM Daily	Training Proper	Selected training Venues per event	Athletes, Coaches, Co-Coaches and trainers	

		Home and away Games	For those who are in need only		
	7:00 PM-8:00PM	Progress Monitoring Meetings (As the need arises)		All Concerned	
February 22, 2019	8:00 AM-12:00 PM	Break Camp in preparation for the travel to Luna, Apayao		All Concerned	
	1:00-2:30 PM	Send-off Program	BCS Ground	LGU Officials, DepEd Officials, Sponsors, Coaches, Co-Coaches etc.	
	3:00PM	Travel start	BCS Ground	All Concerned	

Prepared by:


RAMONCHITO A. SORIANO
 Division Sports Officer