



Republic of the Philippines
DEPARTMENT OF EDUCATION
Cordillera Administrative Region
SCHOOLS DIVISION OF TABUK CITY
City Hall Compound, Dagupan Centro, Tabuk City



DIVISION MEMORANDUM

No. 14 s. 2020

TO: :Public Schools District Supervisors
: Elementary/ Secondary School Heads
: CARAA Coaches, Co-Coaches, Chaperones & Trainers
: All others concerned

FROM : **IRENE S. ANGWAY, PhD**
OIC- Schools Division Superintendent

SUBJECT: **Mental Toughness and Conditioning Training for Sports Coaches, Co-coaches and Trainers**

DATE : **January 10, 2020**

1. Relative to the invitation of Kalinga State University, Tabuk City Division coaches, co-coaches, chaperones and trainers for the Regional Athletic Meet are directed to participate on the Mental Toughness and Conditioning Training to be conducted at Las Vegas Hotel, Dagupan Weste, Tabuk City from January 14 to 16, 2020.
2. The objectives of the activity are to:
 - A. prepare the participants psychologically for tougher sports activities;
 - B. enhance participants' knowledge on coaching and training philosophies; and
 - C. provide avenue for respondents' participation on studies about the training
3. Attached is the list of the identified participants.
4. Participants are advised to be in their SPORTS ATTIRE for the workshop on the second and third days.
5. For information and compliance of all concerned.

