



Republic of the Philippines
 DEPARTMENT OF EDUCATION
Negros Island Region
 SCHOOLS DIVISION OF NEGROS ORIENTAL
 Capitol Area, Dumaguete City

RELEASED
 NO: 017.1371
 DATE: 29 JUN 2017
 8
 SECTION
 5:05 pm

AUTHORITY TO TRAVEL

June 29, 2017
 Date

TO :	<p>ALLAN A. TABIO DEPS – Division Sports Officer</p> <p>ANTONIO B. BAGUIO DEPS, - DIVISION MAPEH COORDINATOR</p> <p>JUDEE L. CABILIN T-III, NOHS</p> <p>NIQUITA BENSON T-III, AMLAN DISTRICT</p> <p>JOCILL YBESATE T-III, ZAMBOANGUITA DISTRICT</p> <p>MELY B. SAOI T-III, ZAMBOANGUITA DISTRICT</p>
OFFICE / STATION:	Division of Negros Oriental
FUND SOURCE:	School/Division/ MOOE/SEF or any available source of funds
INCLUSIVE DATE OF TRAVEL:	June 30- July 2, 2017
DESTINATION:	Bacolod City
PURPOSE:	<p>To attend the 3- Day Live-Out Gymnastics Coaching Course on four disciplines</p> <p>Reference: (Regional Memo No. 219 & Corrigendum No. 222 s. of 2017)</p>


SALUSTIANO T. JIMENEZ, CESO VI
 OIC-Office of the Assistant Regional Director
 Concurrent OIC, Office of the Schools Division Superintendent
 6/29/17



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NEGROS ISLAND REGION



June 22, 2017

Regional Memorandum
No. 219, s. 2016

RELEASED	
CONTROL NO.	1940
RELEASED BY	elo
DATE RELEASED	6/26/17

**CORRIGENDUM AND ADDENDUM TO REGIONAL MEMORANDUM NO. 219, S. 2017
(GYMNASTICS COACHING COURSE)**

TO: All Schools Division Superintendents

1. The conduct of the 3-day Live-out Gymnastics Coaching Course has been announced through Regional Memorandum No. 219, s. 2017.
2. Paragraph No. 5 of said Memorandum is amended to read as follows:

"A registration fee of **One thousand five hundred pesos (Php1,500.00)** shall be charged each participant to cover expenses for board and lodging of resource speakers, course materials, transportation and food allowance of gymnasts and facilitators, venue rental and other miscellaneous expenses."

3. Attached are the Training Matrix of the different disciplines for reference.
4. Immediate dissemination of this Memorandum is desired.

GILBERT T. SADSAD, CESO V
Director III
OIC – Regional Director



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION
NEGROS ISLAND REGION

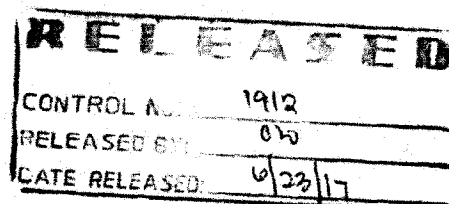


June 22, 2017

Regional Memorandum
No. 219 s. 2017

GYMNASTICS COACHING COURSE

TO: **All Schools Division Superintendents**



1. The MAPEH-Division of Negros Occidental Secondary Schools Association (MAPEH-DNOSSA) Inc. in cooperation with the Gymnastics Association of the Philippines (GAP) will conduct a **3-Day Live-Out Gymnastics Coaching Course on four Disciplines (MAG, WAG, RG and Aero)** on **June 30 – July 2, 2017** at **STI-West Negros University, Burgos St., Bacolod City**.
2. This coaching course aims to:
 - a. improve and upgrade the competencies and skills of teachers in training and coaching gymnastics.
 - b. orient and update teachers on the FIG Code of Points used during the competition, and
 - c. enhance the sensitivity of teachers in understanding and appreciating the role of sports in nation building.
3. Participants to this coaching course are Division Sports Officers, MAPEH Coordinators/Teachers and other school personnel from public and private schools who are actively involved in coaching gymnastics and willing to put up a team in their respective school/district. Participants must be physically fit and have the passion to share his/her learning for the development of this sports discipline.
4. Resource persons of this coaching course are from the Gymnastics Association of the Philippines (GAP) who are experts in each discipline.
5. A registration fee of One thousand pesos (Php1,000.00) shall be charged each participant to cover expenses for board and lodging of resource speakers, course materials, transportation and food allowance of gymnasts and facilitators, venue rental and other miscellaneous expenses.
6. Registration fee, transportation and other expenses of participants are chargeable against local/MOOE/LSB funds subject to the usual accounting and auditing rules and regulations.
7. Registration of participants will start at 7:00 a.m., to be followed by an Opening Program at 8:30 a.m. on day one at the venue.
8. For more information, please contact Mr. Romeo C. Sison, Jr. EPS, Division Sports Officer, Division of Negros Occidental at Tel. No. 033-7070126 or Cell No. 09478614221.
9. Immediate and wide dissemination of this Memorandum is desired.


GILBERT V. SADSAD, CESO V
Director III
OIC – Regional Director



Gymnastics Association of the Philippines (GAP)

Rizal Memorial Sports Complex P. Ocampo Sr. St. Maate, Manila – Philippines 1004
e-mail: philippinegymnastics@gmail.com Tel/Fax (632) 5212640

Affiliate:

Philippine Olympic Committee (POC)
Federation Internationale De Gymnastique (FIG)
Pacific Alliance on National Gymnastics Federation (PANGF)

South East Asian Gymnastics Confederation (SEAGCON)
Asian Gymnastics Union (AGU)

June 9, 2017

Mr. Romeo C. Sison Jr.
Education Program Supervisor
Division of Negros Occidental

Dearest Mr. Sison,

Greetings from the Gymnastics Association of the Philippines.

We would like to apologize for the delay in our reply to your request as we have been occupied with our preparations for the South East Asian Games and were out of the country for competitions in preparation for said event.

We certainly would like to work with you for the conduction of coaching courses for the four disciplines WAG/MAG/RG and AERO.

We will be sending you four experts, one per discipline that will conduct the coaching courses for you. The National Association will be paying for the Honorarium for these experts as well as their airfares. However the host will have to provide these experts with hotel accommodations and meals for the duration of their stay in Bacolod.

They will also need transportation expenses provided to them for their transfers from the hotel to the venue.

COURSE REQUIREMENTS per discipline Provided by DEPED Negros Division

1. Overhead projector- 4 pcs
2. White board -4 pcs
3. White board markers- 4pcs
4. White board erasers- 4 pcs
5. Screens for video use- 4 pcs
6. Microphones- 4
7. Sound system- 4 sets
8. Printer 1

VENUE: Must be large enough to accommodate a general coaching course for at least 50 coaches and 4 breakout areas for the four disciplines as each discipline has its own age group programs that will form part of the coaching courses.

ACCOMMODATIONS: Must be provided to course participants. The Host can charge the participant for accommodation if necessary.

COURSE MATERIALS:

These will be provided by the National Sports Association.



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DURATION OF COURSE: 3 full days minimum duration June 30 to July 2

So experts must arrive the day before the course and leave the day after the course. Arrival date for experts June 29 and departure date July 3.

Host must provide the experts transfer from the airport to the hotel and back to airport for their departure.

GYMNAST PARTICIPATION:

The Host must provide at least two gymnast per discipline that will be helping the experts with the course.

May we at this time request that this course be open to coaches from the Visayas region so as to maximize the time of our experts that will be conducting these courses.

The host is also free to charge a registration fee per coach of PHP1500 per person for which the National Association will be collecting its share of 500 per participant to cover our cost of materials for the course.

Looking forward to working with you for the success of said courses.

We remain Yours in Health and happiness

Bettina H. Pou
Secretary General

National Coaching Course on Gymnastics Level 1

Bacolod

June 29 – July 3, 2017

June 29	TIME	June 30	July 1	July 2	July 3	
Arrival of Participants	8:30 – 10:00	Welcome Ceremony	Warm up Conditioning Basic Position Practical 1 Floor ex.	Practical 5 Mushroom Physical Preparation Movement Orientation and Corrections	Departure of Participants	
	10:00 – 10:30	COFFEE BREAK				
	10:30 – 12:00	Introduction Schedule Orientation General Coaching Information	Practical 2 Floor Exercise Flexibility and Strength Intro. Construction of Level 2 Spotting	Vault Physical Preparation Practical 6 Progressions Movement Orientation and Corrections		
	12:00 – 2:00	LUNCH BREAK				
	2:00 – 3:30	Floor Exercise Level 1 Practical Physical Preparation Pre-requisite Elements	Practical 3 Finding Error/Cause and Correction Skill Progression Spotting	Practical Gym Work For Skill Presentation		
	3:30 – 4:00	COFFEE BREAK				
	4:00 – 5:30	Practical work Spotting (FX) Construction of Level 1 Skill Progression Assessment of movements	Practical 4 Spotting Skill Progression Routine assessment Forms/Positions	Practical Examination		

Date	Time	Activity	
June 30, 2017	8:00AM-10:00AM	Introduction and Coaches Responsibility	
10:00AM-10:15AM BREAK			
	10:15AM-12NN	Gymnastics Is Science: Anatomy, Biomechanics, Physiology, and Psychology	
LUNCH			
	1:00PM-2:00PM	Contraction States: Isometric, Concentric, Eccentric	
	2:00PM-3:00PM	Conditioning (Arms, Core, Legs) Physio: Rollers, TigerTails, Theraband	This can be skill specific or General
3:00PM-3:15PM BREAK			
	3:00PM-4:00PM	VAULT	
	4:00PM-5:00PM	VAULT (Drills and Progression)	
July 01, 2017	8:00AM-8:45AM	Review	
	8:45AM-10:30AM	BARS	
10:30AM-10:45AM BREAK			
	10:45AM-12NN	BARS (Drills and Progression)	
LUNCH			
	1:00PM-2:45PM	BEAM	
	2:45PM-3:15PM	BEAM (Drills and Progression)	
3:15PM-3:30PM BREAK			
	3:30PM-5:00PM	Beam Complex and Line Drills	
July 02, 2017	8:00AM-8:30AM	Review	
	8:30AM-10:30AM	FLOOR	
10:30AM-10:45AM BREAK			
	10:45AM-12NN	FLOOR (Drills and Progression)	

LUNCH			
	1:00PM-2:00PM	FLEXIBILITY	
	2:00-3:15PM	DANCE AND BALLET BARRE	
3:15PM-3:30PM BREAK			
	3:30PM-4:00PM	Q&A (Pass the Skill and the preparations)	
	4:00PM-5:00PM	AWARDING OF CERTIFICATE	