



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DAVAO DE ORO



Office of the Schools Division
Superintendent


May 2, 2024

DIVISION MEMORANDUM
CID-2024- 351

STRENGTH AND CONDITIONING MASTERCLASS

To: Public Schools District Supervisors
District Coordinating Principals
Elementary and Secondary Schools Administrators
All Others Concerned

1. Herewith is a Regional Memorandum ESSD-2024-183, re: Strength and Conditioning Masterclass on May 9-10, 2024, at USEP-Obrero Campus, Davao City.
2. Anent to this, Coaches and Assistant Coaches bound for the 2024 Palarong Pambansa are required to register and attend the said activity.
3. Registration, travel, and other incidental expenses of the participants shall be charged against School MOOE/Local Funds, all subject to usual accounting and auditing rules and regulations.
4. The list of participants and other details of this Memorandum are contained in enclosures.
5. Immediate dissemination of this Memorandum to all concerned is desired.


CRISTY C. EPE, CESO V
Schools Division Superintendent



Address: Capitol Complex, Brgy. Cabidanan, Nabunturan, Davao de Oro
Contact No. 0951-387-1728 (TNT); 0915-399-7779 (Globe)
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Doc. Ref. Code	PAWIM-F-021	Rev	00
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Republic of the Philippines
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REGION XI
SCHOOLS DIVISION OF DAVAO DE ORO

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LIST OF PARTICIPANTS

NAME	SCHOOL	DISTRICT	EVENT
1. Cuyos, Mark Anthony E.	Nabunturan NCHS	Nabunturan West	Basketball 3x3
2. Marivic B. Avenido	Andili NHS	Mawab	Baseball Secondary
3. Danilo U. Delgado	Andili NHS	Mawab	Baseball Secondary
4. Jovie I. Agayan	Andili ES	Mawab	Baseball Elementary
5. Mary Ann C. Agayan	Andili ES	Mawab	Baseball Elementary
6. Bobby F. Cuadero	Maragusan CES	Maragusan west	Football- elementary
7. Erick Jhon B. Oso	Maragusan CES	Maragusan west	Football- elementary
8. Noel B. Baliber		Monkayo East	Sepak Takraw - Elementary
9. Virtucio, Charmyn	Mayaon NHS	Montevista	Billiards- Secondary



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Republic of the Philippines
Department of Education
DAVAO REGION

Office of the Regional Director

REGIONAL MEMORANDUM

ESSD-2024-183

To : Schools Division Superintendents
Alim J. Maguindanao, PDO IV/RSO

Subject : STRENGTH AND CONDITIONING MASTERCLASS

Date : April 29, 2024

Attached is a letter from Jeffrey Pagaduan, Founder, Mobi Pro, Bridge 360, inviting this Office to the upcoming **Strength and Conditioning Masterclass** scheduled on **May 9-10, 2024** at **USEP- Obrero Campus**, Davao City.

The masterclass aims to equip participants with the following:

- **Athlete Profiling: Resonance Frequency Strategies for Performance Enhancement** (by: Jeffrey Pagaduan, PhD, CSCS);
- **Skill-Based Energy System Training** (by: Pio Gerardo Solon, MS(cand); and
- **Current Approaches to Strength and Conditioning** (by: Daniel Baker, PhD, CSCS)

In view thereof, **Coaches and Assistant Coaches bound for the 2024 Palarong Pambansa** are required to register and attend the masterclass to enhance their skills and knowledge as coaches, and maximize its application with the ongoing preparation and training of athletes. This will certainly boost coaches' capabilities and strategies in preparing athletes for local, national and international competitions.

All SDOs are expected to provide full support to their concerned coaches.

Division Sports Officers (DSOs) are expected to facilitate the reservation/registration of concerned coaches as early as possible.

For more information or inquiries, please contact the organizers via email at osas.studentclubs-organizations@usep.edu.ph. For reservation/registration, contact Jose Alther Rivera at 0916-7330377.

Registration, travel and other incidental expenses of participants shall be charged to local funds subject to the usual accounting rules and regulations.

Immediate dissemination of this Memorandum to all concerned is required.

ALLAN G. FARNAZO
Director IV

ROE2/ajm



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Legaspi Village, Makati City
iambridge360@gmail.com

29 April 2024

ALLAN G. FARNAZO
Director IV, DepEd Regional Office XI
F. Torres St, Davao City

Attention:

ALIM J. MAGUINDANAO
Regional Sports Officer (RSO)

Dear *Mr. Farnazo*,

Warm Greetings!

The University of Southeastern Philippines (USEP), through the Office of Student Affairs and Services-Sports Unit, cordially invites you to the upcoming Strength and Conditioning Masterclass scheduled for May 09-10, 2024, at the USEP-Obrero Campus in Davao City.

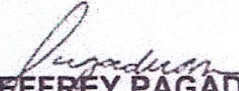
The aforementioned masterclass is available at the following registration fee rates:

- ₱800 – for students from DepEd, State Universities and Colleges (SUC), Private Schools, and Public Schools.
- ₱1,500 – for professional participants from the private and public sectors.

The stated registration fee covers the masterclass exclusively. Food, snacks, merchandise, and other related items are not included in the registration fee.

For any inquiries or concerns, please feel free to contact us via email at osas.studentclubs-organizations@usep.edu.ph or visit us at the University Sports Office.

Yours truly,


JEFFREY PAGADUAN
Founder, Mobi Pro