



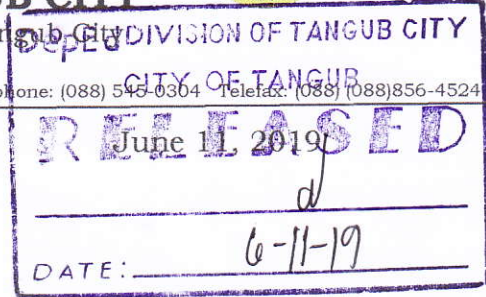
Republic of the Philippines
Department of Education
Region X – Northern Mindanao



DIVISION OF TANGUB CITY

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DIVISION MEMORANDUM
No. 135, s. 2019

**DEPED TEACHING AND NON-TEACHING PERSONNEL SPORTSFEST
AND WELLNESS ACTIVITY**

To: Curriculum Implementation Division (CID)
School Governance and Operations Division (SGOD)
Principals and School Heads
This Division

1. This Division will hold the DepEd Teaching and Non- Teaching Sportsfest and Wellness Activity on June 20-21, 2019 in Sinanduloy Cultural Center.
2. This event is purposely designed to give the DepEd employees recreation and wellness development.
3. There will be seven (7) participating teams namely: South District, Southwest District, North District, Central District, Unified High School, Tangub City National High School while the Division Office personnel and ALS will stand as one group.
4. Each delegation shall create teams to play the following events:
 - . Basketball Men
 - . Volleyball Men and Women
 - . Badminton Men and Women
 - . Table tennis Men and Women
 - . Sack Race Men and Women
 - . Kadang kadang Men and Women
 - . Takyan Men and Women
5. Participating groups shall prepare their own materials for the larong lahi competition.
6. All teaching and non-teaching personnel are required to attend in the opening program and larong lahi on May 20, 2019, 7:30 AM to 5:00 PM at the Sinanduloy Cultural Center. Only select players on their respective event shall participate in sports competition on the second day, May 21, 2019.
7. Provision of food amounting to 100 pesos shall be charged against school's MOOE subject to the usual accounting and auditing rules and regulations.

8. A pre-work activity for District In-charge shall be conducted on June 18, 2019, 3:00 PM at the Division Conference Room.
9. Attached are the mechanics and guidelines of larong lahi, activity matrix, committees and list of technical officials.
10. Immediate dissemination of this memorandum is desired.


JEAN G. VELOSO
Assistant Schools Division Superintendent
OIC, Office of the Schools Division Superintendent

LARONG LAHI MECHANICS AND GUIDELINES

1. SACK RACE

- Each team should have 10 members to join in the race.
- SBF sack shall be used for the competition.
- Each player puts both legs into sack and hops around the cone, or some marked point, and back, tagging the next person in line.
- Then, the next person in line gets into the sack and repeats the once - around the cone course.
- The sack must remain as close to the waist as possible and should not fall below the knees.
- The first team to the finish line wins.

2. KADANG-KADANG (Lampaso type)

- The game will be a relay type of race.
- Ten (10) players will represent each team.
- The game will begin once the facilitators have given the command to do so.
- The players will have to race back and forth by means of the coconut shell stilts.
- The current player will hand the coconut shell stilts for the next player.
- In case the coconut shell stilts break, a replacement will be provided by the team.
- The facilitators' decision is final.

3. TAKYAN/SIPA

- The game shall be participated in with 10 players each group.
- The sipa shall be made of "lead" with colorful threads or straw attached to it.
- The sipa is then thrown upwards for the player toss using her/his foot.
- The player must not allow the sipa to touch the ground by hitting it several times with his/her foot and sometimes the part just above the knee.
- The game will be a relay type. All members must contribute points for the group.
- The facilitator must count the number of times the group was able to kick the sipa.
- The group with most number of kicks wins the game.

ACTIVITY MATRIX

June 20, 2019 (Day-1)		
TIME	ACTIVITY	PERSONS INVOLVED
AM		
7:00 AM - 8:00 AM	Arrival and Registration	Participants
8:00 AM – 9:30 AM	Opening Program	Participants
9:30 AM- 10:00 AM	Mental Health Awareness	ASDS Rosemarie T. Macesar
10:00 AM- 10:30 AM	Stress Management through YOGA meditation	Dorothy P. Neri
10:30 AM- 12:00 AM	GSIS Matters	Engr, Leonito S. Manuel
12:00 NN- 1:00 PM	Fellowship Lunch	Participants
PM		
1:00 PM – 5:00 PM	<p style="text-align: center;">LARONG LAHI</p> <ul style="list-style-type: none"> . Sack Race . Kadang- Kadang . Takyan/Sipa 	Participants
June 21, 2019 (Day-2)		
SPORTS COMPETITION		
7:00 AM – 5:00 PM	<ul style="list-style-type: none"> . Basketball . Volleyball . Table Tennis . Badminton 	Participants

FUNCTIONAL COMMITTEES

1. DECORATION

LORENZO TAN NATIONAL HIGH SCHOOL

2. TECHNICAL SUPPORT (ICT, tarpaulin, LCD)

LEIGH S. ENAYO - Chairman
ALDEN M. ANTONIO - Member

3. FOOD

GINA L. MANDAWÉ - Chairman
LOREN G. PAUNILLAN - Member
MARY JENN B. SARTE - Member
MARIA DIVERSIN R. MANLANGIT - Member
JUNIFER G. GUTANG - Member
HAROLD L. CANETE - Member

4. PHYSICAL ARRANGEMENT AND PLAYING VENUES

NONITO G. BANAWAN - Chairman
WILSON LOPEZ - Member
RODOLFO P. GERALDIZO - Member
JOHN MIKE ALDUHEZA - Member

5. AWARDS

LORNA C. PENONAL - Chairman
BRIDE JOY M. CANDANO - Member
LOVELY MARY GOLD CALATRAVA - Member
MARY CAMELLE M. CASEROS - Member

6. DOCUMENTATION

DOROTHY P. NERI - Chairman
ELDON O. HUERTAS - Member

7. PROGRAM

LEIGH S. ENAYO - Chairman
REDEEMER D. DENAPO - Member

8. EQUIPMENT

RONIE E. SENARILLOS - Chairman
SHIELDON F. HONCULADA - Member

9. SOUND SYSTEM

GERALD BENAL - Chairman

TECHNICAL OFFICIALS

1. BASKETBALL

MELCHOR S. MAGALLANES	-	TOURNAMENT MANAGER
JOSELITO B. ROSALIJOS	-	OFFICIATING OFFICIAL
ERIC ELECCION	-	OFFICIATING OFFICIAL

2. VOLLEYBALL

ROLAND B. AMORA	-	TOURNAMENT MANAGER
BENJIE BERINGUEL	-	OFFICIATING OFFICIAL
DESON P. OBIENDA	-	OFFICIATING OFFICIAL

3. BADMINTON

TRIFONIA B. TIONGSON	-	TOURNAMENT MANAGER
LEIGH S. ENAYO	-	OFFICIATING OFFICIAL

4. TABLE TENNIS

JELLY JAMES C. CORTES	-	TOURNAMENT MANAGER
JOMAR L. REYES	-	OFFICIATING OFFICIAL
JOLITO P. VINCE	-	OFFICIATING OFFICIAL
JOSE GLENN B. PAYOT	-	OFFICIATING OFFICIAL

5. SACK RACE

TWO REPRESENTTIVES PER TEAM

6. KADANG-KADANG

TWO REPRESENTATIVES PER TEAM

7. TAKYAN/SIPA

TWO REPRESENTATIVES PER TEAM