



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

MEMORANDUM

**SERIES OF SPORTS WEBINAR ON SPORTS NUTRITION AND
RETURNING TO PLAY AND SPORTS PERFORMANCE**

To: OIC – Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public Elementary and Secondary School Heads/OICs
Administrative Officer V
All Others Concerned

1. Attached is a letter from Mrs. Cynthia B. Viacrusis, City Government Head II, YASDO, dated November 21, 2022, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention is invited to paragraph 4 of the said letter .
3. Immediate and wide dissemination of this Memorandum is desired.


CARLEEN S. SEDILLA CESO V
Schools Division Superintendent

Encl: As stated

Reference:

To be indicated in the Perpetual Index
under the following subjects

/TRAININGS

SCHOOLS

TEACHERS

SUPPLIES

ECE/SERIES OF SPORTS WEBINAR ON SPORTS NUTRITION AND RETURNING TO PLAY AND
SPORTS PERFORMANCE

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November 22, 2022



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
Muntinlupa City

(02) 805-9935, (02) 805 - 9940

sdmuntinlupa@gmail.com



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YOUTH AFFAIRS AND SPORTS DEVELOPMENT OFFICE
CITY GOVERNMENT OF MUNTINLUPA
MUNTINLUPA CITY

Tel. No.: 862-8428 / 862-8429



November 21, 2022

CARLEEN S. SEDILLA, CESO V
Schools Division Superintendent
SDO - MUNTINLUPA
Centennial Rd., Tunasan, Muntinlupa City



Dear **MA'AM SEDILLA:**

Good day!

We are pleased to inform you that the Youth Affairs and Sports Development Office will be having series of webinars on November 26 (Saturday) and November 27, 2022 (Sunday) at 2:00pm via Zoom.

Here are the titles of the said webinars:

DATE	TITLE	SPEAKER
November 26, 2022	Sports Nutrition	Airnel Abarra
November 27, 2022	Returning to Play and Sports Performance	Roselyn Hamero

With this regard, we would like to invite your P.E Teachers, Student-Athletes and DepEd Coaches to attend the abovementioned webinars.

Kindly register using these links below:

https://bit.ly/SPORTS_NUTRITION_REGISTRATION

https://bit.ly/RETURNING_TO_PLAY_AND_SPORTS_PERFORMANCE_REGISTRATION

We look forward to your favorable response.

Thank you,

Sincerely, <


CYNTHIA B. VIACRUSIS
City Government Head II, YASDO