



Republic of the Philippines  
Department of Education

NATIONAL CAPITAL REGION

SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division  
Superintendent

MEMORANDUM

SEP 03 2025

CAPACITY TRAINING FOR MAPEH TEACHERS

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. The Schools Division Office of Muntinlupa shall conduct the capacity training for MAPEH Teachers on September 6, 9,10, 2025. The first day of training will be held in the SDO conference room and the succeeding two schedules will be held in Muntinlupa Baseball Field and Muntinlupa Aquatic Center.
2. The activity aims to capacitate teachers on the current trends in scientific coaching and training techniques in their respective sports disciplines.
3. Food, and other incidental expenses of the participants related to the training shall be charged to the SDO MOOE/SUB-ARO subject to the usual accounting and auditing rules and regulations.
4. Please see the attached list of participants and matrix of the said training.
5. Teacher participants are entitled to service credits while non-teaching personnel will be granted Compensatory Time-Off (CTO) credits as stipulated in DepEd Order No. 30, s. 2016 and CIVIL SERVICE COMMISSION (CSC) and DEPARTMENT OF BUDGET AND MANAGEMENT (DBM) JOINT CIRCULAR No. 1 s. 2015.
5. Immediate and wide dissemination of this Memorandum is desired.

For:

**VIOLETA M. GONZALES**

Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent

By:

**ATTY. ERNESS FAITH J. REGACHO - ESPANTO**

Legal Officer  
Officer-In-Charge

Encl: As stated

Reference:

To be indicated in the Perpetual Index  
under the following subjects

/TRAINING	SCHOOL	TEACHERS	ACTIVITY
E C E/	CAPACITY TRAINING FOR MAPEH TEACHERS		
September 2, 2025	UN-2025-364		



Student Center for Life Skills Bldg., Centennial Ave, Brgy. Tunasan, Muntinlupa City  
8805-9935, 8805-9940  
[sdo.muntinlupa@gmail.com](mailto:sdo.muntinlupa@gmail.com)  
[deped-muntinlupa.com](http://deped-muntinlupa.com)



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**TRAINING MATRIX**

**Day 1 – September 6, 2025**

<b>Time</b>	<b>GROUP 1 BASEBALL</b>	<b>GROUP 2 SWIMMING</b>
7:00-8:00	Registration	
8:00-8:30	Opening Program (Plenary)	
8:30-9:30	Session 1. Coaching Philosophy, Pedagogy, and Characteristics of a Good Coach	
9:30-10:30	Session 2. Strength and Conditioning	
10:30-10:35	BREAK	
10:35-12:00	Session 3. Principle of Periodization -Training Program using the Principle of Periodization	
12:00-1:00	Lunch Break	
1:00-3:00	-Session 4. Workshop on Training Program using the Principle of Periodization (Micro and Macro Cycle Training Program)	
3:00-3:15	<b>BREAK</b>	
3:15-5:00	Session 5 Background/History/Overview /Introduction to Swimming, and Different Swimming Events:	Session 5 Background/History/Overview/Introduction to Baseball (Baseball Basic)

**Day 2 September 9, 2025**

<b>Time</b>	<b>GROUP 1 SWIMMING</b>	<b>GROUP 2 BASEBALL</b>
8:00-9:00	MOL Warm Up Isometric Exercises (Stretching /Dynamics)	MOL Warm Up Isometric Exercises (Stretching /Dynamics)
9:00-12:00	Session 6 Lecture in different strokes in Swimming (Freestyle, Survival, Backstroke Butterfly and Breaststroke)	Session 6 Lecture on Different Baseball Skills (throwing ,catching. batting, baserunning, and fielding,)

12:00-1:00	Lunch Break	
1:00-5:00	<b>Session 7</b> * Practicum: Actual Activities in Freestyle, Survival, Backstroke Breaststroke and Butterfly	<b>Session 7</b> * Practicum Actual activities on Different Baseball Skills (throwing ,catching. batting, baserunning, and fielding,)
<b>Day 3 September 10, 2025</b>		
<b>Time</b>	<b>GROUP 1 SWIMMING</b>	<b>GROUP 2 BASEBALL</b>
8:00-9:00	MOL Warm Up Isometric Exercises (Stretching /Dynamics)	MOL Warm Up Isometric Exercises (Stretching /Dynamics)
9:00-10:30	<b>Session 8</b> * Application and MockTraining (Coaches conduct mock training sessions within their groups)	<b>Session 8</b> * Application and MockTraining (Coaches conduct mock training sessions within their groups)
10:30-12:00	<b>Session 9</b> Review on World Aquatic (WA) Technical Guidelines for Swimming	<b>Session 9</b> Review on Technical Guidelines and General Rules in Baseball
12:00-1:00	<b>Lunch Break</b>	
1:00-4:00	<b>Session 10</b> Practicum: Actual Activities in Officiating in Swimming	<b>Session 10</b> Practicum Actual Activities in Officiating in Baseball
4:00-5:00	<b>Closing Program</b>	



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**PARTICIPANTS OF CAPACITY TRAINING FOR MAPEH TEACHERS IN SWIMMING**

<b>NO.</b>	<b>NAMES</b>	<b>SCHOOLS</b>
1	DR. VIOLETA M. GONZALES	SDO
2	DR. FLORANTE MARMETO	SDO
3	MR. EDISON C. ENERLAS	SDO
4	DR. MARVIN MALAHITO	LGU
5	MR. REYNANTE PANLAQUI	PWHS
6	MR. PAUL PABLO	YASDO
7	MR. ALCER KENN S. RONGAVILLA	MBHSSA
8	MS. JACQUELINE ARGAME	LIS
9	MS. FELIZMER A. ALIPIO	MBHS-MAIN
10	MS. REALYN LADIM	PES
11	MS. CRISTINA BONIFACIO	BESM
12	MS. IRENE B. CLETO	POBES
13	MS. AIZA GUCILATAR	AES
14	MS. CHERRY ANN GUITAN	FDEMESA
15	MS. RHEA LYN R DEL ROSARIO	FAES
16	MS. JANET R. MARASIGAN	MNHS
17	MS. JINNALYN O. OLIVA	SHES
18	MS. MARIA LUISA A. RODIO	TNHS
19	MS. DEANE ROSE BROÑOSA	BES 1
20	MS. ARIEZA T. DE VERA	BESM
21	MS. JOYCE ANN ABADEZA	MES
22	MS. JONALYN ACBANG	TES
23	MS. RAQUEL NAVARRO	PEDHS

24	MS. JANICE C. SUERTE	PNHS
25	MR. ROBERT C. ABRANTES	CESM
26	MR. ROMMEL V. MANUEL	MBHS-SA
27	MS. MAUREEN U. CO	VHES
28	MS. GARY OLIVER R. ZAMBRANO	MSHS
29	MS. MIA DE GUZMAN	BULI-ES
30	MS. CHELO RONGAVILLA	SDO
31	MS. VANESSA CLAMANA	SDO



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**PARTICIPANTS OF CAPACITY TRAINING FOR MAPEH TEACHERS IN  
BASEBALL**

	NAMES	OFFICE/SCHOOLS
1	DR. VIOLETA M. GONZALES	SDO
2	DR. FLORANTE C. MARMETO	SDO
3	MR. EDISON C. ENERLAS	SDO
4	DR. MARVIN MALAHITO	LGU
5	MR. ARSENIO MEDENILLA	BESM
6	MR. ROY BACLAY	YASDO
7	MR. ANTOLIN BANJAWAN	PEDHS
8	MR. JOHN MARK BARSALLES	LMF
9	MR. PECIVAL F. DRIO	MBHS-MAIN
10	MR. EDDIE I. VILLAMOR	MBHSM
11	MR. EUJEN F. PLACIO	PES
12	MR. ABDEL HEK	BESM
13	MR. ARCHIE B. BANO	TES
14	MR. JAMES BALAGUER	MES
15	MR. ARNOLD ABELLA	BULI ES
16	MS. ELIZABETH Z. TISTON	CESA
17	MS. JONAH DAVID SABDAO	PNHS
18	MS. ANGELIKA RAMA	BES 1
19	MR. JUAN D. ODAPIN	MBHS-SA
20	MS. GRACE B. CEMANES	MSHS

21	MS. RICALEN E. VILLACERAN	TNHS
22	CHELSEA CABILES	TNHS
23	JAYSON AALA	SESM
24	MS. CHELO RONGAVILLA	SDO
25	MR. GARIBALD MARISTELA	SDO