

	Department of Education Region III DIVISION OF CITY SCHOOLS Angeles City Jesus Street, Pulungbulu, Angeles City		Document Code: SDO-QF-OSDS-SDS-003
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RELEASED

April 4, 2019

DIVISION MEMORANDUM
No. 122 S. 2019

APR 04 2019
By 
DepEd Angeles City
Division Office Schools

TRAINING OF ATHLETES FOR THE 2019 PALARONG PAMBANSA

To : Heads of Public and Private Elementary and Secondary Schools

1. Please be informed of the attached Regional Memorandum No. 41, s. 2019 entitled "Training of Athletes for the 2019 Palarong Pambansa", for your reference and information.
2. Wide dissemination of this Memorandum is desired.

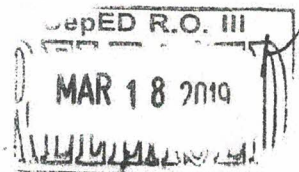

LEILANI SAMSON-CUNANAN, CESO VI
Schools Division Superintendent

Elm/sgod/eps

"SMILES BRIGHT, SERVES RIGHT"



Republic of the Philippines
Department of Education
REGION III-CENTRAL LUZON



March 14, 2019

REGIONAL MEMORANDUM
No. 41, s. 2019

Training of Athletes for the 2019 Palarong Pambansa

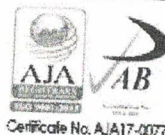
To: Chiefs, Regional Functional Divisions
Schools Division Superintendents
Chiefs, School Governance and Operations Divisions
Division Sports Officers
Heads, Public and Private Elementary and Secondary Schools

1. In preparation for the participation of DepEd Region III Athletic Delegation to the 2019 Palarong Pambansa to be held on April 27 to May 4, 2019 at Davao City, Schools Divisions with athletes/teams who will compete in the said event are encouraged to hold localized trainings in their respective schools divisions. Trainings can start not earlier than March 20, 2019 and should end not later than April 17, 2019.
2. The training aims to; a) enhance athlete's performance and develop physical and psychological condition, b) promote camaraderie and teamwork among the selected athletes from the twenty (20) schools divisions of the region and, c) inculcate values and discipline to athletes and coaches.
3. Division Sports Officer (DSO) shall manage and monitor the training in his/her respective Schools Division and ensure that discipline is emphasized in as much as it is inherent in sports. DSOs are advised to submit the schedule and venue of trainings to Education Support Services Division (ESSD) for monitoring.
4. Below is a training matrix which can be modified and fitted to the needs of athletes in different events. The coach must prepare a training program which should focus on strength, endurance, speed, agility, technique, and skills development.

Day/s	Time	Activity/ies	Remarks
1-5	7:00 am – 10:00 am 2:00 pm – 5:00 pm	Strength/Endurance/Agility Development	Team Building and Spiritual enhancement should be part of the whole training program.
6-10	7:00 am – 10:00 am 2:00 pm – 5:00 pm	Strength/Endurance/Agility/Skills Development	
11-15	7:00am–10:00 am 2:00 pm – 5:00 pm	Speed/Technique/Agility Skills Development	



Address: Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)
Telephone Number: (045) 598-8580 to 89; **Email Address:** region3@deped.gov.ph





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REGION III-CENTRAL LUZON

5. Key Officials, coaches, chaperons and others concern must adhere to the provisions of DepEd Order No. 40, s. 2012 entitled *DepEd Child Protection Policy* and *DepEd Order No. 55, s. 2013 entitled IRR of Republic Act No. 10627 Anti Bullying Act of 2013*. As such they will be held responsible for the protection, welfare and safety of their pupil/student athletes. DepEd Order No. 48, s. 2016 "*Policy and Guidelines on Comprehensive Tobacco Control*" shall likewise be enforced.
6. Schools Divisions are advised to implement the 4S Strategy of the DOH against dengue to safeguard the health of our pupils in their respective billeting quarters during the training. Grade 7 students and others who were vaccinated by Dengvaxia should have temperature check daily as stipulated in the Unnumbered Regional Memorandum dated January 15, 2018. A ready list of Dengvaxia recipient should always be made available.
7. In the case of captured athletes, an approval should be secured from the Schools Division Office concern before the athletes go to other Schools Divisions for training.
8. List of recommended athletes, coaches, assistant coaches and chaperons is found in Enclosure No. 1.
9. Teachers who will serve in the localized training shall be granted vacation service credits pursuant to the provisions of DepEd Order No. 53, s. 2003 entitled *Updated Guidelines on Grant of Vacation Service Credits to Teachers*. And non-teaching personnel shall be entitled to Compensatory Time-Off (CTO) in accordance with Civil Service Commission and Department of Budget and Management Joint Circular No.2, s.2004 on *Non-Monetary Remuneration for Overtime Service Rendered*.
10. Travelling, meals and other expenses (sports supplies and materials) incidental to the localized training of athletes, coaches and chaperons shall be charged against local funds (Special Education Funds, Division/School MOOE) subject to usual auditing and accounting procedures.
11. Immediate and wide dissemination of this Memorandum is desired.


NICOLAS T. CAPULONG, Ph.D., CESO V
Schools Division Superintendent
Officer-In-Charge
Office of the Regional Director

ESSD1



Address: Matalino St. D.M. Government Center, Maimpis, City of San Fernando (P)
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Inclosure No.1 to Regional Memorandum No. ___, s. 2019 (Training for 2019 Palarong Pambansa

LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

Arnis - EB

Name of Athlete	Division
1 John Almer M. Alemania	Bulacan
2 Oneal M. Mamuyac	Bulacan

Name of Athlete	Division
3 Nei Aldrei B. Tamayo	Bataan
4 Coach: Jordan M. Mawalil	Bulacan

Arnis - EG

Name of Athlete	Division
1 Jamielah C. Andus	Bulacan
2 Glen Allyzon N. Oloteo	Bulacan
3 Irish Gail C. Dolojan	Bataan

Name of Athlete	Division
4 Coach: Mark Lehi B. Amar	Bulacan
5 Chaperone: Daisy M. Gonzales	Bataan

Athletics - EB

Name of Athlete	Division
1 Justin D. Agcaoli	Tarlac Prov
2 Justin L. Alboleras	Pampanga
3 Jonjon C. Jugatan	Zambales
4 Miguel S. Legaspi	Bulacan
5 Alfredo A. Pineda	City of San Fernando (P)
6 John Denver P. Ramos	Bulacan
7 Carl Vincent S. Toribio	Bulacan

Name of Athlete	Division
8 Christian T. Yaquitin	Tarlac Prov
9 Brandy Byle A. Zarzuela	Tarlac Prov
10 Benedict O. Buluran	City of San Fernando (P)
11 John Mhyr B. Castillo	City of San Fernando (P)
12 Hanz Gabriel C. Galang	City of San Fernando (P)
13 Coach: Earl Andrei L. Marin	City of San Fernando (P)
14 Coach: Alfonso Trece D. Academia	City of San Fernando (P)

Athletics - EG

Name of Athlete	Division
1 Leann Marrey Usi	Pampanga
2 Stephany Malabago	Bulacan
3 Wella Mae Coronado	Olongapo City
4 Romelyn Ignacio	Zambales
5 Cyriah Kyla Ferrer	Zambales
6 Angel Joy Marcellano	Zambales
7 Jackilou Batac	Pampanga
8 Bianca Vallerio	Angeles City

Name of Athlete	Division
9 Eden Lea Paluray	Bulacan
10 Jean Benitez	Zambales
11 Owwrie Mia Mena	Pampanga
12 Edwina Jammie Beltran	Zambales
13 Coach: Arenz D. Santos	Pampanga
14 Coach: Alvin V. Magat	Pampanga
15 Chaperon: Remedios M. Cordova	Pampanga

Badminton - EB

Name of Athlete	Division
1 Zeth J. Quiambao	Bulacan
2 Ezekiel Dave R. Taclibon	San Jose City
3 Arnold Cedy Punongbayan Jr	Malolos City

Name of Athlete	Division
4 Christian Q. Dorega	Malolos City
5 Coach: Oliva L. Clemente	Malolos City
6 Asst Coach: Shiela Marie Esteban	San Jose City

Badminton - EG

Name of Athlete	Division
1 Crissa Mae L. Nieto	Meycauayan City
2 Eisen Anoushei S. Dela Cruz	Bulacan
3 Ashley A. Bernardino	San Jose Del Monte City
4 Keicy Lei A. Condono	San Jose Del Monte City

Name of Athlete	Division
5 Coach: Virgilio S. Selesana	San Jose Del Monte City
6 Asst. Coach: Maricel T. Gatchalian	Meycauayan City
7 Chaperon: Darra Menzi B. De Mesa	San Jose Del Monte City

Baseball - EB

Name of Athlete	Division
1 Renz Andrei B. Anog	Zambales
2 Bryan Batac	Zambales
3 Cedric Khalifa P. Edulian	Zambales
4 William Alexis D. Farinas	Zambales
5 Adrian L. Magpoot	Zambales
6 Brinsen Calvin A. Miguel	Zambales
7 Sam Aaron Kyriel A. Miguel	Zambales

Name of Athlete	Division
8 Beau Jenric G. Palomado	Zambales
9 Jan Erick Sagpan	Zambales
10 Kurt Luis A. Arbizo	Zambales
11 Venz Gio M. Tiburcio	Bulacan
12 Randel L. Martin	Bulacan
13 Coach: Chuck B. Justiniano	Zambales
14 Asst Coach: Lawrence S. Corpuz	Zambales

Basketball - EB

Name of Athlete	Division
1 Fernand DC. Pradez	Nueva Ecija
2 Apple V. Pangilinan	Nueva Ecija
3 Reuben Yuan S. Sigua	City of San Fernando (P)
4 Martin Andrew O. Pangilinan	City of San Fernando (P)
5 John G. Legaspi Jr	Angeles City
6 James Martin Bagang	Pampanga
7 Fritz Gerard Fainsan	Pampanga

Name of Athlete	Division
8 Aaron Cliffird Ignacio	Pampanga
9 Jay-Ar C. Mendoza	Pampanga
10 CJay L. Morales	Pampanga
11 Edmhar Christian Musni	Pampanga
12 Daniel James M. Waje	Pampanga
13 Coach: Alfonso M. Tordera	Pampanga

Chess - EB

Name of Athlete	Division
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Chess - EG

Name of Athlete	Division
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LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

1	Elijah Josh V. Opriasa	Olongapo City	1	Roilanne Marie I. Alonzo	San Jose Del Monte City
2	Joseph Raphael S. Vergara	Mabalacat City	2	April Joy V. Claros	Angeles City
3	Coach: Vanesa Joy V. Opriasa	Olongapo City	3	Coach: Marinel S. Frias	San Jose Del Monte City

Football - EB

Name of Athlete	Division	Name of Athlete	Division
1 Anthon Thomas Miguel G. Rosete	Bataan	11 Ken Ezra D. Tabud	Bataan
2 Carl Andrei L. Carreon	Bataan	12 Clarkson S. Cordero	Bataan
3 Philip Suela Jr	Bataan	13 Francis James Casupanan	Tarlac City
4 Tristan Rouen S. Erive	Bataan	14 Zyrrus Giggas H. Dizon	Tarlac City
5 Yu-an Xander S. Caluscos	Bataan	15 Hugo Nikolai T. Bacnis	Tarlac City
6 Quer Tyron N. Cahilig	Bataan	16 Kurt Martee D. Bermudo	Tarlac City
7 Alonso Sebastian P. Mariano	Bataan	17 Shekinah O. Duenas	Tarlac City
8 Kervin Manalo	Bataan	18 Jairus Isaach D. Mata	Tarlac Province
9 Christian Dave B. Bayog	Bataan	19 Coach: Glenda S. Marcelo	Bataan
10 Benedict E. Seloveres	Bataan		

Gymnastics - MAG Elem

Name of Athlete	Division
1 Ron Michael A. Aguilon	Bulacan
2 Christian King O. Boniquea	Bulacan
3 John Rex M. Gonzalo	Bulacan
4 Coach: Andrew P. Correa	Bulacan

Gymnastics - RG Elem

Name of Athlete	Division
1 Francesca Denise Ganadan	Olongapo City
2 Mary Joy Arcega	Bulacan
3 Kim Rheilzel Anne Nunag	Olongapo City
4 Coach: Joanne S. Mendoza	Bulacan

Gymnastics - WAG - Elem

Name of Athlete	Division
1 Gail Santos	Bulacan
2 Regine Del Mar	Bulacan
3 Sabriya Obias	Bulacan
4 Coach: Gregoria M. Robenta	Bulacan

Sepak Takraw Jr - EB

Name of Athlete	Division
1 Kevin Manalo	Mabalacat City
2 Miko P. Bautista	Pampanga
3 John Benedick B. Torres	Pampanga
4 Keen Marlou C. Luna	Tarlac City
5 Coach: Noel Aquino	Mabalacat City

Softball - EG

Name of Athlete	Division	Name of Athlete	Division
1 Eurozel S. Ancho	Zambales	9 Arjhane E. Ventura	Zambales
2 Narisha Mae E. Edquid	Zambales	10 Sydney Denise G. Luna	Tarlac City
3 Kristine Ehra A. Figarido	Zambales	11 Rhianna Lara Mae M. Garcia	Bulacan
4 Rhyza Faye Jalandoni	Zambales	12 Aleah Nicole R. Alcos	Bulacan
5 Chloe Jade L. Jara	Zambales	13 Coach: Leilani J. Agapin	Zambales
6 Nicole L. Lobo	Zambales	14 Asst Coach: Arnel Q. Fabros	Zambales
7 Wayne Crisselle E. Manuel	Zambales	15 Chaperon: Edlyn Olegario	Zambales
8 Xiean Crystal C. Reutotar	Zambales		

Swimming - EB

Name of Athlete	Division	Name of Athlete	Division
1 Paulo Angelo Liberato	Olongapo City	7 Yzac Ximone Salut	Olongapo City
2 Shan Kervie Medina	Mabalacat City	8 Gerard Joseph Mendoza	Malolos City
3 Adrian Jeremy Manalad	Bataan	9 Ian Patrick Aquino	Angeles City
4 Meynard Geoff Marcelino	San Jose Del Monte City	10 Tyler James Andin	Pampanga
5 Timothy Ram Capulong	Tarlac City	11 Coach: Ernie B. Merto	Olongapo City
6 Prince Rayne Clark	Olongapo City		

Swimming - EG

Name of Athlete	Division	Name of Athlete	Division
1 Triza Haileyana Tabamo	Tarlac City	7 Veniz Llinette Jaring	Bataan
2 Trixie Ortiguera	Tarlac City	8 Gianne Benjamin Manzano	Malolos City
3 Franchesca Nicole Sarmiento	Bulacan	9 FJ Catherine Cruz	Mabalacat City
4 Jasmine Faye Dela Cruz	Zambales	10 Maria Danica Talon	Tarlac City
5 Gabrielle Agpalza	Zambales	11 Coach: Michael H. Zablan	Tarlac City
6 Karylle Abigail Duquez	San Jose Del Monte City	12 Chaperon: Maria Cristina I. Romero	Tarlac City

Table Tennis - EB

Name of Athlete	Division	Name of Athlete	Division
1 Rizlin Joseph B. Marin	Nueva Ecija	4 Karl Gabriel A. Reyes	Balanga City
2 Jan Wesley C. Ponce	Nueva Ecija	5 Coach: Jerwin S. Galang	Nueva Ecija
3 John Zyrell B. Galang	Nueva Ecija		

Table Tennis - EG

Name of Athlete	Division	Name of Athlete	Division
1 Katrice G. Canones	Zambales	4 Katrina J. Madronio	Olongapo City

Inclosure No.1 to Regional Memorandum No. ____, s. 2019 (Training for 2019 Palarong Pambansa)

LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

2	Christine Kate G. Yusi	Zambales
3	Khaz Krueben Drew B. Saturno	Aurora

5	Coach: Franklin L. Cajobe	Zambales
6	Chaperon: Elsa Iroco	Zambales

Taekwondo - EB

	Name of Athlete	Division
1	Simon Louis A. Regua	Malolos City
2	John Andrei M. Olaso	Bulacan
3	Artiean Mandap	City of San Fernando (P)
4	Andrew A. Agustin	Tarlac Prov

	Name of Athlete	Division
5	Teodoro G. Venturin Jr.	Bulacan
6	Eoin Reilly A. Aylon	Olongapo City
7	Coach: Restie De Vera	Bulacan

Taekwondo - EG

	Name of Athlete	Division
1	K-Anne Shane R. Gibaga	Bulacan
2	Marzellie F. Ignacio	San Jose Del Monte City
3	Princess Kaisey G. Garcia	Nueva Ecija
4	Kreshia Dey L. Abasillas	Olongapo City

	Name of Athlete	Division
5	Alexandra Jean D. Salazar	Bataan
6	Regine Mae Bansil	Pampanga
7	Coach: Ma. Victoria Barredo	Bulacan
8	Chaperon: Elizabeth De Magtalas	Bulacan

Tennis - EG

	Name of Athlete	Division
1	Ashley Nicole Contreras	Bulacan
2	Maria Estela Frias	Bulacan
3	Jayden Reece Ballado	Science City of Munoz
4	Anna Mari Rosario	Olongapo
5	Coach: Melrey B. Mendiola	Bulacan
6	Chaperon: Arlene Cagawan	Science City of Munoz

Tennis - EB

	Name of Athlete	Division
1	Jimrex Clian Ileta	Bulacan
2	Gian Curt Inducil	Bulacan
3	Ivan Charles Manila	San Jose City
4	Li-an Madiaga	Balanga City
5	Coach: Madelyn S. Toribio	Bulacan

Volleyball - EB

	Name of Athlete	Division
1	Joshua L. Andaway	Bulacan
2	Villie Dominique B. Austria	Bulacan
3	Fredmore S. Cruz	Bulacan
4	John Roldan M. Daguiro	Bulacan
5	Nixon G. Hilario	Bulacan
6	Carl Nathan E. Sanchez	Bulacan
7	Ralph Clarence B. San Diego	Bulacan

	Name of Athlete	Division
8	Kerel Andrei S. Solano	Bulacan
9	Dan Airam S. Batad	Nueva Ecija
10	Gionne Karel S. Legaspi	Bataan
11	Reylan Joseph DR Tayag	Angeles City
12	John Sendrick G. Lanuza	Pampanga
13	Coach: Jonathan P. Santos	Bulacan
14	Asst. Coach: John Joey C. De Castro	Bulacan

Volleyball - EG

	Name of Athlete	Division
1	Angel Joy A. Perez	Bataan
2	Joanna V. Soriano	Bataan
3	Paulene V. Sapico	Bataan
4	Cristina Llanza G. Alibayao	Bataan
5	Hariyn V. Semeche	Bataan
6	Kathleen S. Abadejos	Bataan
7	Mc Lyn P. Durante	Bataan
8	Eshana Rose S. Nunag	Angeles City

	Name of Athlete	Division
9	Maria Michaela P. Santos	Angeles City
10	Rhez Ashley G. Detubio	Zambales
11	Jamila Rain G. Labenia	Zambales
12	Dawn Eritch Tyra A. Rada	Aurora
13	Coach: Carmelita D. Balangatan	Bataan
14	Asst. Coach: Hernando Almario	Bataan
15	Chaperon: Nestle I. Reyes	Bataan

Archery - SG

	Name of Athlete	Division
1	Ma. Karylle K. Pangilinan	Pampanga
2	Sunshine G. Claus	Bulacan
3	Althea V. Portelo	Bataan
4	Anne Krystaleine V. Juan	Nueva Ecija
5	Coach: Efrén K. Torres	Pampanga
6	Chaperon: Jasmin F. Dungca	Pampanga

Archery - SB

	Name of Athlete	Division
1	Bryan Amir Stevenson T. Eugenio	Tarlac prov
2	Don Lorenzo F. Dela Cruz	Bulacan
3	Raven Ace S. Abella	Nueva Ecija
4	John David G. Mendoza	Bataan
5	Coach: Demson P. Eugenio	Tarlac prov

Arnis - SB

	Name of Athlete	Division
1	Jermaine T. Magpoc	Bataan
2	Florentino V. Junio II	Nueva Ecija
3	Nhelton C. Manuel	Bataan

	Name of Athlete	Division
4	Emmanuel Isaiah D. Diago	Zambales
5	Quimmo M. Osias III	Bataan
6	Coach: Regine Angela A. Tapang	Bataan

Arnis - SG

	Name of Athlete	Division
1	Mickey V. Galuz	City of San Fernando (P)
2	Elaine A. Cuevas	Bataan
3	Caila U. Rensal	Olongapo City
4	Lorrie Ann R. Nazar	Bulacan

	Name of Athlete	Division
5	Ashley Joy L. Cereza	Bataan
6	Coach: Joseph L. Banania	Bataan
7	Chaperon: Melanie Tacaca	Bataan

Athletics - SB

	Name of Athlete	Division
1	Michael Angelo V. Batalona	City Of San Fernando (P)

	Name of Athlete	Division
10	Prince Jared Santiago	Bulacan

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Inclosure No.1 to Regional Memorandum No. ___, s. 2019 (Training for 2019 Palarong Pambansa

LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

2	John Howell Mapa	City Of San Fernando (P)	11	Carl Ivan R. De Leon	Tarlac prov
3	Eugene P. Valdez	Tarlac prov	12	Jessie V. Corpuz	Tarlac prov
4	Jesarel Van Ombid	City Of San Fernando (P)	13	Mark Allen Aboc	Aurora
5	Jerry B. Vasquez	Tarlac prov	14	Jinggay Agcaoli	Tarlac prov
6	John Michael T. Fajardo	Tarlac prov	15	Vincent Vian Dela Cruz	Bulacan
7	Jan Chandlery Balaga	Tarlac prov	16	Coach: Jett Andrew B. Tolin	Tarlac prov
8	Shane Patrick Tolentino	Zambales	17	Coach: Leebiel B. Lumibao	Tarlac prov
9	MJ Jaminilio	City Of San Fernando (P)			

Athletics - SG

Name of Athlete	Division	Name of Athlete	Division
1 Alexandra Tabian	Tarlac prov	10 Janice Patdu	City of San Fernando (P)
2 Lovely Cordovilla	City of San Fernando (P)	11 Merry Joy Trupa	Tarlac City
3 Mariel Abuan	Zambales	12 Charlene Mae Cervera	Tarlac prov
4 Kristel Joy Natividad	Tarlac prov	13 Jonna Nolasco	Aurora
5 Jemah Rose Dollosa	Zambales	14 Yna Laraine Soriano	Tarlac prov
6 Louise Victoria Mangan	Zambales	15 Prancine Diane Cid	Bulacan
7 Jaica Aquino	Bataan	16 Coach: Annabelle Galleon	Tarlac Province
8 Lorraine Sabado	Tarlac prov	17 Coach: Mariel Mae Madriaga	Tarlac Province
9 Mavilyn Canon	Bulacan	18 Chaperon: Rhodora Eugenio	Tarlac Province

Badminton - SB

Name of Athlete	Division
1 Mark Anthony R. Bernal	Malolos City
2 Justice Miles S. Rabe	San Jose Del Monte City
3 Charles G. Alcarpio	Malolos City
4 Jeff Alissandro M. Cruz	Malolos City
5 Coach: Ilene DS. Bunag	Malolos City
6 Asst. Coach: Rafael Nicolas P. Dionisio	Malolos City

Badminton - SG

Name of Athlete	Division
1 Clara Sofia V. Ignacio	Malolos City
2 Annienna Joie A. Cruz	Malolos City
3 Christine Q. Dorega	Malolos City
4 Patricia Nicole M. de Dios	Malolos City
5 Coach: Rafael Nicolas P. Dionisio	Malolos City
6 Asst Coach: Beverly M. Albania	Malolos City

Baseball - SB

Name of Athlete	Division
1 Earlwin Rainer E. Aban	Aurora
2 Arjay P. Casin	Aurora
3 Xyrix Dave C. Casin	Aurora
4 Lemuel C. Estimada	Aurora
5 Harley D. Quiben	Aurora
6 Ivan Romar N. Soverano	Aurora
7 John Manuel A. Tropecales	Aurora

Name of Athlete	Division
8 Lance Patrick Zabab	Aurora
9 Eduardo R. Delos Reyes III	Zambales
10 Erynn Earl A. Lego	Zambales
11 Aeron Gwen N. Basilio	Zambales
12 John Ellis N. Carido	Bataan
13 Coach: Francis John F. Hermozura	Aurora
14 Asst. Coach: Marvin A. Diasanta	Aurora

Basketball - SB

Name of Athlete	Division
1 Justine Bautista	Pampanga
2 Renz Nicdao	Pampanga
3 Charles Delfino	Pampanga
4 Ian Jolo Manansala	Pampanga
5 Jiam Quiambao	Pampanga
6 Charles Lumba	Pampanga
7 Renz Sison	Pampanga

Name of Athlete	Division
8 Charles Renz Lustina	Pampanga
9 Joshua Pineda	Angeles City
10 Carlo Ferreras	Pampanga
11 Christian Panganiban	Malolos City
12 Francis Ian Yumul	Angeles City
13 Coach: Alan Trinidad	Pampanga

Basketball - SG

Name of Athlete	Division
1 Jhune Marice Eliza P. Baingit	Pampanga
2 Charito A. Castro	Pampanga
3 Nicolle Anne M. Cruz	Pampanga
4 Dvina Kyla Go	Bulacan
5 Keith M. Musngi	Pampanga
6 Danica Pacia	Pampanga
7 Hershey Lyn C. Sabado	Pampanga

Name of Athlete	Division
8 Lyzle G. Alinas	Aurora
9 Jasmine P. Fabian	San Jose Del Monte City
10 Joan Mae A. Nagma	Zambales
11 Julie Mae M. Sajer	Zambales
12 Daniella Pacia	Pampanga
13 Coach: David D. Belleza	Pampanga
14 Chaperone: Camille Istle Leigh Santos	City of Malolos

Basketball - SB 3x3

Name of Athlete	Division
1 Steven C. Angeles	Pampanga
2 Jerrald S. Delos Santos	Pampanga
3 Joshua Miclat	Pampanga
4 Arthur Roque II	Pampanga
5 Coach: Manuel Luis Marquez	Pampanga

Basketball - SG 3x3

Name of Athlete	Division
1 JK P. Delos Reyes	Balanga City
2 Vhenus S. Pantaleon	Balanga City
3 Cherry Rose A. Sarroza	Balanga City
4 Julie Angela R. Basuel	Bataan
5 Coach: Rose-Ann Marie R. Manalili	Balanga City

Billiards SB

Name of Athlete	Division
1 Jonathan Buenaventura	Nueva Ecija
2 Rizen Sibayan	City of San Fernando (P)
3 Coach: Ernesto D. Santiago Jr.	Nueva Ecija

Billiards SG

Name of Athlete	Division
1 Kathrine Fely Bernal	Tarlac Prov
2 Gerah May Malabon	Bulacan
3 Coach: Lovelyn G. Agustin	Tarlac Prov

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LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

Boxing - SB

Name of Athlete	Division
1 Daniel Liasuk	Tarlac Prov
2 Mark Anthony Virrey	Aurora
3 Aaron Buenconsejo	Aurora
4 Rommel Lazaro	Aurora
5 Vincent David	Tarlac Prov
6 Carlos Miguel Pepito	Bataan

Name of Athlete	Division
7 Joe Marie Delos Reyes	Bataan
8 Prince Carl Lagonilla	Tarlac City
9 Ricardo Manlangit	Bataan
10 Coach: Eulalio L. Agano Jr.	Bataan
11 Asst Coach: Rickson L. Palgue	Aurora

Chess - SG

Name of Athlete	Division
1 Nina Anne B. Del Rosario	Malolos City
2 Heart M. Padilla	Zambales
3 Coach: Reden A. Cruz	Malolos City
4 Chaperon: Valentina V. Fuertes	Malolos City

Chess - SB

Name of Athlete	Division
1 Jamler Luis Q. Uy	Tarlac City
2 Lejith Paul Q. Uy	Tarlac City
3 Coach: Russel R. Ocsona	Tarlac City

Football - SB

Name of Athlete	Division
1 John Matthew Bagyen	Pampanga
2 Mark Cedrick O. Catacutan	Pampanga
3 Jobbi Bryant Cortez	Pampanga
4 Ronniel A. Ebbah	Pampanga
5 James Michael T. Gabay	Pampanga
6 Michael Leobinus T. Mayo	Pampanga
7 Erick Moner V. Norodin	Pampanga
8 Angelo M. Obero	Pampanga
9 Kirt J Russel V. Roxas	Pampanga
10 Patrick Luis E. Salenga	Pampanga

Name of Athlete	Division
11 Jocel Dane Tingala	Pampanga
12 John Anthony C. Villarias	Pampanga
13 John Troy C. Villarias	Pampanga
14 Dean Andrei M. Magalona	Pampanga
15 Renz Christian A. Diamzon	Tarlac City
16 Ceazar Ian Ariola	Nueva Ecija
17 Lhenard M. Basilio	Tarlac Prov
18 Joshmar Vauhn G. Somito	Tarlac Prov
19 Coach: Dennis T. Aggalut	Pampanga

Futsal SG

Name of Athlete	Division
1 Camille Aquino	Olongapo City
2 Aloha Aquino	Olongapo City
3 Lynette Arellano	Olongapo City
4 Lyka Jane Cuenco	Olongapo City
5 Vanessa Elamparo	Olongapo City
6 Fatima Pinlac	Olongapo City
7 Odera Marie Yap	Olongapo City

Name of Athlete	Division
8 Trisha Kaye Lizada	Olongapo City
9 Allysa Jane Bustillos	Olongapo City
10 Amella Vergara	Bulacan
11 Jovy Ann H. Maninang	Tarlac Prov
12 Catherine Angelica E. Bradborn	Angeles City
13 Coach: Mayco Mendoza	Olongapo City
14 Chaperon: Rowie Ann Nunag	Olongapo City

Gymnastics - MAG Sec

Name of Athlete	Division
1 Nikki A. Viray	Bataan
2 Kenichi Encela	Bataan
3 Lester T. Sayson	Bataan
4 Coach: Ariel M. Santos	Bataan

Gymnastics - WAG Sec

Name of Athlete	Division
1 Sophia Jocelle S. Pupos	Bulacan
2 Elyzza Joyce M. Cantillas	Bulacan
3 Samuelle Isabella E. Yacob	Bulacan
4 Coach: Romark G. Quines	Bulacan

Gymnastics - RG Sec

Name of Athlete	Division
1 Dana Jhoviel Dizon	Bulacan
2 Vanessa Nabua	Bulacan
3 Risha Carina Eugenio	Bulacan

Name of Athlete	Division
4 Coach: Romar Barbie Pangilinan	Bulacan
5 Chaperon: Maria Quila Francisco	Bulacan

Sepak Takraw - SB

Name of Athlete	Division
1 Al-Nazer N. Aguell	Pampanga
2 Ricoyann D. Correa	Pampanga
3 Jomari Y. Cruz	Pampanga
4 Mark Joseph C. Danan	Pampanga
5 Wilson Y. Macabuhay	Pampanga
6 Moises Christian M. Morales	Pampanga
7 Wendell G. Munoz	Pampanga

Name of Athlete	Division
8 Jian Carlo N. Pingul	Pampanga
9 Christian Bryan S. Suing	Pampanga
10 Carl Eric B. Rico	Zambales
11 Rustine Roby S. Llona	Meycauayan City
12 John Carlo U. De Castro	Bulacan
13 Coach: Vengeline V. Antonio	Pampanga

Sepak Takraw - SG

Name of Athlete	Division
1 Rose Ann R. Alila	Bulacan
2 Rhusel DC Rosendo	Bulacan
3 Khryselle Kate C. Dizon	Bulacan

Name of Athlete	Division
4 Faye Francene T. Ediza	Olongapo
5 Cyrpril U. Rivas	Zambales
6 Coach: Mercelyn V. Villaruz	Bulacan

Softball - SG

Name of Athlete	Division
1 Kacelyn S. Valino	Bulacan

Name of Athlete	Division
9 Laica Atlas	Bulacan

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Inclosure No.1 to Regional Memorandum No. ____, s. 2019 (Training for 2019 Palarong Pambansa)

LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

2	Maria Reuel Caoagdan	Bulacan	10	Danica DS. Aquino	Bulacan
3	Miracle Angel P. Balogna	Bulacan	11	Biangca G. Navarro	Bulacan
4	Angel P. Andaya	Bulacan	12	Glydle I. Alcantara	Nueva Ecija
5	Jessica Amante	Bulacan	13	Coach: Rommel S. Sta. Ana	Bulacan
6	Nicole G. Dela Cruz	Bulacan	14	Asst. Coach: Jennifer C. Sta. Ana	Bulacan
7	Angel Joana M. Pascual	Bulacan	15	Chaperon: Lenne Rose G. Guillermo	Bulacan
8	Jemalyn A. Santiago	Bulacan			

Swimming - SG		
Name of Athlete	Division	
1	Lovely Pauline Floresca	Zambales
2	Amiya Leigh Reyes	Olongapo City
3	Ricel Cassandra Hechanova	Bulacan
4	Liana Alexa Aguila	Zambales
5	Jessiereign De Guia	Malolos City
6	Jether Marie Villanueva	Olongapo City
7	Jan Karylee Sarmiento	Bataan
8	Veronica Pamela Arcos	Olongapo City
9	Ilya Francine Gonzales	Malolos City
10	Alaine Bartilad	Bulacan
11	Coach: Adolfo Bernal	Zambales
12	Chaperon: Phoebe T. Esperanza	Olongapo City

Swimming - SB		
Name of Athlete	Division	
1	Joco Miguel Delizo	Tarlac City
2	Latrell Andrew Balingan	San Jose Del Monte City
3	James Dominic Manese	San Jose Del Monte City
4	Geoffrey James Liberato	Olongapo City
5	Rayne Japhet Salinas	Zambales
6	Lord Mikhail Cruz	Tarlac City
7	Mico Angelo Del Poso	Bulacan
8	Prince Lance Legaspi	Bataan
9	Kelly Clement De Guzman	City of San Fernando (P)
10	Jin Andrei Batungbacal	Olongapo City
11	Coach: Jim A. Gamboa	Tarlac City

Table Tennis - SG		
Name of Athlete	Division	
1	Camille Jhoy Cajusay	Bataan
2	Angel D. Lumanog	Bataan
3	Jaylyn R. Valencia	Bataan
4	Darlene C. Baltazar	Angeles City
5	Coach: Rosemarie D. Santos	Bataan
6	Chaperon: Rochelle Hernandez	Bataan

Table Tennis - SB		
Name of Athlete	Division	
1	Jaezar Philip F. Gragasini	Nueva Ecija
2	Josef Denzel F. Barrera	Nueva Ecija
3	Prince Carl S. Garcia	Angeles City
4	Ian A. Faller	Nueva Ecija
5	Coach: Sonny A. Gragasini	Nueva Ecija

Taekwondo - SG		
Name of Athlete	Division	
1	Glance Noreen G. Lescano	Pampanga
2	Phomela M. Panaligan	Zambales
3	Sharifa Vianca E. dela Cruz	Cabanatuan City
4	Robyn Szaxena E. Felarca	Olongapo City
5	Rajany Darlyn DC Santos	Cabanatuan City
6	Marinel G.Y. Burton	Nueva Ecija
7	Victoria Jhane Bulanadi	Nueva Ecija
8	Joanna Marie B. Mas	Zambales
9	Wynonna Danielle O. Waking	Olongapo City
10	Winona Leila S. Amolo	Olongapo City
11	Coach: Deo Gratiapozon	Olongapo City
12	Chaperon: Joanne Abanes	Olongapo City

Taekwondo - SB		
Name of Athlete	Division	
1	Vincent Van V. De Castro	Cabanatuan City
2	Mark Fledir D. David	City of San Fernando (P)
3	Marc Julian A. Navat	Olongapo City
4	John Bryan P. Campos	Nueva Ecija
5	Gianne Kyle S. Legaspi	Bataan
6	Angelo Reyes	Bulacan
7	Kim Steven G. Garcia	Cabanatuan City
8	Dominic O. Navarro	Olongapo City
9	Dane Shaun Enjealo D. Subaste	Olongapo City
10	Kacey B. Canlas	Olongapo City
11	Coach: Gener Calatong	Olongapo City

Tennis - SG		
Name of Athlete	Division	
1	Jenaila Rose Prulla	San Jose Del Monte City
2	Althea Fay Ong	Olongapo City
3	Renee Ysabella Esteban	Gapan City
4	Francheska Eleina Malaki	Gapan City
5	Coach: Armando R. Elpedes Jr.	Gapan City
6	Chaperon: Rosalina M. Gomez	Gapan City

Tennis - SB		
Name of Athlete	Division	
1	Loies Nemison G. Diaz	Science City of Monuez
2	Miguel Luis DJ. Vicencio	Bulacan
3	Ralph Joseph S. Pagtalunan	Malolos City
4	Juan Carlo P. Jacinto	Malolos City
5	Coach: Norman S. Alvarado	Malolos City

Volleyball - SB		
Name of Athlete	Division	
1	Ace B. Buenaventura	Bataan
2	Marc A. Cabiling	Bataan
3	Edlyn Paul V. Colinares	Bataan
4	Fernando G. Lopez	Bataan
5	Grant Carlo T. Alegre	CSJDM
6	Bernald Brian P. Angulo	Bataan
7	John Ernest D. Almazan	Bataan
8	Ariay N. Garcia	Bataan
9	Lorenz Calayag	Malolos City
10	Winfred John R. Santos	Malolos City
11	Louis Emmanuel Lumanlan	Angeles City
12	Mark Dennis E. Espiritu	Tarlac Prov
13	Coach: Joven Cantas	Bataan
14	Assist Coach: Rasec Sevilla	Bataan

Volleyball - SG		
Name of Athlete	Division	
1	Criselle Anne Dela Pena	Bulacan
2	Marie Joice Magaling	Bulacan
3	Elijah Lozada	Bulacan
4	Yam Inri Venturina	Bulacan
5	Jasmine Marie Cruz	Bulacan
6	Aleya Mari Enriquez	Bulacan
7	Kim Calanoc	Bulacan
8	Kristine Bianca Valimento	Bulacan
9	Joanne Zabat	Gapan City
10	Janice Manuntag	Gapan City
11	Katherine B. Santos	Malolos City
12	Ypril Tapia	San Jose Del Monte City
13	Coach: Edmon Martin	Bulacan
14	Asst. Coach: Whay M. Gagap	Bulacan

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LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

Wrestling SG

	Name of Athlete	Division
1	Angel Jane Salaguisag	Aurora
2	Rose Ann Pasang	Bataan
3	Rose Marie Dasal-dasal	Malolos City
4	Blessing Joy Turqueza	Aurora
5	Juliet Gamboc	Aurora
6	Angeline Baluyot	Malolos City
7	Kristine Duldulao	Bataan
8	Mylyn Padua	Aurora
9	Coach: Erwin Carasco	Aurora
10	Chaperon: Angelica Backian	Aurora

Wrestling SB

	Name of Athlete	Division
1	Wally V. Gad	Malolos City
2	Norman Tictic	Aurora
3	Jasfer Baluyot	Malolos City
4	John Mark Nadianan	Aurora
5	Iezekeena Estomago	Malolos City
6	Jade Errol Abalos	Aurora
7	Jimmy Blanco Jr	Aurora
8	Joshua Sindac	Aurora
9	Coach: Azel Dela Pena	Malolos City

Wushu SB

	Name of Athlete	Division
1	Mark L. Rosas	Bataan
2	James Anderson D. Bitanas	Bataan
3	Bennie H. Andaya	Bataan
4	Jeferson M. Losa	Bataan
5	Gian Mark B. Aplacador	Bataan
6	Carlos Giane C. De Varas	Bataan
7	Coach: Limuel L. Cana	Bataan

Wushu SG

	Name of Athlete	Division
1	Rose Ann Hechanova	Bataan
2	Lytanie P. Borromeo	Pampanga
3	Ruby Jane C. Reyes	Bataan
4	Jade Marie O. Aguilar	Bataan
5	Coach: Jessie F. Lagante	Bataan
6	Chaperon: Kathrina R. Sunga	Bataan

Aero-Gymnastics Elementary (B/G)

	Name of Athlete	Division
1	Victor Dhavé Bediones	Bulacan
2	Shane May C. Mendavia	Bulacan
3	Clint Jonard G. Fajardo	Bulacan
4	Miel C. Mendavia	Bulacan
5	Coach: Anna Marie V. Bacani	Bulacan

Aero-Gymnastics Secondary (B/G)

	Name of Athlete	Division
1	Francis A. Corbito	Bulacan
2	Jericho J. Dela Cruz	Bulacan
3	Treck Sie S. Sales	Bulacan
4	Ma. Elaine Santiago	Bulacan
5	Coach: Joevanie S. Manero	Bulacan

DanceSports Secondary

	Name of Athlete	Division
1	Juan Miguel E. Ordonez	Angeles City
2	Channel Anne T. Salvador	Angeles City
3	John Howard M. Delos Reyes	Cabanatuan City
4	JC M. De Luna	Cabanatuan City
5	Coach: Mary Grace Macayan	Olongapo City
6	Chaperon: Virginia C. Palon	Cabanatuan City

DanceSports Elementary

	Name of Athlete	Division
1	Khen Adam V. Milla	Olongapo City
2	Kiana Mae Angelica V. Milla	Olongapo City
3	Julius Deacon C. Gabriel	Olongapo City
4	Hanna James Tenollar	Olongapo City
5	Coach: Mary Grace Macayan	Olongapo City

SPECIAL EVENTS - Visually Impaired Boys

	Name of Athlete	Division
1	Nicklaus F. Nera	Zambales
2	Paul Genesis G. Bantugan	Bulacan

	Name of Athlete	Division
3	Ronald F. Parulan	Bulacan
4	Coach: Michelle A. Fuentes	Bulacan

SPECIAL EVENTS - ID- Boys

15 years old and under

	Name of Athlete	Division
1	Earl Gian C. Abenes	Zambales
2	Daryl De Guzman	Bulacan
3	Charles J. Solas	Olongapo City

	Name of Athlete	Division
4	Ariel Lawrence F. Buriel	Bulacan
5	Coach: Ma. Leodes B. Blanca	Bulacan

SPECIAL EVENTS - Visually Impaired Girls

	Name of Athlete	Division
1	Resalyn B. Castro	San Jose Del Monte City
2	Aramina M. Andojar	Olongapo City
3	Ma. Sofia A. Estela	Zambales

	Name of Athlete	Division
4	Coach: Dulce Alarin	Olongapo City
5	Assist. Coach: Nelson R. Jimenez	San Jose Del Monte City

16 years old and above

	Name of Athlete	Division
1	Geramy L. Alvarado	Bulacan
2	Rustom Arnaldo	Meycauayan City
3	Son Rico G. Gomez	Mabalacat City

	Name of Athlete	Division
4	Magelan G. Castro	Mabalacat City
5	Coach: Gina S. Quiambao	Mabalacat City
6	Asst. Coach: Rowena Dela Cruz	Meycauayan City

SPECIAL EVENTS - ID-Girls

15 years old and under

	Name of Athlete	Division
1	Ronnalie R. Puyat	Nueva Ecija
2	Sanchai T. Josafat	Zambales
3	Jacqueline L. Dela Cruz	Bataan

	Name of Athlete	Division
4	Mary Christine Sen S. Cantos	Bulacan
5	Coach: Alalyn D. Ayrán	Zambales
6	Chaperon: Raquel Denise Braza	Bataan

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LIST OF RECOMMENDED ATHLETES FOR 2019 PALARONG PAMBANSA

16 years old and above

Name of Athlete		Division
1	Quennie Joy G. Manio	Bulacan
2	Maria Christian T. Salonga	Bulacan
3	Amabelle M. Quindo	Mabalacat City

Name of Athlete		Division
4	Sharmaine Huang	Zambales
5	Mary Rose L. Mallari	Zambales
6	Coach: Maria Josefa B. Lapira	Bulacan

SPECIAL EVENTS - ID (Swimming) Boys

Name of Athlete		Division
1	Reign Gabriel S. Berueda	Mabalacat City
2	James Ryan Lazaro	Zambales
3	Coach: Dorothy M. Cruz	Zambales

SPECIAL EVENTS - Bocce Girls

Name of Athlete		Division
1	Camille P. Nicolas	Bulacan
2	Vellamie E. Dagila	Zambales
3	Coach: Rosely P. Ponilas	Zambales

SPECIAL EVENTS - Goal Ball Boys

Name of Athlete		Division
1	Jay Marvin G. Francisco	San Jose Del Monte City
2	Mark Jovel E. Ordonez	San Jose Del Monte City
3	Maxine Librado	San Jose Del Monte City

Name of Athlete		Division
4	Rhoane May Busa	San Jose Del Monte City
5	Coach: Armand Patrick T. Gamoso	San Jose Del Monte City

SPECIAL EVENTS - Bocce Boys

Name of Athlete		Division
1	Ralph M. Balota	San Jose Del Monte City
2	Carl Vincent Henz Melu	Zambales

Name of Athlete		Division
3	Coach: Dannica M. Concepcion	San Jose Del Monte City
4	Asst. Coach: Renato T. Dimalanta	Bataan

SPECIAL EVENTS - Ortho Boys

Name of Athlete		Division
1	Frances Mark Emmanuel L. Salazar	Science City of Munoz
2	Eljay C. Lamata	Bulacan
3	Coach: Lea Irish A. Salazar	Science City of Munoz

SPECIAL EVENTS -Ortho Girls

Name of Athlete		Division
1	Angelyn V. Corpuz	Nueva Ecija
2	Coach: Marilou M. Camilon	Nueva Ecija

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