



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

SGOD-2026- 011

To : Chiefs, CID & SGOD
Public Schools District Supervisors
Education Program Supervisor - MAPEH
Division Sports Management Team
Concerned Public School Heads
Concerned Teachers

Subject : **ORIENTATION OF TEACHERS ON WEIGHTLIFTING AS A SPORT**

Date : January 9, 2026

Pursuant to the goals of Republic Act 10588, otherwise known as The Palarong Pambansa Act of 2013, and with the inclusion of Weightlifting as a regular sporting event in Palarong Pambansa, the field is hereby informed of the conduct of **Orientation of Teachers on Weightlifting as a Sport on January 17-18, 2026, at Matti National High School, Digos City.**

Participants in the orientation are listed in the enclosure (Annex A). All participants are advised to bring athletic attire for the training.

As per DepEd Order No. 53, s. 2003, otherwise known as the "Updated Guidelines on Grant of Vacation Service Credits to Teachers", participants who undergo training during holidays, Saturdays, and Sundays are eligible for the grant of Service Credits for Teachers and Compensatory Overtime Credits (COC) for non-teaching personnel.

Additional details may be obtained through Mr. Peter-Jason C. Senarillos, Division Sports Officer, and Mr. Alvin Watin, Tournament Manager – Weightlifting.

Food and travel expenses shall be charged to local/school funds, while honorarium of speakers shall be charged to SEF, subject to the usual accounting and auditing rules and regulations.

For immediate dissemination.

DepEd Schools Division Office - Digos City

RECORDED

DATE: 12 JAN 2026 TIME: 4:19

BY: _____

Melanie P. Estacio
MELANIE P. ESTACIO, PhD, CESO VI

Schools Division Superintendent



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Annex A - Orientation of Teachers on Weightlifting as a Sport:
January 17-18, 2026 | Matti NHS

A. Kapatagan NHS

1. Jaylord G. Tolero
2. Nadja M. Lovitos
3. Felix Ray R. Dumagan
4. Johnryl B. Garzon
5. Jairah Lou C. Dagang
6. Vilma L. Takyawan

B. Digos City NHS

1. Marivic Alburo
2. Crispin Labajo
3. Flora Bill Mahinay
4. Catherine Ignacio
5. Rubelyn Galorio

C. Balabag NHS

1. Junar Binag
2. Melanie P. Pano

D. Matti NHS

1. Alvin M. Watin
2. Rex Edward D. Echavez
3. Kristensen B. Banguiran
4. Rhema B. Bangcas
5. Vincent Guevarra
6. Rex Kaevin Embod

E. Goma NHS

1. Jernie Kulle H. Templanza
2. Junem S. Beli-Ot
3. Engel Rose E. Caporas
4. Evelyn S. Lawag

F. Dawis National High School

1. Darlene D. Pascual
2. Cherry Anne P. Orbita

G. Don Mariano Marcos ES

1. Annie S. Escoton



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