



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

SGOD-2024- 274

To : Chief Education Supervisors (CID & SGOD)
Public Schools District Supervisors
Concerned Public and Private School Heads
Concerned Public and Private Teachers

Subject : STRENGTH AND CONDITIONING MASTERCLASS

Date : May 2, 2024

Attached are Regional Memorandum ESSD-2024-183 and letter from Jeffrey Pagaduan, Founder, Mobi Pro, Bridge 360, inviting participants for the upcoming Strength and Conditioning Masterclass scheduled on May 9-10, 2024 at USEP-Obrero Campus, Davao City.

The masterclass aims to equip participants with the following:

- Athlete Profiling: Resonance Frequency Strategies for Performance Enhancement (by: Jeffrey Pagaduan, PhD, CSCS);
- Skill-Based Energy System Training (by: Pio Gerardo Solon, MS(candi); and
- Current Approaches to Strength and Conditioning (by: Daniel Baker, PhD, CSCS)

In view thereof, Coaches and Assistant Coaches bound for the 2024 Palarong Pambansa are required to register and attend the masterclass to enhance their skills and knowledge as coaches and maximize its application with the ongoing preparation and training of athletes. This will certainly boost coaches' capabilities and strategies in preparing athletes for local, national, and international competitions.

Below is the list of coaches and assistant coach as participants of the said event:

1. Marian Philinda Trondillo	Coach	Chess	Senior High School in Digos City
2. Rey Romulo Senarillos	Coach	Basketball	Cor Jesu College (BED)
3. Reynante Crodua	Assist. Coach	Basketball	Cor Jesu College (BED)
4. Marites Pia	Coach	SPED	Digos City National High School

The teacher-participant shall adhere to the policy on "No Disruption of Classes" as per DepEd Order No. 9, s. 2005 entitled "Institutionalizing Measures to Increase Engaged Time-on-task and Ensuring Compliance Therewith". School heads are expected to make necessary arrangements ensuring that classes handled by teachers will be taken care of by another teacher.



Address: Roxas cor. Lopez Jaena Street, Zone II, Digos City (8002)
Telephone Nos.: (082) 553-8375; (082) 553-8396



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

Registration, travel, and other incidental expenses of participants shall be charged to local funds subject to the usual accounting rules and regulations.

For more information or inquiries, please contact the organizers via email at osas.studentclubs-organizations@usep.edu.ph. For reservation/registration, contact Jose Alther Rivera at 0916-7330377.

For information and compliance.

Melanie P. Estacio
MELANIE P. ESTACIO, PhD, CESO VI
OIC- Schools Division Superintendent

Schools Division of Digos City

RECORDS SECTION

24-120428
DATE: MAY 06 2024 TIME: 4:17 PM
BY: _____

Enclosed: As stated.
SGOD/rom



Address: Roxas cor. Lopez Jaena Street, Zone II, Digos City (8002)
Telephone Nos.: (082) 553-8375; (082) 553-8396

Rec'd



Republic of the Philippines
Department of Education
DAVAO REGION

Schools Division of Digos
RECORDS SECTION

RECEIVED
MAY 02 2024
2:21

Office of the Regional Director
REGIONAL MEMORANDUM
ESSD-2024-183

To : Schools Division Superintendents
Alim J. Maguindanao, PDO IV/RSO

Subject : STRENGTH AND CONDITIONING MASTERCLASS

Date : April 29, 2024

Attached is a letter from Jeffrey Pagaduan, Founder, Mobi Pro, Bridge 360, inviting this Office to the upcoming **Strength and Conditioning Masterclass** scheduled on **May 9-10, 2024** at **USEP- Obrero Campus**, Davao City.

The masterclass aims to equip participants with the following:

- **Athlete Profiling: Resonance Frequency Strategies for Performance Enhancement** (by: Jeffrey Pagaduan, PhD, CSCS);
- **Skill-Based Energy System Training** (by: Pio Gerardo Solon, MS(cand); and
- **Current Approaches to Strength and Conditioning** (by: Daniel Baker, PhD, CSCS)

In view thereof, **Coaches and Assistant Coaches bound for the 2024 Palarong Pambansa** are required to register and attend the masterclass to enhance their skills and knowledge as coaches, and maximize its application with the ongoing preparation and training of athletes. This will certainly boost coaches' capabilities and strategies in preparing athletes for local, national and international competitions.

All SDOs are expected to provide full support to their concerned coaches.

Division Sports Officers (DSOs) are expected to facilitate the reservation/registration of concerned coaches as early as possible.

For more information or inquiries, please contact the organizers via email at osas.studentclubs-organizations@usep.edu.ph. For reservation/registration, contact Jose Alther Rivera at 0916-7330377.

Registration, travel and other incidental expenses of participants shall be charged to local funds subject to the usual accounting rules and regulations.

Immediate dissemination of this Memorandum to all concerned is required.

DEPARTMENT OF EDUCATION
RECORDS SECTION
RELEASED

ALLAN G. FARNAZO
Director IV

ROE2/ajm



Address: F. Torres St., Davao City (8000)
Telephone Nos.: (082) 291-1665; (082) 221-6147
Email Address: region11@depd.gov.ph
Website: www.depdroxi.ph



Phone: 39980925241
2024 K. Zeta II Bldg #250, 191 Salcedo St,
Lungsod ng Marikina, Marikina City
iambridge360@gmail.com

29 April 2024

ALLAN G. FARNAZO
Director IV, DepEd Regional Office XI
F. Torres St, Davao City

Attention:

ALIM J. MAGUINDANAO
Regional Sports Officer (RSO)

Dear *Mr. Farnazo*,

Warm Greetings!

The University of Southeastern Philippines (USEP), through the Office of Student Affairs and Services-Sports Unit, cordially invites you to the upcoming Strength and Conditioning Masterclass scheduled for May 09-10, 2024, at the USEP-Obrero Campus in Davao City.


The aforementioned masterclass is available at the following registration fee rates:

- ₱800 – for students from DepEd, State Universities and Colleges (SUC), Private Schools, and Public Schools.
- ₱1,500 – for professional participants from the private and public sectors.

The stated registration fee covers the masterclass exclusively. Food, snacks, merchandise, and other related items are not included in the registration fee.

For any inquiries or concerns, please feel free to contact us via email at osas.studentclubs-organizations@usep.edu.ph or visit us at the University Sports Office.

Yours truly,


JEFFREY PAGADUAN
Founder, Mobi Pro

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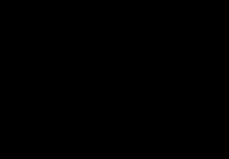
NEXA

MASTERCLASS

DAVAO



Dr. [Name] - [Title]



Dr. [Name] - [Title]



Dr. [Name] - [Title]

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