



**PALARONG PAMBANSA SECRETARIAT**  
 Department of Education  
 Philippines Sports Commission  
 Department of Interior and Local Government

DEPARTMENT OF EDUCATION  
 RECORDS SECTION REGIONAL OFFICE - CAR  
**OCT 25 2021**



**MEMORANDUM**

**TO :** REGIONAL DIRECTORS  
 REGIONAL SPORTS OFFICERS  
 SCHOOLS DIVISION SUPERINTENDENTS  
 HEAD, PUBLIC ELEMENTARY AND SECONDARY  
 SCHOOLS  
 MINISTER OF BASIC, HIGHER, AND TECHNICAL  
 EDUCATION (BARMM)

**FROM :** *Escobedo*  
**ATTY. REVSEE A. ESCOBEDO**  
 Undersecretary  
 Field Operations, Palarong Pambansa Secretariat and DEACO

*Erstain*  
**JOEL S. ERSTAIN, CSEE**  
 Director IV  
 Palarong Pambansa Secretariat

**SUBJECT :** First Department of Education Coaching Seminar in  
 Weightlifting

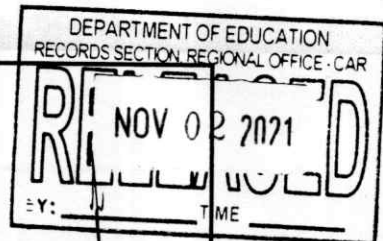
**DATE :** October 19, 2021

1. In its effort to upgrade the level of competencies of coaches even during the pandemic, the Department of Education (DepEd), through the Palarong Pambansa Secretariat shall conduct a 4-Day Online Coaching Seminar in Weightlifting for DepEd Weightlifting Coaches on November 8,9,10 and 11, 2021 via Zoom.
2. The online webinar is intended to provide a strong foundation for aspiring weightlifting coaches in terms of basic coaching principles and the most recent trends in coaching.

PPSM 022 s. 2021



Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
 Cordillera Administrative Region



November 2, 2021

**To :** Schools Division Superintendents  
 All Division

For information, guidance and appropriate action.

- Kindly submit name/s of potential participants to [essd.depedcar@gmail.com](mailto:essd.depedcar@gmail.com)

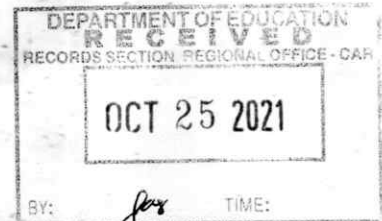
**ESTELA LEON-CARIÑO, EdD, CESO III**  
 Director IV/Regional Director

For the Regional Director:

*Florante E. Vergara*  
**FLORANTE E. VERGARA**  
 Schools Division Superintendent  
 Officer-In-Charge  
 Office of the Assistant Regional Director

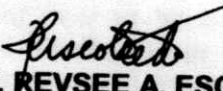



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*Department of Education*  
*Philippines Sports Commission*  
*Department of Interior and Local Government*



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3. Participants of this online course shall be the existing and aspiring weightlifting coaches from the different schools nationwide. The participants should be physically and mentally fit, and are expected to wear only their DepEd, division or regional polo shirts during the seminar.
4. Each region may recommend at least five (5) participants for the webinar. They may submit the recommended list to the *Palarong Pambansa* Secretariat via email at [palarongpambansa@deped.gov.ph](mailto:palarongpambansa@deped.gov.ph). A certificate of appreciation will be given only to those participants who have completed the seminar.
5. Instructional training materials and videos, as well as the link for the Zoom meeting shall be sent to the confirmed participants via email.
6. Attached herewith is the copy of the training matrix and the list of resource speakers for the activity, including the tentative program for the Seminar.
7. Expenses for the training such as honoraria of resource speaker/lecturer and internet connectivity of the Technical Working Group and other incidental expenses relevant to the staging of the activity shall be borne by the *Samahang Weightlifting ng Pilipinas*.
8. For more information, inquires and confirmation of attendance, all concerned may also contact telephone number 02-86381790 or through the email provided above.
9. For your guidance and strict compliance.