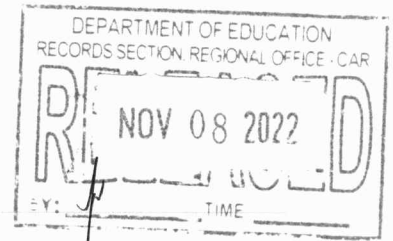




Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region



November 2, 2022

**REGIONAL MEMORANDUM**

No. 545-2022

**ADDENDUM TO REGIONAL MEMORANDUM NO. 426, s. 2022 CONDUCT OF ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, AND PSYCHOLOGY FOR OFFICIATING OFFICIALS AND COACHES**

To: All Schools Division Superintendents  
Division Sports Officers  
Public Elementary and Secondary School Heads  
All Others Concerned

1. Attached herewith is the list of technical working group and participants to the conduct of the **Online Regional Seminar on Sports Science, Nutrition, and Psychology for Officiating Officials** scheduled on November 5, 12 and 19, 2022.
2. Participants will be entitled to a three-day Service Credits (SC)/Compensatory Overtime Credits (COC) as provided for in DepEd Order Number 53, s. 2003 entitled "Updated Guidelines on Grant of Vacation Service Credits to Teachers".
3. Immediate and widest dissemination of this Memorandum is desired.

**ESTELA P. LEON-CARINO EdD, CESO III**  
Director IV/Regional Director





Republic of the Philippines  
Department of Education

**CORDILLERA ADMINISTRATIVE REGION**

*Wangal, La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | ABRA                       |                                   |                          |                                |                             |                                  |
|-----|-------------------|----------------------------|-----------------------------------|--------------------------|--------------------------------|-----------------------------|----------------------------------|
|     |                   | TECHNICAL OFFICIAL         | EMAIL ADDRESS                     | ELEMENTARY               | EMAIL ADDRESS                  | SECONDARY                   | EMAIL ADDRESS                    |
|     | <b>INDIVIDUAL</b> |                            |                                   |                          |                                |                             |                                  |
| 1   | ARCHERY           | Robert Burgos              | robert.burgos@deped.gov.ph        | Daniela Javier           | daniela.javier@deped.gov.ph    | Siela Mia Casel             | sielamia.casel@deped.gov.ph      |
| 2   | ARNIS             | Roderick Nucasa            | roderick.nucasa@deped.gov.ph      | Erick Blaza              | erick.blaza@deped.gov.ph       | John Michael Bose           | johnmichael.bose@deped.gov.ph    |
| 3   | AHLETICS          | Palmero Garcia             | palmero.garcia@deped.gov.ph       | Pablo Mayugo             | pablo.mayugo@deped.gov.ph      | Marcht Pataray              | marcht.pataray@deped.gov.ph      |
| 4   | BILLIARDS         | Odilon Peria               | odilaon.peria@deped.gov.ph        | Ramon Quintos            | ramon.quintos@deped.gov.ph     | Honesto Balido              | honesto.balido@deped.gov.ph      |
| 5   | BOXING            | Joel Gammed                | joel.gammed@deped.gov.ph          | Joseph Cabanaoan         | joseph.cabanaoan@deped.gov.ph  | <i>Excelsior Deo Tubice</i> |                                  |
| 6   | GYMNASTICS        | Jobin Dapit                | jobin.dapit@deped.gov.ph          | Henry Borbon             | henry.borbon@deped.gov.ph      | Demy Dait                   | demy.dait@deped.gov.ph           |
| 7   | MUAYTHAI          | Gee Leslie C. Aslor-Zapata | geeleslie.aslor@deped.gov.ph      |                          |                                |                             |                                  |
| 8   | SWIMMING          | Manuel Dupo                | manuel.dupo@deped.gov.ph          | Novelyn Bersamina        | novelyn.bersamina@deped.gov.ph | Nathaniel Andaya            | nathaniel.andaya@deped.gov.ph    |
| 9   | TAEKWONDO         | Glenn Buenafe              | glenn.buenafe@deped.gov.ph        | Rico Bandayrel           | rico.bandayrel@deped.gov.ph    | Princess Flordeliza Andres  | princes.flordeliza@deped.gov.ph  |
| 10  | WUSHU/SANGGOL     | Jeremy Escalstico          | jeramy.escalstico@deped.gov.ph    |                          |                                |                             |                                  |
| 11  | WRESTLING         | Charito Reyes              | charito.reyes@deped.gov.ph        |                          |                                |                             |                                  |
| 12  | PENCAK SILAT      | Rolando Cabañero           | rolando.cabani@deped.gov.ph       | Maricon Salonga          | maricon.salonga@deped.gov.ph   | Melchora Tagura             | Melchora.tagura@deped.gov.ph     |
| 13  | PARA GAMES        | <i>Jocelyn Belandres</i>   |                                   | <i>Lourdes belandres</i> |                                | <i>Marijo lopez</i>         |                                  |
|     | <b>DUAL</b>       |                            |                                   |                          |                                |                             |                                  |
| 1   | BADMINTON         | Jomar Bru                  | jumar.bru@deped.gov.ph            | Mylene Bru               | mylene.bru@deped.gov.ph        | Rey Bolante                 | rey.bolante@deped.gov.ph         |
|     |                   | Exudor Rosales             | exudor.rosales@deped.gov.ph       | Ronald Alagao            | ronald.alagao@deped.gov.ph     | Resyle Bautista             | resyle.bautista@deped.gov.ph     |
| 2   | CHESS             | <i>Frankie Pico</i>        |                                   |                          |                                |                             |                                  |
| 3   | LAWN TENNIS       | Pedro Villastiqui Jr.      | pedro.villastiqui@deped.gov.ph    | Delita Laureta           | delita.laureta@deped.gov.ph    | Jay Vasquez                 | jay.vasquez@deped.gov.ph         |
| 4   | TABLE TENNIS      | Erik Alcos                 | erik.alcos@deped.gov.ph           | Fernando Ambrocio        | fernando.ambrocio@deped.gov.ph | Acela Ballena               | acella.ballena@deped.gov.ph      |
|     | <b>TEAM</b>       |                            |                                   |                          |                                |                             |                                  |
| 1   | BASEBALL          | Constantino Rapisura       | constantino.rapisura@deped.gov.ph | Jobert Burda             | jobert.burda@deped.gov.ph      | Maria Elda Teodoro          | mariaelda.teodoro@deped.gov.ph   |
| 2   | BASKETBALL        | Leonard Ballena            | leonard.ballena@deped.gov.ph      | Kris Rey Olibas          | krisrey.olibas@deped.gov.ph    | Amilcare Pano               | amilcare.pano@deped.gov.ph       |
| 3   | FOOTBALL          | Rolando Torrez             | rolando.torrez@deped.gov.ph       | Mary Joy Barbosa         | mary.joy@deped.gov.ph          | Robert Sanchez              | robert.sanches@deped.gov.ph      |
| 4   | FUTSAL            | Michael Vasquez            | michael.vasquez@deped.gov.ph      | Wilhelm Sago             | wilhelm.sago@deped.gov.ph      | Honeylette Bermudez         | honeylette.bermudez@deped.gov.ph |
| 5   | SEPAK TAKRAW      | Marlou Pacleba             | marlou.pacleba@deped.gov.ph       | Rowena Marquez           | rowena.marquez@deped.gov.ph    | Jerome Antolin              | jerome.antolin@deped.gov.ph      |
| 6   | SOFTBALL          | Meanaly Lango              | meanaly.lango@deped.gov.ph        | Mary Shelo Domingo       | maryshelo.domingo@deped.gov.ph | Caroline Salibad            | caroline.salibad@deped.gov.ph    |
| 7   | VOLLEYBALL        | Argie Poño                 | angie.poño@deped.gov.ph           | Russel Millare           | russel.millare@deped.gov.ph    | Rosemarie Bulda             | rosemarie.bulda@deped.gov.ph     |
| 8   | DANCE SPORT       | Marlito Baquerisa          | marlito.baquerisa@deped.gov.ph    | Frances Galinato         | frances.galinato@deped.gov.ph  | Gerome Quirimit             | gerome.quirimit@deped.gov.ph     |
|     | <b>TOTAL</b>      |                            | <b>26</b>                         |                          | <b>22</b>                      |                             | <b>22</b>                        |

Over all = 70



Republic of the Philippines  
Department of Education

**CORDILLERA ADMINISTRATIVE REGION**  
*Wangal, La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | APAYAO                        |                                    |                            |                                  |                           |                                 |
|-----|-------------------|-------------------------------|------------------------------------|----------------------------|----------------------------------|---------------------------|---------------------------------|
|     |                   | TECHNICAL OFFICIAL            | EMAIL ADDRESS                      | ELEMENTARY                 | EMAIL ADDRESS                    | SECONDARY                 | EMAIL ADDRESS                   |
|     | <b>INDIVIDUAL</b> |                               |                                    |                            |                                  |                           |                                 |
| 1   | ARCHERY           | <i>Gilbert Ilar</i>           |                                    |                            |                                  | Jeanette Cruz             | jeanette.cruz001@deped.gov.ph   |
| 2   | ARNIS             | Regie dela Cruz               | regie.delacruz002@deped.gov.ph     | Arlee Bitibit              | arlee.bitibit@deped.gov.ph       | Daryl Cawed               | daryll.cawed@deped.gov.ph       |
| 3   | AHLETICS          | Manny Kotoken                 | manny.kotoken@deped.gov.ph         | Cleofil Ibabao             | cleofil.ibabao@deped.gov.ph      | April Segundo             | aprilann.segundo@deped.gov.ph   |
| 4   | BILLIARDS         | Jonathan Alawin               | jonathan.alawin@deped.gov.ph       |                            |                                  | Meynard Bagabay           | meynard.bagabay@deped.gov.ph    |
| 5   | BOXING            | Max Dumayas Jr                | max.dumayas@deped.gov.ph           | Arnold Velasco             | arnold.velsaco@deped.gov.ph      | Rodolfo Fabian Jr         | rodolfo.fabian@deped.gov.ph     |
| 6   | GYMNASTICS        | Allan Gobrin                  | allan.gobrin@deped.gov.ph          | Marilyn Plumar             | marilyn.plumar@deped.gov.ph      | Catherine Fabian          | catherine.fabian@deped.gov.ph   |
| 7   | MUAYTHAI          | Jouie Calano                  | jouie.calano@deped.gov.ph          |                            |                                  | Jovalyn Ciriaco           | jovalyn.ciriaco@deped.gov.ph    |
| 8   | SWIMMING          | Jerome Pulido                 | jerome.pulido@deped.gov.ph         | Jocelyn Ramento            | jocelyn.ramento@deped.gov.ph     | Janette Domingo           | janette.domingo@deped.gov.ph    |
| 9   | TAEKWONDO         | <i>Thalla Jonalyn Dimaano</i> |                                    | Felix Roy Ferrer           | felixroy.ferrer@deped.gov.ph     | Mark Louie Ortega         | marklouie.ortega@deped.gov.ph   |
| 10  | WUSHU/SANGGOL     | Arjay Emolotrab Cerezo        | arjayemolotrab.cerezo@deped.gov.ph |                            |                                  | Fritzer Labueng           | fritzer.labueng@deped.gov.ph    |
| 11  | WRESTLING         | Rosly Garcia                  | rosly.garcia@deped.gov.ph          |                            |                                  | Alex Kawi                 | alex.kawi@deped.gov.ph          |
| 12  | PENCAK SILAT      | Carolyn Fontanilla            | carolyn.fontanilla@deped.gov.ph    |                            |                                  | Jansen Sumalag            | jansen.daguio@deped.gov.ph      |
| 13  | PARA GAMES        |                               |                                    |                            |                                  |                           |                                 |
|     | <b>DUAL</b>       |                               |                                    |                            |                                  |                           |                                 |
| 1   | BADMINTON         | Mary Jane Duldulao            | maryjane.duldulao@deped.gov.ph     | Roderick Jimenez           | roderick.jimenez@deped.gov.ph    | Ruth Caina Castillo       | ruthcaina.castillo@deped.gov.ph |
| 2   | CHESS             | Ricardo Gammad                | ricardo.gammad@deped.gov.ph        | Jefferson Patay            | jefferson.patay@deped.gov.ph     | Jonathan Caole            | jonathan.caole@deped.gov.ph     |
| 3   | LAWN TENNIS       | Kimberly Macadangdang         | kimberly.macadangdang@deped.gov.ph | Maricar Jan Fegsa          | maricarjohn.nicolas@deped.gov.ph | Daine Gamiao              | daine.gamiao@deped.gov.ph       |
| 4   | TABLE TENNIS      | Harold Ballesteros            | harold.ballesteros@deped.gov.ph    | Jessica Sarmiento          | jessica.sarmiento@deped.gov.ph   | Jingky Cuagdan            | jingky.mittay@deped.gov.ph      |
|     | <b>TEAM</b>       |                               |                                    |                            |                                  |                           |                                 |
| 1   | BASEBALL          | Diosdado Ullero               | diosdado.ullero@deped.gov.ph       | Henshel Caliva             | henshel.caliva@deped.gov.ph      | Rolly Banaga              | rolly.banaga@deped.gov.ph       |
| 2   | BASKETBALL        | Rogelio Tamot                 | rogelio.tamot@deped.gov.ph         | Crisente dela Cruz         | crisente.delacruz@deped.gov.ph   | Elison Verzola            | elison.verzola@deped.gov.ph     |
| 3   | FOOTBALL          | Roderick Vea                  | roderick.vea001@deped.gov.ph       | Julius Gamayo              | julius.gamayo@deped.gov.ph       | Jeffrey Garcia            | jeffrey.badua@deped.gov.ph      |
| 4   | FUTSAL            |                               |                                    |                            |                                  |                           |                                 |
| 5   | SEPAK TAKRAW      | Joel Calem                    | joel.calem@deped.gov.ph            | Edimar Taloza              | edimar.taloza@deped.gov.ph       | Rogie Sabado              | rogie.sabado@deped.gov.ph       |
| 6   | SOFTBALL          | Leonora Taloza                | leonora.taloza@deped.gov.ph        | Kristine Joy Naval         | kristinejoy.naval@deped.gov.ph   | Sonny Ann Dumlao          | sonnyanne.dumlao@deped.gov.ph   |
| 7   | VOLLEYBALL        | Marieflor Tomas               | mariefloganab@gmail.com            | Princess Tuldog            |                                  | Elynor Laureta            | elynor.laureta@deped.gov.ph     |
| 8   | DANCE SPORT       | Joyce Ganaden                 | joyce.ganaden@deped.gov.ph         | <i>Lala Vanessa Albano</i> |                                  | <i>Nielmer Cabacungan</i> |                                 |
|     | <b>TOTAL</b>      |                               | <b>23</b>                          |                            | <b>17</b>                        |                           | <b>23</b>                       |

Overall = 63





Republic of the Philippines  
Department of Education

**CORDILLERA ADMINISTRATIVE REGION**

*Wangal, La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | BAGUIO                           |                                  |                              |                                  |                            |                                  |
|-----|-------------------|----------------------------------|----------------------------------|------------------------------|----------------------------------|----------------------------|----------------------------------|
|     |                   | NAME                             | EMAIL ADDRESS                    | NAME                         | EMAIL ADDRESS                    | NAME                       | EMAIL ADDRESS                    |
|     | <b>INDIVIDUAL</b> |                                  |                                  |                              |                                  |                            |                                  |
| 1   | ARCHERY           | Nieves Domay S. Yangyang-Toribio | nieves.toribio001@deped.gov.ph   | John P. Hongitan             | john.hongitan001@deped.gov.ph    | Ramsy T. Dodoy             | ramsy.dodoy001@deped.gov.ph      |
| 2   | ARNIS             | Orden V. Cayso                   | orden.cayso@deped.gov.ph         | Jeffrey F. Aliga             | jeffrey.aliga@deped.gov.ph       | Gracelyn D. Payumo         | gracelyn.payumo@deped.gov.ph     |
| 3   | AHLETICS          | Mennie S. Challoy                | mennie.challoy@deped.gov.ph      | Ryan B. Capuyan              | ryan.capuyan@deped.gov.ph        | Divina P. Kitongan         | divina.kitongan@deped.gov.ph     |
| 4   | BILLIARDS         | Delfin G. Lasdacan               | delfin.lasdacan001@deped.gov.ph  | Erwin B. Yan                 | erwin.yan@deped.gov.ph           | Imee Kate Datoc            | imeekate.datoc@deped.gov.ph      |
| 5   | BOXING            | Valeriano Accad                  | valeriano.accad@deped.gov.ph     | <i>Reynaldo W. Salingbay</i> |                                  | <i>Arthur Pecay Jr</i>     |                                  |
| 6   | GYMNASTICS        | <i>Albin Santos</i>              |                                  | Jocelyn A Soliven            | endemsoliven@gmail.com           | Dezza Joyce Wadwadan       | dezzajoyce.wadwadan@deped.gov.ph |
| 7   | MUAYTHAI          |                                  |                                  |                              |                                  |                            |                                  |
| 8   | SWIMMING          | Donald Malipe                    | donald.malipe@deped.gov.ph       | Ben Boyoten                  | ben.boyoten@deped.gov.ph         | Rebecca Clave              | rebecca.clave@deped.gov.ph       |
| 9   | TAEKWONDO         |                                  |                                  |                              |                                  |                            |                                  |
| 10  | WUSHU/SANGGOL     | Balsonn Cabato                   | balsonn.cabato@deped.gov.ph      | Marvin Marcelo               | beverlymarvinwefrey@gmail.com    |                            |                                  |
| 11  | WRESTLING         | Brent L. Gumuwang                | brent.gumuwang@deped.gov.ph      | Marlene T. Basungit          | marlene.basungit001@deped.gov.ph | <i>Gloria De Vera</i>      |                                  |
| 12  | PENCAK SILAT      | Rhea May Parayao                 | rheamay.parayao@deped.gov.ph     | Cydrix John Deguzman         | cydrixjhon.deguzman@deped.gov    | Marlon Alicpos             | marlon.alicpos@deped.gov.ph      |
| 13  | PARA GAMES        | Rey P. Olat                      | rey.olat@deped.gov.ph            |                              |                                  |                            |                                  |
|     | <b>DUAL</b>       |                                  |                                  |                              |                                  |                            |                                  |
| 1   | BADMINTON         | Rosie Beel A. Marzo              | rosiebeel.marzo@deped.gov.ph     | Marina D. Escobafias         | marina.escobanas@deped.gov.ph    | Peter Bon A. Tuliao        | peterbon.tuliao@deped.gov.ph     |
| 2   | CHESS             | Alicia M. Culaton                | alicia.culaton001@deped.gov.ph   | Gemma N. Lomboy              | gemma.lomboy@deped.gov.ph        | Manuel Lumasok             | manuel.lumasok.gov.ph            |
| 3   | LAWN TENNIS       | Ariel R. Abellada                | ariel.abellada001@deped.gov.ph   | Demitria B. Ciriaco          | demitriabciriaco@deped.gov.ph    | Zybrinskie T. Bangcado     | zybrinskie.bangcado@deped.gov.ph |
| 4   | TABLE TENNIS      | Erwin Shim Fonite                | shimtiff@gmail.com               | Decky Beloken                | deckybeloken@gmail.com           | Abegail Gensaya            | abegailgensaya@deped.gov.ph      |
|     | <b>TEAM</b>       |                                  |                                  |                              |                                  |                            |                                  |
| 1   | BASEBALL          | Alejo L. Pacalso                 | alejo.pacalso@deped.gov.ph       | Rafael Lapena                | rafaelbaguiolapena@gmail.com     | Daniel Pagaduan            | daniel.pagaduan001@deped.gov.ph  |
| 2   | BASKETBALL        | Alvin Ishmael W. Olosan          | alvinishmael.olosan@deped.gov.ph | Eduardo Ecijan Jr            | eduardo.ecijanjr@deped.gov.ph    | <i>Joey Eric P. Agacer</i> |                                  |
| 3   | FOOTBALL          | Ariston Bocalan                  | ariston.bocalan@deped.gov.ph     | Ross Rillera                 | ross.rillera@deped.gov           | Isidro Llaneta             | isidro.llaneta@deped.gov.ph      |
| 4   | FUTSAL            | Valdazan E. Capuyan              | valdazan.capuyan001@deped.gov.ph | Mark Signabon                | mark.signabon@deped.gov.ph       | Jerry Soriano              | jerry.soriano@deped.gov.ph       |
| 5   | SEPAK TAKRAW      | Greg D. Parrocha                 | greg.parrocha002@deped.gov.ph    | Lester Biadno                | lester.biadno@deped.gov.ph       | Marcelo Demeterio          | marcelo.demeterio@deped.gov.ph   |
| 6   | SOFTBALL          | Johnson Botengan                 | jbotengan@gmail.com              | Saxton Anayasan              | axlerosesanyaana18@gmail.com     | Constancio Buasen          | couragebuasen13@gmail.com        |
| 7   | VOLLEYBALL        | Arlito G. Pecay                  | arlito.pecay@deped.gov.ph        | Harris E. Dinamling          | harris.dinamling@deped.gov.ph    | Arlon P. Parista           | arlon.parista@deped.gov.ph       |
| 8   | DANCE SPORT       | Reo S. Quirit                    | reo.quirit@deped.gov.ph          | Avello Z. Dondo Jr.          | avello.dondo@deped.gov.ph        | <i>Renea Costales</i>      |                                  |
|     | <b>TOTAL</b>      |                                  | <b>23</b>                        |                              | <b>22</b>                        |                            | <b>21</b>                        |

Overall = 66



Republic of the Philippines  
Department of Education

**CORDILLERA ADMINISTRATIVE REGION**  
*Wangal, La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | BENGUET                  |                               |                       |                                   |                           |                                  |
|-----|-------------------|--------------------------|-------------------------------|-----------------------|-----------------------------------|---------------------------|----------------------------------|
|     |                   | TECHNICAL OFFICIAL       | EMAIL ADDRESS                 | ELEMENTARY            | EMAIL ADDRESS                     | SECONDARY                 | EMAIL ADDRESS                    |
|     | <b>INDIVIDUAL</b> |                          |                               |                       |                                   |                           |                                  |
| 1   | ARCHERY           | Fausto Sab-it            | Fausto.sabit@deped.gov.ph     |                       |                                   |                           |                                  |
| 2   | ARNIS             | <i>Ivy D. Tabanganay</i> |                               | Flora G. Bolla        | flora.bolla@deped.gov.ph          | Glinah Kay D. Butag       | glinahkay.depollo@deped.gov.ph   |
|     |                   |                          |                               | Melba B. Dumawang     | melba.dumawang@deped.gov.ph       | Jun Winver D. Joaquin     | junwinver.joaquin@depe.gov.ph    |
|     |                   |                          |                               | Florcita B. Pasadillo | florcita.pasadillo@deped.gov.ph   | May Joy C. Ladion         | mayjoy.ladiong@deped.gov.ph      |
|     |                   |                          |                               | Vivian K. Guzman      | vivian.guzman@deped.gov.ph        | Romel Lipas               | romel.lipas@deped.gov.ph         |
|     |                   |                          |                               | Dolores S. Paplonot   | dolores.paplonot@deped.gov.ph     |                           |                                  |
|     |                   |                          |                               | Janice P. Pasule      | janice.pasule@deped.gov.ph        |                           |                                  |
|     |                   |                          |                               | Ligaya Salvador       | ligaya.salvador@deped.gov.ph      |                           |                                  |
| 3   | AHLETICS          |                          |                               | Jennifer M. Loncio    | jennifer.loncio@deped.gov.ph      |                           |                                  |
|     |                   | Abrina L. Baygan         | abrina.baygan@deped.gov.ph    | Merryl F. Agayam      | merryl.agayam@deped.gov.ph        | <i>Jinsen Paul Martin</i> |                                  |
|     |                   | Jonathan Busilac         | Jonathan.busilac@deped.gov.ph | Eden O. Dalog         | eden.dalog@deped.gov.ph           | Joy M. Malafu             | joy.malafu@deped.gov.ph          |
|     |                   |                          |                               | Melouwyn D. Joaquin   | melouwyn.joaquin@deped.gov.ph     | Lea Rose S. Ayan          | learose.ayan@deped.gov.ph        |
|     |                   |                          |                               | Salve P. Sab-it       | salvesabit@gmail.com              | Antonette P. Lastino      | antonette.padyangan@deped.gov.ph |
|     |                   |                          |                               | Criselda S. Codilan   | criseldacodila@gmail.com          |                           |                                  |
|     |                   |                          |                               | Cheryl G. Basing-at   | cheryl.basingat@deped.gov.ph      |                           |                                  |
|     |                   |                          |                               | Janice Valintine      | janice.valintine@depedgov.ph      |                           |                                  |
|     |                   |                          |                               | Caridad S. Dagupen    | caridad.dagupen@deped.gov.ph      |                           |                                  |
|     |                   |                          |                               | Liza C. Alibio        | liza.alibio@deped.gov.ph          |                           |                                  |
|     |                   |                          |                               | Gemma P. Dicias       | gemma.dicias@deped.gov.ph         |                           |                                  |
|     |                   |                          |                               | Elaja Batanes         | elaja.batanes@deped.gov.ph        |                           |                                  |
|     |                   |                          |                               | Isedra B. Dadcoes     | isidra.dadcoes@deped.gov.ph       |                           |                                  |
| 4   | BILLIARDS         |                          |                               | Pacita D. Talwag      | pacita.talwag@deped.gov.ph        |                           |                                  |
|     |                   |                          |                               | Elizabeth M. Aplat    | elizabeth.aplat@deped.gov.ph      |                           |                                  |
|     |                   | Harold W. Moncion        | harold.moncion@deped.gov.ph   | Rose G. Nabus         | rose.nabus@deped.gov.ph           | <i>Jonie W. Leung</i>     |                                  |
|     |                   | Gosto Mariacos           | gusto.maraicos@deped.gov.ph   | Harold Moncion        | harold.moncion@deped.gov.ph       |                           |                                  |
| 5   | BOXING            |                          |                               | Aida A. Pe            | aida.pe@deped.gov.ph              |                           |                                  |
|     |                   |                          |                               | Glyden Valentin       | glyden.valentin@deped.gov.ph      |                           |                                  |
|     |                   | Julius T. Baliquied      | julius.baliquied@deped.gov.ph | Roger B. Ngawa        | roger.ngawa@deped.gov.ph          | Dave D. Espilimbergo      | dave.espilimbergo@deped.gov.ph   |
|     |                   |                          |                               | Christobal Dinamling  | christobal.dinamling@deped.gov.ph |                           |                                  |
|     |                   | Villarica P. Friez       | villarica.friez@deped.gov.ph  |                       |                                   |                           |                                  |



| NO. | SPORT EVENT  | BENGUET                     |                              |                         |                                   |                         |                                  |
|-----|--------------|-----------------------------|------------------------------|-------------------------|-----------------------------------|-------------------------|----------------------------------|
|     |              | TECHNICAL OFFICIAL          | EMAIL ADDRESS                | ELEMENTARY              | EMAIL ADDRESS                     | SECONDARY               | EMAIL ADDRESS                    |
| 2   | CHESS        |                             |                              | Lynden E. Olas          | lynden.olas@deped.gov.ph          | Johannie B. Tacio       | johannie.tacio@gmail.gov.ph      |
|     |              |                             |                              | Jassel B. Osting        | jassel.osting@deped.gov.ph        | Crispher D. Ediong      | crispher.ediong@deped.gov.ph     |
|     |              |                             |                              | Marcial W. Danggol      | marcial.danggol@deped.gov.ph      | Heber K. Layag          | heber.layag@deped.gov.ph         |
|     |              |                             |                              | Glendale B. Osting      | glendale.osting@deped.gov.ph      |                         |                                  |
|     |              |                             |                              | Rosila B. Balat         | rosila.balat@deped.gov.ph         |                         |                                  |
| 3   | LAWN TENNIS  | Shirley D. Pating           | shirley.pating@deped.gov.ph  | Annabelle S. Baroa      | annabelle.baroa@deped.gov.ph      | Rex P. Mabiase          | rex.mabiase@deped.gov.ph         |
|     |              |                             |                              | Zelpha A. Segundo       | zelpha.segundo@deped.gov.ph       |                         |                                  |
|     |              |                             |                              | Mary B. Licudan         | mary.licudan@deped.gov.ph         |                         |                                  |
|     |              |                             |                              | Rosenda T. Garces       | rosenda.garces@deped.gov.ph       |                         |                                  |
|     |              |                             |                              | Olivia T. Buance        | olivia.buance@deped.gov.ph        |                         |                                  |
| 4   | TABLE TENNIS | Denver T. Dacquias          | denver.dacquias@deped.gov.ph | <i>Jason Dacwayan</i>   |                                   | Franzmarie L. Langbis   | franzmarie.langbis@deped.gov.ph  |
|     |              | Edison B. Hadsan            | edison.hadsan@deped.gov.ph   | Claire M. Balingway     | claire.balingway@deped.gov.ph     | Lyn F. Sakiwat          | lyn.sakiwat@deped.gov.ph         |
|     |              | <i>Elvie P. Buya</i>        |                              | Analy J. Frias          | annaly.frias@deped.gov.ph         | Fransmarie L. Langbis   | franzmarie.langbis@deped.gov.ph  |
|     |              | ELMER R. SAGUBO             | elmer.sagubo@deped.gov.ph    | Jacqueline S. Baguingey | jacquelinebaguingey@gmail.com     | Weber C. Codman         | weber.codman@deped.gov.ph        |
|     |              |                             |                              | Ike B. Danio            | ike.danio@deped.gov.ph            | Rubelyn P. Paltican     | rubelyn.paltican@deped.gov.ph    |
|     |              |                             |                              | Dindin S. Iliw          | dindin.iliv@deped.gov.ph          | Rachel Ormaeng          | rachel.ormaoeng@deped.gov.ph     |
|     |              |                             |                              | Efren D. Rufino         | efren.rufino@deped.gov.ph         | Alma B. Codman          | alama.codman@deped.gov.ph        |
|     |              |                             |                              |                         |                                   | Eric B. Baguingey       | eric.baguingey@deped.gov.ph      |
|     |              |                             |                              | David Antero            | david.antero@deped.gov.ph         |                         |                                  |
|     |              |                             |                              | Denver T. Dacquias      | denver.dacquias@deped.gov.ph      |                         |                                  |
|     | <b>TEAM</b>  |                             |                              |                         |                                   |                         |                                  |
| 1   | BASEBALL     |                             |                              |                         |                                   | Lyra P. Banglo          | lyra.banglo@deped.gov.ph         |
| 2   | BASKETBALL   | Zanny B. Liquigan           | zanny.liquigan@deped.gov.ph  | Aileen B. Sabayao       | aileen.sabayao@deped.gov.ph       | Jeric K. Ingtitan       | jeri.ingtitan@deped.gov.ph       |
|     |              | Alex Batara                 |                              | Marlon B. Losnong       | marlon.losnong@deped.gov.ph       | Norie Anne L. Bomowey   | norianne.bomowey@deped.gov.ph    |
|     |              |                             |                              |                         |                                   | Raponsil S. Pacsi       | raponsil.pacsi@deped.gov.ph      |
| 3   | FOOTBALL     | Matinia K. Pasigon          | matinia.pasigon@deped.gov.ph | Consolacion B. Longbabe | consolacion.longbabe@deped.gov.ph |                         |                                  |
|     |              |                             |                              | Elma B. Ablaza F        | elma.ablaza@deped.gov.ph          |                         |                                  |
| 4   | FUTSAL       | Jesse M. Lartec             | jesse.lartec@deped.gov.ph    | Cleran A. Dayso         | cleran.dayso@deped.gov.ph         | Boone P. Pangda         | boone.pangda@deped.gov.ph        |
|     |              |                             |                              | Rosalinda S. Calawa     | rosalinda.calawa@deped.gov.ph     | MAGDALYN M. TOMILAS     | magdalyn.tomilas@deped.gov.ph    |
|     |              |                             |                              | Mercedes S. Catacutan   | mercedes.catacutan@deped.gov.ph   |                         |                                  |
| 5   | SEPAK TAKRAW | Conrado M. Caniero Jr.      | conrado.caniero@deped.gov.ph | Angeline C. Napeek      | angeline.napeek@deped.gov.ph      | Odessa K. Apos          | odessa.apos@deped.gov.ph         |
|     |              |                             |                              | Annabelle Marquez       | annabelle.marquez@deped.gov.ph    | Reymark Lyndon D. Ranay | reymarklyndon.ranay@deped.gov.ph |
|     |              |                             |                              | Judith K. Banisal       | judith.banisal@deped.gov.ph       | Arnel Albis             | arnel.albis@deped.gov.ph         |
|     |              |                             |                              | Edwin Pagoy Jr          | edwin.jr.pagoy@deped.gov.ph       | Delfin L. Chawan        | delfin.chawan@deped.gov.ph       |
| 6   | SOFTBALL     | Randall Napeek              | randall.napeek@deped.gov.ph  | Anabelle A. Palitog     | anabelle.palitog@deped.gov.ph     | Mae Ann R. Daganos      | maeann.daganos@deped.gov.ph      |
|     |              |                             |                              | Marife B. Mangusan      | mangusanmarife@gmail.com          | Claire D. Alindog       | claire.alindog@deped.gov.ph      |
|     |              |                             |                              | Hyde T. Gomez           | hydegomez148@gmail.com            | Sheena D. Paicot        | sheena.paicot@deped.gov.ph       |
|     |              |                             |                              | Flordeliza C. Balusdan  | flordelizabalusdan@gmail.com      | Mae Ann R. Daganos      | maeann.daganos@deped.gov.ph      |
|     |              | <i>John P. Carbonel Jr.</i> |                              | Jovie D. Allatog        | jovie.allatog@deped.gov.ph        | Oliver B. Jimenez       | oliver.jimenez@deped.gov.ph      |
|     |              | Jovie D. Allatog            | jovie.allatog@deped.gov.ph   | Ohwen L. Legodio        | ohwen.legodio@deped.gov.ph        | Spencer C. Dao-anis     | spencer.daoanis@deped.gov.ph     |
|     |              | FIDEL B. WAGLISON JR.       | fidel.waglison@deped.gov.ph  | Jvelyn G. Langpawen     | jvelyn.gorio@deped.gov.h          | Wayford T. Sab-it       | way4d@gmail.com                  |

| NO. | SPORT EVENT   | BENGUET                |                               |                              |                                  |                         |                                  |
|-----|---------------|------------------------|-------------------------------|------------------------------|----------------------------------|-------------------------|----------------------------------|
|     |               | TECHNICAL OFFICIAL     | EMAIL ADDRESS                 | ELEMENTARY                   | EMAIL ADDRESS                    | SECONDARY               | EMAIL ADDRESS                    |
| 6   | GYMNASTICS    | <i>Rejoice Bugtong</i> |                               | Ellen B. Gano                | ellen.gano@deped.gov.ph          | Annalyn W. Lacap        | annalyn.lacpap@deped.gov.ph      |
|     |               |                        |                               | Nelia M. Tibawen             | nelia.tibawen@deped.gov.ph       | Sharon C. Lamagan       | sharon.lamagan@deped.gov.ph      |
|     |               |                        |                               | Marieta P. Marquez           | marieta.marquez@deped.gov.ph     | Jesse James D. Guitelen | jessejames.guitelen@deped.gov.ph |
|     |               |                        |                               | Dana C. Camiling             | dan.camiling@deped.gov.ph        | Lily L. Landisan        | lily.landisan@deped.gov.ph       |
|     |               |                        |                               | Jacqueline M. Ngaseo         | jacqueline.ngaseo@deped.gov.ph   | Lianda L. Patawang      | lianda.patawang@deped.gov.ph     |
|     |               |                        |                               | Carolyn P. Tufay             | carolyn.tufay@deped.gov.ph       |                         |                                  |
|     |               |                        |                               | Rakel P. Cabalan             | rackel.cabalan@deped.gov.ph      |                         |                                  |
|     |               |                        |                               | Lorejoy D. Tepeg             | loriejoy.tepeg@deped.gov.ph      |                         |                                  |
|     |               |                        |                               | MaryJane B. Bayeng           | maryjane.bayeng@deped.gov.ph     |                         |                                  |
|     |               |                        |                               | Ofelia K. Pasadillo          | ofelia.pasadillo@deped.gov.ph    |                         |                                  |
|     |               | Evafior S. Alindan     | evafior.alindan@deped.gov.ph  |                              |                                  |                         |                                  |
| 7   | MUAYTHAI      |                        |                               |                              |                                  | Agustino Amancio        | agustino.amancio@deped.gov.ph    |
| 8   | SWIMMING      |                        |                               | <i>William V. Sarape</i>     |                                  |                         |                                  |
|     |               |                        |                               | Judy May T. Panggalisan      | judymay.panggalisan@deped.gov.ph |                         |                                  |
| 9   | TAEKWONDO     |                        |                               | Decinia T. Collera           | decinia.collera@deped.gov.ph     |                         |                                  |
|     |               |                        |                               | Chester P. Bolcio            | chester.bolcio@deped.gov.ph      | Fredrick L. Balangay    | fredrick.balangay@deped.gov.ph   |
|     |               |                        |                               |                              |                                  | Willy B. Kay-an         | willy.kayan@deped.gov.ph         |
|     |               |                        |                               |                              |                                  | Macton Alonzo           | macton.alonzo@deped.gov.ph       |
|     |               |                        |                               |                              |                                  | Nestor D. Segundo       | nestor.segundo@deped.gov.ph      |
|     |               |                        |                               |                              |                                  | Cherry Ann P. Caytap    | cherryann.pedro@deped.gov.ph     |
| 10  | WUSHU/SANGGOL | Jedy Lou D. Patalan    | jedylou.patalan@deped.gov.ph  | Joel L. Mangallay            | joel.mangallay@deped.gov.ph      | Sara Joy Mayanggao      | sarajoy.mayanggao@deped.gov.ph   |
|     |               | Bryan S. Olod          | bryan.olod@deped.gov.ph       |                              |                                  | Analy M. Bernabe        | analy.bernabe@deped.gov.ph       |
|     |               | <i>Jordan J. Subli</i> |                               |                              |                                  | Minrod Balacay          | minrod.balacay@deped.gov.ph      |
|     |               |                        |                               |                              |                                  | Jamal Lucero            | jamal.lucero@deped.gov.ph        |
| 11  | WRESTLING     | Joseph T. Bacani       | joseph.bacani@deped.gov.ph    |                              |                                  | Nick Galati             | nick.galati@deped.gov.ph         |
| 12  | PENCAK SILAT  | Rodolfo T. Dao-as      | rodolfo.daocas@deped.gov.ph   | Myra C. Aniceto              | myra.aniceto@deped.gov.ph        | Romnick Onil            | romnick.onil@deped.gov.ph        |
|     |               | KENN ASHLEY A. BAY-ET  | kennashley.bayet@deped.gov.ph | Velasco Metwa                | velasco.metwa@deped.gov.ph       | Tristan F. Malafu       | tristan.malafu@deped.gov.ph      |
| 13  | PARA GAMES    |                        |                               | Erinda L. Tamaken            | erlinda.tamaken@deped.gov.ph     | Laarni P. Locano        | laarni.locano@deped.gov.ph       |
|     |               |                        |                               | Alicia A. Anasan             | alicia.anasan@deped.gov.ph       |                         |                                  |
|     |               |                        |                               | Nida S. Masnan               | nida.masnan@deped.gov.ph         |                         |                                  |
|     |               |                        |                               | Lea B. Wakat                 | leawakat@gmail.com               |                         |                                  |
|     | <b>DUAL</b>   |                        |                               |                              |                                  |                         |                                  |
| 1   | BADMINTON     | Melanie An A. Napeek   | melaniean.napeek@deped.gov.ph | <i>Marichu W. Tonggalong</i> |                                  | Benson S. Diwa          | benson.diwa@deped.gov.ph         |
|     |               |                        |                               | Gabriel O. Ganawed           | gabriel.ganawed@deped.gov.ph     | Nelly A. Abad           | nelly.abad@deped.gov.ph          |
|     |               |                        |                               | Jovena B. Tabao-ec           | jovena.tabaoec@deped.gov.ph      | Roger T. Julian         | roger.julian@deped.gov.ph        |
|     |               |                        |                               | Liza A. Colbo                | liza.colbo@deped.gov.ph          | Raf Wilson A. Tuguinay  | rafwilson.tuguinay@deped.gov.ph  |
|     |               |                        |                               | Ofelia A. Anasan             | ofelia.anasan@deped.gov.ph       |                         |                                  |
|     |               |                        |                               | Fe D. Jimenez                | fe.balongangey@deped.gov.ph      |                         |                                  |
|     |               | Jeanivy D. Milo        | jeanivy.milo@deped.gov.ph     | Jackyline D. Kis-ing         | jackylinekising@gmail.com        | Giovani L. Dogaong      | giovani.dogaong@deped.gov.ph     |
|     |               | ROGER L. RIVERA        | roger.rivera@deped.gov.ph     | Precy M. Gom-o               | precy.gomo@deped.gov.ph          | Rogleson P. Basatan     |                                  |
|     |               |                        |                               | Sherlyn B. Ampal             | sherlyn.ampal@deped.gov.ph       | Maribelle C. Zaragoza   | maribelle.zaragoza@deped.gov.ph  |
|     |               |                        |                               | Julieta B. Osting            | julieta.osting@deped.gov.ph      |                         |                                  |

| BENGUET |              |                    |                             |                    |                              |                   |                             |
|---------|--------------|--------------------|-----------------------------|--------------------|------------------------------|-------------------|-----------------------------|
| NO.     | SPORT EVENT  | TECHNICAL OFFICIAL | EMAIL ADDRESS               | ELEMENTARY         | EMAIL ADDRESS                | SECONDARY         | EMAIL ADDRESS               |
| 7       | VOLLEYBALL   | JOSEPH C. MIRANDA  | joseph.miranda@deped.gov.ph | Junwin P. Ingaan   | junwin.ingaan@deped.gov.ph   | Ruth L. Sugando   | rsugando03@gmail.com        |
|         |              |                    |                             | Flora M. Posayan   | manoloflorapoayan@gmail.com  | JOEY C. PALONGYAS | joey.palongyas@deped.gov.ph |
|         |              |                    |                             | Jerlyn B. Tuguinay | baguingeyjerlyn27@gmail.com  | Lyzhel B. Dino    | lyzhelviolet@gmail.com      |
|         |              |                    |                             | Victoria T. Mitas  | victoria.mitas@deped.gov.ph  |                   |                             |
| 8       | DANCE SPORT  |                    |                             | Sheryl B. Melchor  | sheryl.melchor@deped.gov.ph  | Nylene Penas      | nyleneflorespenas@gmail.com |
|         |              |                    |                             | Juna P. Conception | juna.conception@deped.gov.ph |                   |                             |
|         |              |                    |                             | Michelle M. Ngala  | michelle.ngala@deped.gov.ph  |                   |                             |
|         |              |                    |                             | Shirnee B. Cuaban  | shirnee.cuaban@deped.gov.ph  |                   |                             |
|         |              |                    |                             |                    |                              |                   |                             |
|         |              |                    |                             | Gloria D. Ngaosi   | gloria.ngaosi@deped.gov.ph   |                   |                             |
|         | <b>TOTAL</b> |                    | <b>32</b>                   |                    | <b>106</b>                   |                   | <b>70</b>                   |

Overall = 208





Republic of the Philippines  
Department of Education

**CORDILLERA ADMINISTRATIVE REGION**

*Wangal La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | IFUGAO                 |                                  |                     |                                 |                          |                                     |
|-----|-------------------|------------------------|----------------------------------|---------------------|---------------------------------|--------------------------|-------------------------------------|
|     |                   | TECHNICAL OFFICIAL     | EMAIL ADDRESS                    | ELEMENTARY          | EMAIL ADDRESS                   | SECONDARY                | EMAIL ADDRESS                       |
|     | <b>INDIVIDUAL</b> |                        |                                  |                     |                                 |                          |                                     |
| 1   | ARCHERY           |                        |                                  |                     |                                 | Jefferson Abagan         | jefferson.Abagan@deped.gov.ph       |
| 2   | ARNIS             | Rosebella P. Buya-ao   | rosebella.buyaao001@deped.gov.ph | Agustin L. Adawe    | agustin.adawe001@deped.gov.ph   | Nelson D. Bumidang       | nelson.bumidang@deped.gov.ph        |
|     |                   | Gabby W. Cabo Jr.      | gabby.cabo001@deped.gov.ph       |                     |                                 |                          |                                     |
|     |                   | Jennifer N. Taccab     | jennifer.taccab001@deped.gov.ph  |                     |                                 |                          |                                     |
|     |                   | Mariel Joyce D. Hippog | marieljoyce.hippog@deped.gov.ph  |                     |                                 |                          |                                     |
| 3   | AHLETICS          | Florentina D. Lunag    | florentina.lunag001@deped.gov.ph | Lea C. Lag-oy       | lea.lagoy@deped.gov.ph          | Juanito Bumaynin         | juanito.bumaynin@deped.gov.ph       |
|     |                   | Jerico B. Bando        | jerico.bando001@deped.gov.ph     | Jerica G. Nadiahan  | jerica.nadiahan@deped.gov.ph    | Vilma Gallangi           | vilma.gallangi@deped.gov.ph         |
|     |                   | Alvin B. Bumidang      | alvin.bumidang@deped.gov.ph      | Victoria B. Laguna  | victoria.laguna001@deped.gov.ph |                          |                                     |
|     |                   | Menalyn C. Pa-it       | menalyn.pait@deped.gov.ph        | Sheilla D. Daulayan | sheilla.daulayan@deped.gov.ph   |                          |                                     |
|     |                   | Cecelia M. Reboca      | cecelia.reboca@deped.gov.ph      | Analiza C. Pugong   | analiza.pugong@deped.gov.ph     |                          |                                     |
| 4   | BILLIARDS         | Brando D. Lunag        | brando.lunag001@deped.gov.ph     |                     |                                 | Christian B. Angiwan     | christian.angiwan@deped.gov.ph      |
| 5   | BOXING            | Briniel L. Galangi     | briniel.galangi001@deped.gov.ph  |                     |                                 |                          |                                     |
| 6   | GYMNASTICS        | Allan O. Roxas         | allan.roxas003@deped.gov.ph      |                     |                                 | Ellen Grace Gonzales     | ellengrace.gonzales002@gmail.com    |
|     |                   | <i>Rebecca Halbino</i> |                                  |                     |                                 |                          |                                     |
|     |                   | Rhodora Buhong         | rhodorabuhong@deped.gov.ph       |                     |                                 |                          |                                     |
|     |                   | Rhia D. Piligan        | rhia.piligan@deped.gov.ph        |                     |                                 |                          |                                     |
| 7   | MUAYTHAI          | Ulyssis G. Binalit     | ulyssis.binalit@deped.gov.ph     |                     |                                 |                          |                                     |
| 8   | SWIMMING          | Marjorie I. Ballagan   | marjorie.ballagan@deped.gov.ph   | Carol L. Dupling    | carol.dupling@deped.gov.ph      | Angie E. Dulnuan         | angie.dulnuan@deped.gov.ph          |
|     |                   | Josefina O. Putang     | josefina.putang@deped.gov.ph     |                     |                                 | Abelardo D. Puddunan     | Abelardo.puddunan@deped.gov.ph      |
|     |                   | Leonida G. Dulnuan     | leonida.dulnuan002@deped.gov.ph  |                     |                                 | Shirly A. Kimpay         | shirly.kimpay@deped.gov.ph          |
|     |                   | Frichie A. Ogano       | frichie.ogano@deped.gov.ph       |                     |                                 |                          |                                     |
|     |                   | Jeomar V Campos        | jeomar.campos003@deped.gov.ph    |                     |                                 |                          |                                     |
| 9   | TAEKWONDO         | Leomar P. Binbinon     | leomar.binbinon@deped.gov.ph     |                     |                                 | Leomar Binbinon          | leomar.binbinon@deped.gov.ph        |
|     |                   |                        |                                  |                     |                                 | John Dember Malinab      | johndember.malinab@deped.gov.ph     |
|     |                   |                        |                                  |                     |                                 | Mary Sarzet B. Fernandez | marysazet.fernandez001@deped.gov.ph |
| 10  | WUSHU/SANGGOL     |                        |                                  |                     |                                 |                          |                                     |
| 11  | WRESTLING         |                        |                                  |                     |                                 | Emerita T. Binbinon      | emerita.binbinon@deped.gov.ph       |
| 12  | PENCAK SILAT      | Rostom N. Kinggingan   | rostom.kinggingan@deped.gov.ph   | Joyce Mangallab     | joyce.mangallab@deped.gov.ph    | Grace Marie A. Beyer     | gracemarie.beyer@deped.gov.ph       |
|     |                   |                        |                                  |                     |                                 | Soren G. Bana-ao         | soren.banaao@deped.gov.ph           |
| 13  | PARA GAMES        |                        |                                  |                     |                                 |                          |                                     |

| NO. | SPORT EVENT  | IFUGAO                       |                                    |                            |                                    |                              |                                   |
|-----|--------------|------------------------------|------------------------------------|----------------------------|------------------------------------|------------------------------|-----------------------------------|
|     |              | TECHNICAL OFFICIAL           | EMAIL ADDRESS                      | ELEMENTARY                 | EMAIL ADDRESS                      | SECONDARY                    | EMAIL ADDRESS                     |
|     | <b>DUAL</b>  |                              |                                    |                            |                                    |                              |                                   |
| 1   | BADMINTON    | <i>Chloe Buyayo</i>          |                                    | Jeodelia I. Pucdihon       | jeodelia.pucdihon@deped.gov.ph     | Carmen Brucal                | carmen.brucal@deped.gov.ph        |
|     |              | Jerry Pugong                 | jerry.pugong@deped.gov.ph          | Hilda H. Tolentino         | hilda.tolentino001@deped.gov.ph    |                              |                                   |
|     |              | Clarissa U. Reputula         | clarissa.reputula@deped.gov.ph     | Vivienne Rose P. Lachaona  | viviennerose.lachaona@deped.gov.ph |                              |                                   |
|     |              | Analiza G. Diaz              | analiza.diaz001@deped.gov.ph       | Eunice M. Chunanon         | eunice.chunanon001@deped.gov.ph    |                              |                                   |
|     |              | Venancio Abrojena Jr.        | venancio.abrojenajr@deped.gov.ph   |                            |                                    |                              |                                   |
| 2   | CHESS        | Cielo G. Baucas              | cielo.baucas@deped.gov.ph          |                            |                                    |                              |                                   |
|     |              | Jovita D. Bindadan           | jovita.bindadan@deped.gov.ph       |                            |                                    | Cherry Ann A. Lopnao         | cherryann.lopnao@deped.gov.ph     |
|     |              | Marilou H. Ballogan          | marilou.ballogan001@deped.gov.ph   |                            |                                    | Maniline B. Cojpag           | maniline.cojpag@deped.gov.ph      |
|     |              | Marina C. Ligmayo            | marina.ligmayo001@deped.gov.ph     |                            |                                    | Dan Jun M. Anaper            | danjun.anaper@deped.gov.ph        |
|     |              | Frederick C. Dao-ay          | frederick.daoay001@deped.gov.ph    |                            |                                    |                              |                                   |
| 3   | LAWN TENNIS  | Gemma S. Talamayan           | gemma.talamayan001@dep.gov.ph      |                            |                                    |                              |                                   |
|     |              | Aiza D. Bunnag               | aiza.dohyog@deped.gov.ph           | Epifanio G. Domingo Jr.    | epifanio.domingo002@deped.gov.ph   | Michael Dulnuan              | michael.dulnuan@deped.gov.ph      |
|     |              | Johnny U. Baniton Jr.        | johnny.baniton@deped.gov.ph        | <i>Porcia B. Ballatong</i> |                                    |                              |                                   |
|     |              | Maricel B. Balwang           | maricel.antonio003@deped.gov.ph    | Fabiola B. Almendra        | fabiola.almendra001@deped.gov.ph   |                              |                                   |
|     |              | Daisybelle H. Dulawan        | daisybelle.dulawan001@deped.gov.ph | Jessibel G. Inabiohan      | jessibel.inabiohan@deped.gov.ph    |                              |                                   |
| 4   | TABLE TENNIS | Yolanda V. Cacal             | yolanda.cacal001@deped.gov.ph      |                            |                                    |                              |                                   |
|     |              | Jeffryl L. Baawa             | jeffryl.baawa@deped.gov.ph         |                            |                                    |                              |                                   |
|     |              |                              |                                    |                            |                                    |                              |                                   |
|     |              |                              |                                    |                            |                                    |                              |                                   |
|     |              |                              |                                    |                            |                                    |                              |                                   |
|     | <b>TEAM</b>  |                              |                                    |                            |                                    |                              |                                   |
| 1   | BASEBALL     | Noli C. Salviejo             | noli.salviejo001@deped.gov.ph      | <i>Christopher Winnan</i>  |                                    | Menandro V. Santiago         | menandro.santiago@deped.gov.ph    |
| 2   | BASKETBALL   | Ellie Kid Q. Casita          | elliekid.casita@deped.gov.ph       |                            |                                    | Allan Clint B. Rimando       | allan.rimando@deped.gov.ph        |
|     |              | Harris L. Galapon            | galaponharris26@gmail.com          |                            |                                    |                              |                                   |
|     |              | Jojo G. Barwelo              | jojo.barwelo@deped.gov.ph          |                            |                                    |                              |                                   |
| 3   | FOOTBALL     | Maricel D. Benigno           | maricel.benigno001@deped.gov.ph    |                            |                                    | Karrol Bryant G. Dulawan     | karrolbryant.dulawan@deped.gov.ph |
| 4   | FUTSAL       | Joanna Marie Tiggangay       | joannamarie.tiggangay@deped.gov.ph |                            |                                    | Menchu Dawagan               | menchu.dawagan@deped.gov.ph       |
| 5   | SEPAK TAKRAW | Ronie D. Dela Cruz           | ronie.delacruz010@deped.gov.ph     | Judith D. Lungob           | judith.lungob001@deped.gov.ph      | Dexter A. Manuel             | dexter.manuel002@deped.gov.ph     |
|     |              | Nixon C. Belingon            | nixon.belingon001@deped.gov.ph     | Maribel B. Benhon          | maribel.benhon001@deped.gov.ph     | Fred B. Concepcion           | fred.concepcion@deped.gov.ph      |
|     |              |                              |                                    | Kathleen M. Boadilla       | kathleen.boadilla001@deped.gov.ph  |                              |                                   |
| 6   | SOFTBALL     | Gladys May G. Jeminez        | gladysmay.jeminez@deped.gov.ph     | Charlie D Baucas           | charlie.baucas001@deped.gov.ph     | <i>Mary Sarzet Fernandez</i> |                                   |
|     |              |                              |                                    |                            |                                    | Ellen B. Guingahan           | ellenguingahan@gmail.com          |
| 7   | VOLLEYBALL   | Cesar Matunno Jr             | cesar.matunno@deped.gov.ph         | Bverly P. Ligmayo          | beverlypinkihanligmayo@gmail.com   | Samson Baliwang              | samson.baliwang@deped.gov.ph      |
|     |              | Grace Marie A. Beyer         | gracemarie.beyer@deped.gov.ph      | Minerva B. Inte            | minerva.inte004@deped.gov.ph       | Donna N. Dela Cruz           | donna.delacruz005@deped.gov.ph    |
|     |              | Cherry Ann A. Lopnao         | Cherryann.lopnao@deped.gov         | Zonia P. Bulligan          | zoniam.bulligan001@deped.gov.ph    |                              |                                   |
|     |              | Lily Cade M. Acojido         | lilycade.acojido@deped.gov.ph      | Eunice M. Chunanon         | eunice.chunanon001@deped.gov.ph    |                              |                                   |
| 8   | DANCE SPORT  |                              |                                    | Maricel G. Uchayan         | maricel.uchayan001@deped.gov.ph    |                              |                                   |
|     |              | <i>Janice Alma Kimmayong</i> |                                    | Yamashita S. Pumalo        | yamashita.pumalo001@dep.gov.ph     |                              |                                   |
|     |              | Genifer Gay Romualdo         | genifergay.romualdo@deped.gov.ph   | Bernaliza D. Mangallab     | bernaliza.mangallab@deped.gov.ph   |                              |                                   |
|     |              |                              |                                    | Mark B. Bubod              | mark.bubod@deped.gov.ph            |                              |                                   |
|     | <b>TOTAL</b> |                              | <b>55</b>                          |                            | <b>29</b>                          |                              | <b>30</b>                         |

Overall = 114



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**CORDILLERA ADMINISTRATIVE REGION**  
*Wangal, La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | KALINGA                   |                                 |                      |                               |                     |   |
|-----|-------------------|---------------------------|---------------------------------|----------------------|-------------------------------|---------------------|---|
|     |                   | TECHNICAL OFFICIAL        | EMAIL ADDRESS                   | ELEMENTARY           | EMAIL ADDRESS                 | SECONDARY           | EMAIL ADDRESS                           |
|     | <b>INDIVIDUAL</b> |                           |                                 |                      |                               |                     |   |
| 1   | ARCHERY           | Steven C. Tumaru          | duguiawetumarustephen@gmail.com | Nicolas N. Carag     | nicolas.carag@deped.gov.ph    | Manalyn Padios      | manalyn.padios@gmail.com                |
| 2   | ARNIS             | Regina B. Bakilan         | regina.bakilan@deped.gov.ph     | Fredalina Lumabi     | fredalina.lumabi@deped.gov.ph | Wilbur Shaun Lovena | wilburshaun.lovena@deped.gov.ph         |
| 3   | AHLETICS          | Janevin M. Cuaresma       | janevin.cuaresma@deped.gov.ph   | Gretchen B. Antonio  | gretchen.antonio@deped.gov.ph | Mary Jane Sacolles  | maryjane.sacolles@deped.gov.ph          |
| 4   | BILLIARDS         | Jesus Canceran            | jesus.canceran@deped.gov.ph     | Joef C. Campano      | joef.campano@deped.gov.ph     | Denis Bantiag       | denis.batiag@deped.gov.ph               |
| 5   | BOXING            | Jocel Aggubeban           | jocel.aggubeban@deped.gov.ph    | Efraem Alicog        | efraem.alicog@deped.gov.ph    | Alexander Gaano     | alexander.gaano@deped.gov.ph            |
| 6   | GYMNASTICS        | Jona Rica Pinading        | jonarica.pinading@deped.gov.ph  | Marivic Rojado       | marivic.rojado@deped.gov.ph   | Almeran Pentecontes | almeran.pentecontes@deped.gov.ph        |
| 7   | MUAYTHAI          |                           |                                 |                      |                               |                     |   |
| 8   | SWIMMING          |                           |                                 |                      |                               |                     |   |
| 9   | TAEKWONDO         |                           |                                 |                      |                               |                     |   |
| 10  | WUSHU/SANGGOL     |                           |                                 |                      |                               |                     |   |
| 11  | WRESTLING         | Mary Grace Puyoc          | marygrace.puyoc@deped.gov.ph    | Josan Zamora         | josanzamora14@gmail.com       | Beverly Magmoyao    | magmoyaobeverlyn@gmail.com@deped.gov.ph |
| 12  | PENCAK SILAT      | Novalou Gumilao           | novalou.gumilao@deped.gov.ph    | Helania Magmao       | helania.magmao@deped.gov.ph   | Shadia Mangida      | shadia.mangida@deped.gov.ph             |
| 13  | PARA GAMES        | Jane Basitan              | jane.basitan@deped.gov.ph       | Jaycee Mae Cabrerros | jayceemae.cabreros@ded.gov.ph | Jaira Gaano         | jirah.gaano@deped.gov.ph                |
|     | <b>DUAL</b>       |                           |                                 |                      |                               |                     |   |
| 1   | BADMINTON         | Karen Wandaga             | karen.wandaga@deped.gov.ph      | Febelyn Bulwayan     | febelyn.bulwayan@deped.gov.ph | Geralyn Dao-ayan    | geralyn.dao-ayan@deped.gov.ph           |
| 2   | CHESS             | Janice Yac-ao             | janice.yac_ao@deped.gov.ph      | Mary Grace Manoli    | marygrace.puyoc@deped.gov.ph  | Renalyn Otom        | reynalyn.otom@deped.gov.ph              |
| 3   | LAWN TENNIS       | Joan Grace D. Vargas      | joangrace.diosan@deped.gov.ph   | Maricel Gunawa       | maricel.gunnawa@deped.gov.ph  | Julio Daowan        | julio.daowan@deped.gov.ph               |
| 4   | TABLE TENNIS      |                           |                                 |                      |                               |                     |   |
|     | <b>TEAM</b>       |                           |                                 |                      |                               |                     |   |
| 1   | BASEBALL          | Francoise D. Ngayaan      | francoise.ngayaan@deped.gov.ph  | Nolly B. Perez       | nolly.perez@deped.gov.ph      | Karen N. Balbin     | karen.balbin@deped.gov.ph               |
| 2   | BASKETBALL        | Edsel Yatar               | edsel.yatar@deped.gov.ph        | Regie Juan           | regie.juan@deped.gov.ph       | Joshua Bakilan      | joshua.bakilan@deped.gov.ph             |
| 3   | FOOTBALL          | Monday Alunday            | monday.alunday@deped.gov.ph     | Bevelyn Salibad      | bevelyn.salibad@deped.gov.ph  | Ana Marie Bowat     | anamarie.bowat@deped.gov.ph             |
| 4   | FUTSAL            | Jona Rica Pinading        | jonarica.pinading@deped.gov.ph  | Marivic Rojado       | marivic.rojado@deped.gov.ph   | Almeran Pentecontes | almeran.pentecontes@deped.gov.ph        |
| 5   | SEPAK TAKRAW      | Samuel R. Vargas          | samuel.vargas@deped.gov.ph      | Joeffrey D. Cadang   | joeffrey.cadang@deped.gov.ph  | Julio Z. Sitchon    | julio.sitcho@deped.gov.ph               |
| 6   | SOFTBALL          | Edgar Zyryll C. Gaffud II | edgarzyryll.gaffud@deped.gov.ph | Mark Paul C. Bato    | markpaul.bato@deped.gov.ph    | Colleen D. Ngayaan  | colleenann.ngayaan@deped.gov.ph         |
| 7   | VOLLEYBALL        |                           |                                 |                      |                               |                     |   |
| 8   | DANCE SPORT       | Ryan Greg Solsoloy        | ryangreg.solsoloy@deped.gov.ph  | Markham Agnas        | markham.agnas@deped.gov.ph    | Reyna Batac         | reyna.batac@deped.gov.ph                |
|     | <b>TOTAL</b>      |                           | <b>19</b>                       |                      | <b>19</b>                     |                     | <b>19</b>                               |

Overall = 57





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**CORDILLERA ADMINISTRATIVE REGION**

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**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**

**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | MOUNTAIN PROVINCE               |               |                            |               |                         |               |
|-----|-------------------|---------------------------------|---------------|----------------------------|---------------|-------------------------|---------------|
|     |                   | TECHNICAL OFFICIAL              | EMAIL ADDRESS | ELEMENTARY                 | EMAIL ADDRESS | SECONDARY               | EMAIL ADDRESS |
|     | <b>INDIVIDUAL</b> |                                 |               |                            |               |                         |               |
| 1   | ARCHERY           | <i>Darryl Calgan</i>            |               |                            |               |                         |               |
| 2   | ARNIS             | <i>Jefferson Molina</i>         |               | <i>Grace Payocyoc</i>      |               | <i>Jennelyn Sagaito</i> |               |
| 3   | AHLETICS          | <i>Aaladin Pascua</i>           |               | <i>Jennylyn Fallong</i>    |               | <i>Vincent Aswit</i>    |               |
| 4   | BILLIARDS         | <i>Eleazar Sapdoy</i>           |               | <i>Benzon Algona</i>       |               | <i>Delma Kalaw</i>      |               |
| 5   | BOXING            | <i>Efren Napaeg</i>             |               | <i>Daniel Cheg - ao</i>    |               | <i>Joan Angway</i>      |               |
| 6   | GYMNASTICS        | <i>Fraulne Ekid</i>             |               |                            |               |                         |               |
| 7   | MUAYTHAI          |                                 |               |                            |               |                         |               |
| 8   | SWIMMING          | <i>Evangeline Santos</i>        |               | <i>Marilyn Jimenez</i>     |               | <i>Jess Chomaran</i>    |               |
| 9   | TAEKWONDO         | <i>Rizalino Kiaki</i>           |               | <i>Edward Equetan</i>      |               | <i>Criselda Anongos</i> |               |
| 10  | WUSHU/SANGGOL     | <i>Rozdale Managtag</i>         |               | <i>John Aclopen</i>        |               | <i>Nelson Agpad</i>     |               |
|     |                   | <i>Rosendo Cacap</i>            |               | <i>Samuel Sudicalan</i>    |               | <i>Aligmayo Domanas</i> |               |
|     |                   | <i>Lalaine Pocdalen</i>         |               |                            |               |                         |               |
| 11  | WRESTLING         | <i>William Sapdoy</i>           |               | <i>Coleber Dawin</i>       |               |                         |               |
| 12  | PENCAK SILAT      | <i>Jerome Buenafe</i>           |               | <i>Lystra Mae Wangwang</i> |               | <i>Abelet Napanoy</i>   |               |
| 13  | PARA GAMES        | <i>Joyce Marie Engngeg</i>      |               |                            |               |                         |               |
|     | <b>DUAL</b>       |                                 |               |                            |               |                         |               |
| 1   | BADMINTON         | <i>Grace Ventura</i>            |               | <i>Myra Berto</i>          |               | <i>Jedric Pangket</i>   |               |
|     |                   | <i>Joan Galingan</i>            |               | <i>Gladys Morareng</i>     |               |                         |               |
| 2   | CHESS             | <i>Judy Cawaren</i>             |               | <i>Rashil Dena - en</i>    |               |                         |               |
| 3   | LAWN TENNIS       | <i>Razel Christine Fulangen</i> |               | <i>Jacob Fasuyang</i>      |               |                         |               |
| 4   | TABLE TENNIS      | <i>Julia Tumingeb</i>           |               | <i>Vina Banawag</i>        |               | <i>Bebby Basilio</i>    |               |
|     |                   | <i>Phoebe Samdao</i>            |               |                            |               |                         |               |
|     | <b>TEAM</b>       |                                 |               |                            |               |                         |               |
| 1   | BASEBALL          | <i>Melecio Abuan</i>            |               | <i>Allen Angway</i>        |               |                         |               |
| 2   | BASKETBALL        | <i>Daniel Ambasing</i>          |               | <i>Christopher Bangnan</i> |               | <i>Janine Dulagan</i>   |               |
| 3   | FOOTBALL          |                                 |               |                            |               |                         |               |
| 4   | FUTSAL            | <i>Shirley Banaken</i>          |               | <i>Jerome Ballw - an</i>   |               | <i>Sarah Baldo</i>      |               |
|     |                   | <i>Aprilyn Marzan</i>           |               |                            |               |                         |               |
| 5   | SEPAK TAKRAW      | <i>Roselyn Molina</i>           |               | <i>Gregorio Chalikan</i>   |               | <i>Phoebe Salao</i>     |               |
|     |                   | <i>Willy Fagyan</i>             |               | <i>Johnson Bongotan</i>    |               |                         |               |
| 6   | SOFTBALL          | <i>Earle Dae Gewan</i>          |               | <i>Roger Gawidan</i>       |               | <i>Marvenido Cabay</i>  |               |
|     |                   | <i>Fred Madeo</i>               |               | <i>Elvis Blag</i>          |               |                         |               |
| 7   | VOLLEYBALL        | <i>Mila Ventura</i>             |               | <i>Marlon Etagay</i>       |               | <i>Catherine Ragos</i>  |               |
|     |                   | <i>Juliet Cadiogan</i>          |               |                            |               |                         |               |
| 8   | DANCE SPORT       |                                 |               |                            |               |                         |               |
|     | <b>TOTAL</b>      |                                 | <b>30</b>     |                            | <b>23</b>     |                         | <b>16</b>     |

Overall = 69



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**LIST OF PARTICIPANTS**

November 5, 12, and 19, 2022

| NO. | SPORT EVENT       | TABUK                   |                                 |                       |                                |                            |                               |
|-----|-------------------|-------------------------|---------------------------------|-----------------------|--------------------------------|----------------------------|-------------------------------|
|     |                   | TECHNICAL OFFICIAL      | EMAIL ADDRESS                   | ELEMENTARY            | EMAIL ADDRESS                  | SECONDARY                  | EMAIL ADDRESS                 |
|     | <b>INDIVIDUAL</b> |                         |                                 |                       |                                |                            |                               |
| 1   | ARCHERY           | Corisis Morgia          | corisis.morgia@deped.gov.ph     |                       |                                | Danmax L. Cortez           | danmax.cortez@deped.gov.ph    |
| 2   | ARNIS             | Brendalee Dumalleg      | brendalee.dumalleg@deped.gov.ph |                       |                                |                            |                               |
| 3   | AHLETICS          | Bebot Mamanao           | bebot.mamanao@deped.gov.ph      | Ernesto G. Cabanes Jr | ernestojr.cabanes@deped.gov.ph | Jaime C. Cabalan Jr.       | jaime.cabalan@deped.gov.ph    |
| 4   | BILLIARDS         |                         |                                 |                       |                                |                            |                               |
| 5   | BOXING            |                         |                                 |                       |                                |                            |                               |
| 6   | GYMNASTICS        | Celso Paguel            | celso.paguel@deped.gov.ph       |                       |                                |                            |                               |
| 7   | MUAYTHAI          |                         |                                 |                       |                                |                            |                               |
| 8   | SWIMMING          | <i>Prisca Kawis</i>     |                                 |                       |                                |                            |                               |
| 9   | TAEKWONDO         |                         |                                 |                       |                                |                            |                               |
| 10  | WUSHU/SANGGOL     | Elemer Dulay            | elemer.dulay@deped.gov.ph       |                       |                                |                            |                               |
| 11  | WRESTLING         |                         |                                 |                       |                                | Elemer Dulay               | elemer.dulay@deped.gov.ph     |
| 12  | PENCAK SILAT      | Joy Grace A. Diaz       | joygrace.diaz@deped.gov.ph      |                       |                                |                            |                               |
| 13  | PARA GAMES        |                         |                                 |                       |                                |                            |                               |
|     | <b>DUAL</b>       |                         |                                 |                       |                                |                            |                               |
| 1   | BADMINTON         | Leah Mae Dawadao        | leahmae.dawadao@deped.gov.ph    |                       |                                |                            |                               |
| 2   | CHESS             | Edgar Delgado           | edgar.delgado@deped.gov.ph      |                       |                                |                            |                               |
| 3   | LAWN TENNIS       | Bobby S. Licudine       | bobby.licudine@deped.gov.ph     |                       |                                | Marilyn Sangdaan           | marilyn.sangdaan@deped.gov.ph |
| 4   | TABLE TENNIS      |                         |                                 |                       |                                |                            |                               |
|     | <b>TEAM</b>       |                         |                                 |                       |                                |                            |                               |
| 1   | BASEBALL          |                         |                                 |                       |                                |                            |                               |
| 2   | BASKETBALL        | Allan R. Galanza        | allan.galanza@deped.gov.ph      |                       |                                | Arjay Gullod               | arjay.gullod@deped.gov.ph     |
| 3   | FOOTBALL          | Leonardo Egan           | leonardo.egalan@deped.gov.ph    |                       |                                | Rejoice Abaggoy            | rejoice.abaggoy@deped.gov.ph  |
| 4   | FUTSAL            | <i>Juanito Gomgom-o</i> |                                 | Elizalde Blaza        | elizalde.blaza@deped.gov.ph    | Lurice W. Gonzalo          | lurice.gonzalo@deped.gov.ph   |
| 5   | SEPAK TAKRAW      |                         |                                 |                       |                                |                            |                               |
| 6   | SOFTBALL          | <i>Raul Dalilis</i>     |                                 |                       |                                | Rafael P. Alcodia          | rafael.alcodia@deped.gov.ph   |
| 7   | VOLLEYBALL        |                         |                                 |                       |                                |                            |                               |
| 8   | DANCE SPORT       | Celso U. Paguel Jr.     | celso.paguel@deped.gov.ph       | Sheila T. Toledo      | sheila.toledo@deped.gov.ph     | <i>Ana Cynthia C. Odan</i> |                               |
|     | <b>TOTAL</b>      |                         | <b>15</b>                       |                       | <b>3</b>                       |                            | <b>9</b>                      |

Overall = 27



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*Wangal, La Trinidad, Benguet*

**ONLINE REGIONAL SEMINAR ON SPORTS SCIENCE, NUTRITION, and PSYCHOLOGY FOR COACHES, OFFICIATING OFFICIALS, and SPORTS ENTHUSIASTS**  
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**PLANNING AND TECHNICAL WORKING COMMITTEES**

| <b>NO.</b> | <b>COMMITTEES</b>  | <b>NAME</b>                | <b>E-MAIL ADDRESS</b>           |
|------------|--|----------------------------|---------------------------------|
| 1          | Planning Committee Chairman                              | Maryann Grace B. Mapangdol | maryanngrace.bolla@deped.gov.ph |
| 2          | Planning Committee Co - Chairman<br>and Resource Speaker | Dr. Joel S. Cabanilla      | jscabanilla@slu.ph              |
| 3          | Technical Committee Chairman                             | Mavis E. Balquied          | mavis.ebas@deped.gov.ph         |
| 4          | Evaluation and Documentation Committee Chairman          | Myrick Y. Ao - asen        | myrick.aoasen@deped.gov.ph      |
| 5          | Attendance and Registration Committee Chairman           | Gilbert B. Areola          | gilbert.areola@deped.gov.ph     |
| 6          | Regional ICT   | Jumar B. Yago - an         |                                 |
| 7          | Regional ICT   | Glenn P. Papa              |                                 |
| 8          | Regional ICT   | Vandolph B. Flora          |                                 |
| 9          | Regional ESSD  | Margaret M. Gomeyac        | margaret.gomeyac@deped.gov.ph   |

Overall Committee Chairman - Edgar H. Madlaing, Regional Sports Officer

Consultants-Estela P. Leon-Cariño, Regional Director and Florante E. Vergara, Assistant Regional Director

**LIST OF FACILITATORS PER ROOM**

| <b>NO.</b> | <b>EVENT</b> | <b>ABRA</b>    | <b>APAYAO</b>     | <b>BAGUIO</b>       | <b>BENGUET</b>     | <b>IFUGAO</b>          | <b>KALINGA</b> | <b>MOUNTAIN PROVINCE</b> | <b>TABUK</b>     |
|------------|--------------|----------------|-------------------|---------------------|--------------------|------------------------|----------------|--------------------------|------------------|
| 1          | Individual   | Glenn Buenafe  | Daryl Cawed       | Rey P. Olat         | Caridad S. Dagupen | Jefferson Abagan       |                | Lalaine Poddalen         | Celso Paguel     |
| 2          | Dual         | Delita Laureta | Maricar Jan Fegsa | Marina D. Escobañas | Rex P. Mabiase     | Jerry Pugong           |                | Jacob Fasuyang           | Marilyn Sangdaan |
| 3          | Team         | Robert Sanchez | Joyce Ganaden     | Marcelo Demeterio   | Jovie D. Allatog   | Allan Clint B. Rimando |                | Sarah Baldo              | Elizalde Blaza   |