DIVISION MEMORANDUM

To: Public Schools District Supervisors
   Secondary / Elementary School Principals
   All other concerned personnel

From: SOCORRO V. DELA ROSA, CESO VI
      Schools Division Superintendent

Subject: Seminar Workshop on Talent and Skills Identification Program for Sports

Date: May 4, 2018

1. Relative to the conduct of the Seminar Workshop on Talent and Skills Identification Program for Sports which will be conducted on May 16, 17-18, 2018 below is the list of the Technical Management Committee:

   Chairman: Fidel Vegim
   Members: Edgar Sarmiento
            Ernesto Buena
            Nelson Sicio
            Roy Tejerero
            Nicanor Buendia
            Roberto Tomagan
            Henry Dela Rosa
            Darwin Templonuevo

            Bato Rural Development H/S
            Magnesia National H/S
            Catanduanes National H/S
            Schools Division Office
            Bote Integrated School
            Baras Rural Development H/S
            Catanduanes National H/S
            Calatagan High School
            Caragumihan Elementary School

2. Designed activities includes,

   1. Paper Juggling
   2. 3 minutes’ step test
   3. Hexagonal Jump
   4. 40 meters’ sprint
   5. BMI – Body Mass Index
   6. Standing height index
   7. Standing long Jump
   8. Stature height
   9. Sitting height
   10. 100 km. run / walk
   11. Curl up
   12. Sit up
13. Arm Span
14. Stick drop test
15. Zipper test
16. Seat and Reach
17. 90 degrees' push up
18. Trunk list
19. Stand waist circumference
20. Stork balance stand
21. Basketball pass
22. Waist circumference

3. Individuals who are Pregnant, with heart problem and suffering from hypertension is discouraged.

4. Medical team is ready to respond to any untoward incident that may happen that calls for immediate medical attention.

5. Participants are expected to be in proper/ appropriate sports attire such as;
   - T-shirt
   - Sando
   - Jogging Pants
   - Rubber shoes
   - Athletic shorts

6. See attached matrix on a separate sheet.

7. Immediate dissemination of this memorandum is desired for information and compliance.
<table>
<thead>
<tr>
<th>TIME</th>
<th>A.M.</th>
<th>P.M.</th>
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<tbody>
<tr>
<td>8:00 - 8:15</td>
<td>REGISTRATION</td>
<td>OPENING PROGRAM</td>
<td>MAY 16, 2018</td>
<td>MANAGEMENT OF LEARNINGS / UNFREEZING ACTIVITY</td>
<td>CONTINUATION OF THE ADMINISTRATION OF PHYSICAL FITNESS TEST</td>
<td>MAY 17, 2018</td>
<td>SESSION ON RECORDING AND INTERPRETATION OF RESULTS</td>
<td>HOME</td>
<td>CLOSING PROGRAM</td>
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<td>8:30 - 9:30</td>
<td>ORIENTATION AND MECHANICS</td>
<td>BENEFITS OF PHYSICAL FITNESS</td>
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