

VICTORIOUS!

Virac shines as brightest municipality in Sports Meet 2018



NO CHILD'S PLAY

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Who displayed a never-say-die attitude inside the court?

What is the local DepED chief eyeing?

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LOCK AND LOAD. Virac lady softball musters her strength before hitting the ball during the gold medal softball match between Virac and Pandan, October 30.

Jan Keith A. Abundo

2018 Provincial Athletic Meet Special Coverage

Hagubuhob

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GOLD MEDAL COUNT



R - Rank
E - Elementary
S - Secondary

| TOWN | S | R | E | R |
|--|----|-----------------|----|-----------------|
|  | 21 | 4 | 12 | 5 |
|  | 06 | 8 | 07 | 7 |
|  | 26 | nd | 13 | 4 |
|  | 08 | 7 | 07 | 8 |
|  | 17 | 6 | 21 | 2 nd |
|  | 05 | 9 | 04 | 9 |
|  | 05 | 10 | 02 | 11 |
|  | 22 | 3 rd | 08 | 6 |
|  | 17 | 5 | 03 | 10 |
|  | 00 | 11 | 14 | 3 rd |
|  | 55 | 1 st | 26 | 1 st |



JEFFERSON S. ARCILLA

jefarcilla@depd.gov.ph

Carrying their mantra "Go shine, Virac!" Viracnons shone as the brightest team after finishing off as champion during the 2018 Provincial Athletic Meet.

With more than 400 participating delegates in the island's annual sports event, Virac town notched a combined total of 81 gold, 31 silver, and 24 bronze medals from elementary and secondary level, besting 10 municipalities in the province.

Viracnons athletes in the secondary level showed no rust in the four-day sports gala after collecting 55 gold, 22 silver, and 14 bronze medals built on dominating performances in 17 individual and team events.

In elementary level, seven sports events hiked Virac's medal haul, chipping in 26 gold, 9 silver, and 10 bronze medals.

Virac made a strong impression in tennis and table tennis which were both dominated by blue team both in boys and girls in elementary level.

In secondary level, the capital town also showed domination in archery, billiards, football, futsal, table tennis, lawn tennis, and taekwondo, all of which were dominated in boys and girls categories.

Behind Virac's overall finish in elementary level is the first

runner-up municipality of Gigmoto which tallied 21 gold, 16 silver, and 3 bronze medals and second runner-up Viga with 14 gold, 8 silver, and 2 bronze medals.

Bagamanoc settled in fifth place with 12 gold, 9 silver, and 13 bronze medals while Bato earned 13 gold, 17 silver, and 17 bronze medals for fourth place.

Despite the low placement in elementary level, Bato fought hard in secondary level with 25 gold, 26 silver, and 14 bronze medals while San Andres finished as second runner-up, capturing 14 gold, 8 silver, and 2 bronze medals.

Municipalities of Bagamanoc and San Miguel also made it to top five municipalities, garnering third runner-up and fourth runner-up finish, respectively.

Virac, Bato, and Bagamanoc are the only municipalities that cracked the top five overall finish in elementary and secondary.

The hard-earned top overall finish placed Virac as the first municipality to win the championship in Palarong Panlalawigan with the new grouping scheme.

This year, Schools Division of Catanduanes decided to hold the annual sports event with new format by making the competing groups by municipality instead of by zone.

With the theme "Sports: Forging Unity Among Stakeholders and Inspiring Young Catandunganon to Excel in Life," this year's Palarong Panlalawigan ran for four days from October 28 to 31.

Sibling tandems propel Virac in tennis with clean slate



GERMAN T. TEJADA JR.

gttejada@up.edu.ph

Three sibling tandems hailing from Virac have built a stronghold in lawn tennis, sweeping all of the slots for the Bicol Meet qualifiers.

Taking the limelight in the one-stop-shop tennis match in singles and doubles, men and women's divisions are student-players from the Catanduanes National High School.

Dominating the final match in Boy's Singles, Jethro Vargas, 12, a seventh grader under the Science, Technology and Engineering (STE) curriculum ripped off Bato's bet, while his elder brother Johmanne Vargas, 13, an eighth grader smashed his foes in the Boy's Doubles.

Teaming up with Jonathan Vargas, Kendrick Vargas, 16,



Gov. Cua rekindles Cat'nes' sports spirit

MARIAN CLAIRE V. TULOD

mc.tulod@gmail.com



Governor Joseph "Boboy" Cua reawakened the Division of Catanduanes' passion in winning more gold in the Palarong Bicol 2018 during the opening ceremony of the 2018 Provincial Meet at the Catanduanes Athletic Complex, October 28.

The provincial governor urged coaches and the whole delegation "to dream of crazy dreams. Be crazy



BALL CONTROL. Lady striker of Virac shows ball control while being defended by Erica Jane Taopo of team Bato during their championship match, October 30.

Chelsea Louise San Juan

Virac lady strikers trounce Bato in futsal

San Andres reaps 18 gold medals in arnis tourney



MACABIO S. ALOYON JR.

aloyonjr.macabio@yahoo.com

Rooting on their quick reflexes and experience, the San Andres Arnis Secondary Team bagged 18 gold medals to display supremacy in the arnis events of the 2018 Provincial Meet at Taytay Elementary School, October 29.

They topped all weight divisions in the boys category and three weight divisions for girls.

They also garnered 10 gold medals in Anyo Competition, both in Individual and Team Categories.

Russel Collantes (Pinweight), Mark Joseph Garig (Bantamweight), Jornol Zafe (Featherweight), Kyro Joss Solero (Extra Lightweight), and Florentino Santelices (Half Lightweight) of San Andres showed a complete dominance in all weight divisions of boys category.

Furthermore, Rona Soquena (Featherweight), Irish Rufino (Extra Lightweight), and Mary Grace Manlangit (Half Lightweight) from girls category claimed their ticket to Bicol Meet after overpowering their rivals in their respective weight division.

“Disiplina lang ning lambang saro buda tuluwangan sana,” Jornol Zafe, a five-gold earner said.

Meanwhile, Coach Lito M. Arcega admitted that he was convinced with the overall performance of his players.

“Dahil sa dedication buda disiplina man ning mga aki, nameet man ninda ang expectation ko bilang coach,” said Arcega

“Kaya siguro kami nanggana ta maski ngani yasabihan ko sindang hanggang 5pm lang an practice, yapilit pa ninda na hanggang 7pm pa daa,” coach Arcega added.



HAZEL R. TALAN

hazel.ryst1@gmail.com

Experience is their strongest ally.

Three-time provincial meet qualifiers Virac lady strikers proved that skills and hardwork are the keys in winning after annihilating municipality of Bato, 21-1, in their final match of futsal competition held at the Catanduanes National High School Auditorium, October 30.

Virac lady striker Arfil Joy Pamplona registered a staggering 11 goals out of 15 attempts which carried her team to a victory that gave them another ticket to Palarong Bicol.

The match heated up immediately as fellow striker Lyka Mae Arcilla, winger Ashley Nichole Arcilla and Pamplona displayed aggressiveness on the offensive end.

Still determined to notch a goal early in the first period, Pamplona got control of the ball and immediately scored first point with three minutes and 57 seconds on the clock.

While Bato kickers were still left scrambling, Lyka Arcilla was quick in passing the ball to Ashley Arcilla who scored her first goal, forcing Bato to call timeout.

Equipped with powerful kicks, Pamplona and Ashley Arcilla showered their team with alternating goals, 8-1, right after the game resumed not letting their foes get in touch with the ball.

Bato seemed to have gained composure after Kriscel Rodulfo took the risk to score their first goal of the game after seeing an open space.

Pamplona struggled past Bato's Kimberly Tevar scoring her fifth goal which ended the first period, 9-1.

Opening the second period, Arcilla scored two consecutive points battling Bato's Lovely Soriao. The scuffle continued until defender Lady Sarmiento assisted Pamplona earning their team another point, 15-1.

Virac strikers did not let Bato team earn another point after committing four consecutive goals led by Ashley Arcilla.

Another assist from Sarmiento paved way for Arcilla's final goal for their team, ending the match, 21-1.

Pamplona emphasized that teamwork became their edge toward winning the game.

“Tsaka naging motivation din namin yung mga basher. Dahil pa sa kanila kaya kami namomotivate maglaro,” Pamplona shared.

Virac softbelles rout Pandan lady batters, 5-0



CHRISTINE MAY P. PETAJEN

cmpitajen@gmail.com

Virac softbelles claimed the championship crown after clobbering Pandan with a 5-0 demolition.

The Viracnon team consistently dominated the game, not allowing their opponent to score in the match. In the first inning, Palarong Bicol veteran Zoila Marie Bozar drilled a round ball, gaining for the blue softbelles their first point.

Moreover, Ella Jane Garcia blasted another fly ball scoring another point for the team. The first inning ended in favor of the Virac softbelles, 2-0.

Despite the lead, Virac lost the momentum in the second inning after some of the team members committed errors and foul balls causing them to have a drought in the two consecutive innings.

Meanwhile, Pandan lady batters were also unable to bat the power pitches of Hannah Mae Vidamo and Dianne Manlangit so they also failed to score in the two innings.

However, the Blue softbelles regained their prowess as Arlene Paaño and Vidamo started to score for Virac in the fourth inning.

Furthermore, softball star



Ella Jane Garcia ended the inning with a homerun, giving her team a five-point advantage to seal the game.

Garcia said that she strived hard to win in the game and be able to represent the division in the Palarong Bicol since this is her last stint in the Palaro.

“Gusto ko pong maka abot ulit sa Palarong Pamabansa kaya sinabi ko sa mga team mates ko na i-sure ang panalo namin dito,” the softbelle said.

“Hindi pwedeng makampante lang kahit na isa lang ang kalaban dahil malalakas din silang player. Meron din silang ibang players na kasama ko dati sa Palarong Bicol,” Garcia added.

Meanwhile, Head Coach Efigenio P. Gianan Jr. said that they will immediately start preparing for the upcoming Palarong Bicol.

READY TO HIT. Virac softbelle patiently waits for the perfect timing to hit the ball during the championship match between Virac and Pandan, October 29.

Jan Keith Abundo

Dancesport enters Palaro 2018



MARIAN CLAIRE V. TULOD

mc.tulod@gmail.com

Let the dancing begin!

The Provincial Meet 2018 dancesport, a demonstration sport, displayed a bundle of talents coming from the different municipalities of Catanduanes during its debut at the Catanduanes Sports Complex on October 29.

Student athletes from ten municipalities performed in the different categories: Juvenile Latin, Junior Latin, Juvenile Standard, and Junior Standard.

Latin-American Juvenile and Junior contenders danced to Cha-Cha, Samba, and Jive. Meanwhile, both Modern Standard Juvenile and Junior categories vied for Waltz, Tango, and Quickstep.

Much to the delight of the crowd, young couples fired up the dance floor with their footwork, routines, facial expressions and highlights as they battled out for the top spot.

Uproars of audience echoed as latin and standard discipline dancers effortlessly grooved to the rhythm showing off grace and precision in every move.

Virac representatives dominated all four categories with Maricon Romero as coach for the Juvenile level and Mark Miko Mendoza and Maricon Vargas as coaches for Junior level.

Sto. Cristo Elementary School representatives Justin San Juan and Mel Irish Papango conquered the Latin Juvenile category while Catanduanes National High School bets Kytthe Marie Valeza and John Paul Cabrera championed the Latin Junior.

In Modern Standard Juvenile, Sto. Cristo ES' pride Jericho Jade Bagadiong and Micah Angela Rabida dominated Standard Waltz, Tango and Quickstep while CNHS' representatives Ara Mae Tabuzo and Gerard John Litong dominated all divisions under the junior category.



POISED. Virac's bets in dancesport show grace and bearing as they delight the crowd during their performance held at Catanduanes Sports Complex, October 29.

Jefferson S. Arcilla

Provincial Sports Officer Mary Jean Romero expressed her enthusiasm as another avenue for student athletes to showcase their talents was opened. She also highlighted how sports events like dancesport show diversity of talents and level of skills.

"Other people would say that we are equally created by God but for me we are not. In different events, dancesport, specifically, there are those who excel far better than the rest," said Romero as she gave her message to the audience.

Moreover, Romero conveyed her sincere thanks to the unexpected large number of audience present during the event.

PAGE 1 | GOV. CUA REKINDLES "Let not our failures stop us from pursuing our ultimate goal."

about winning. Sabi daa sa advertisement kan Nike, 'Don't ask if your dreams are crazy. Ask if you are crazy enough.'

In his speech, Cua recalled the Golden State Warriors' long championship drought and how the basketball team did not let those failures stop them from pursuing their ultimate goal.

Looking back at the results of last year's Palarong Bicol, Cua stressed in his speech to use past frustrations as motivation to clinch the top spot.

"Like the warriors, let not our failures stop us from pursuing our ultimate goal— winning not just one gold but more, and to make it to the top," the governor said.

Moreover, the governor assured the delegates that the provincial government remains to be true in its promise of supporting different sports development programs.

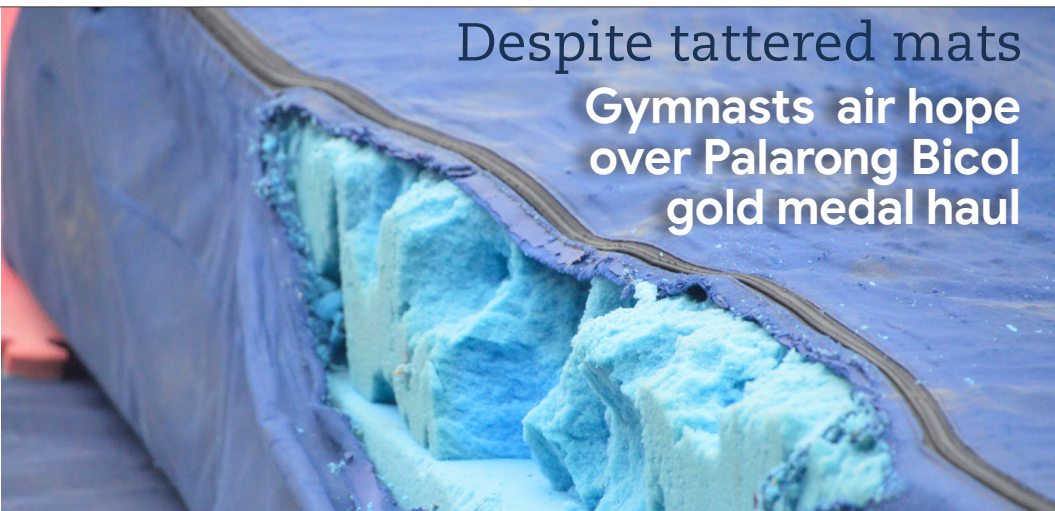
"Naheling niato an mga pangangaipo kan mga players and coaches to take another level of knowledge in their sports," he said.

It can be noted that the Philippine Sports Commission, together with the provincial government and DepEd Catanduanes, already sponsored training sessions for trainers and coaches to further equip them in the field of sports before the conduct of the Provincial Meet.

"Asin satuya man na pinaayos an satuyang swimming pool tanganan magkaigwa nin mas marinas na kawatan an satuyang swimmers. Dai sana kita nagtuga kundi satuya ining inaksyunan," he added.

Furthermore, Executive Assistant to the Governor, Mary Joy O. Balbin, said that the provincial government also extended its support in this 2018 Provincial Meet by giving one sack of rice and Php 5000 cash both for elementary and secondary delegations of every municipality.

Despite tattered mats Gymnasts air hope over Palarong Bicol gold medal haul



RAGGED.

Despite the old and torn equipment used for acrobatic routines, gymnasts from the island still hope that they could bring pride to Catanduanes by winning medals at Palarong Bicol.

Jan Keith Abundo



Di kami naka-training ning husay ta kulang sa gamit.



CHRISTINE MAY P. PETAJEN

cmpitajen@gmail.com

Gymnasts from Catanduanes have high hopes of copping gold medals in the upcoming Palarong Bicol 2019 despite the lack of facilities and equipment in bad condition.

In an interview with Sylvee Allaine Tarnate, a gold medalist from Bato, she said that the lack of facilities has a huge effect on their performance.

"Kulang po ang mga gamit namin kaya mahirap mag practice," Tarnate said. She added that the foam that they are using during the competition has already been damaged because it has been used since 2014.

The grade 9 student from Cabugao Integrated School ruled the individual all-around with a score of 89.5. Her fellow gymnast from Bato bagged the second place with a score of 75.5 while

Hazel Marie Almazar of Virac landed in third place with 74.1.

Meanwhile, Rene Jr. Tolledo, a gymnast from Gigmoto also said that they cannot train well due to the lack of facilities.

"Di kami naka training ning husay ta kulang sa gamit," Tolledo said.

He also shared that they would improvise so that they could have equipment for the training.

"Halimbawa po yung mushroom, lumang gulong po ang ginagamit namin dahil wala tayo noon," the grade 11 athlete stated.

Despite this, Tolledo was still able to dominate in the mushroom, vault and balance beam to gain an individual all-around championship.

On the other hand, Tolledo said that this served as their inspiration to strive harder to win in the Palarong Bicol. He also assured that they would strive better in the next games.

"Basta tuloy-tuloy ang suporta, ma pursige man kami maka gold sa Bicol Meet," he asserted.

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Oct. 28-31

Special Coverage
2018

PROVINCIAL ATHLETIC MEET





HOOP AND THE HARM. San Miguel player soars high for the tough basket against the pesky defense of the opponent. San Miguel dominated the game against team Virac with 14-point advantage.

Francis John B. Templonuevo

UNDERDOG NO MORE

San Miguel's 'never say die' attitude carries team to championship



FRANCIS JOHN B. TEMPLONUEVO

efjaytemplonuevo@gmail.com

Known to be the underdog prior to the start of the Palarong Panlalawigan, the San Miguel team proved the doubters wrong after defeating the mighty San Andres by 4 points, Pangniban by 16 points, and eventually stunned the powerhouse Virac by 14 points in the championship game at the Catanduanes Convention Center.

The team which is a combination of San Miguel Rural Development High School and Mabato High School – SMRDHS Annex, was led by the lethal shooting guard and Palarong Bicol player Alvin Ticson and the lightning quick point guard Raymond Christophere Javier.

Ticson, who was also the MVP of Zone 2 in the 2017 Palarong Panlalawigan tournament, came on fire from the previous two games and continued to use his shooting skills by getting open space and do the damage by his catch and shoot specialty and his fearless layup tallying 24 points against the towering heights of Virac.

Javier, who did not play in the first quarter, scored 16 points but also dished more than 10 assists after entering midway in the second quarter and effectively helped to extend the lead to double figures. His recipient for most of his assist was center-forward Albert Ticson, the younger brother of Alvin, who also ruled

both the offensive and defensive board over the twin tower of CNHS.

“Dai kami nag expect nin arog kaining result sa kawat. Yasabihan na ngani kami na kawatan sana maski madaog ta lamang na grabe ang kalaban. Pero tama talaga na bilog ang bola. Kaya maogma ako para sa team na nag-champion. Iba man ang pinahiling na puso nin mga aki sa pagkawat ninda. Never say die parang Ginebra,” Mr. Serafin Magtangob, the Mathematics teacher of Mabato High School – SMRDHS Annex, and the head coach of team San Miguel said.

Dominating Across the Board

The first ever champion team in the new system of the Palaro controlled the tempo of the game from the tip off to the buzzer.

“Ang key factors duman sa game ay teamwork, control of the board, and tight defense. Na-kontrol nin team ang restricted area, sa tapal, sa rebound, assists, one-on-one play and even fastbreak plays,” Mr. Erwin T. Tablizo, head coach of San Miguel RDHS Interhigh Team shared.

In the first five minutes of the game, Virac looked to be playing Goliath against David. They were bullying the matchups, controlling the paint and penetrating the beanpole players of San Miguel with ease. And when the former started to use the full court defense, team San Miguel called for a timeout and made an adjustment.

“Specialty ng 'National' ang trapping. Nag-adjust kami

SAN MIGUEL'S Road to Gold

winning margin by team

vs. SAN ANDRES
4pts

vs. PANGANIBAN
16pts

vs. VIRAC
14pts

LSENs join Palarong Panlalawigan 2018



CHRISTINE MAY P. PETAJEN

cmpitajen@gmail.com

Learners with Special Educational Needs (LSENs) competed in various sporting events in this year's Palarong Panlalawigan.

The athletes who were categorized between Visually Impaired (totally blind, partially blind and low vision) and Intellectually Disabled participated in Athletics and Bocce.

In the ID Category, Joselito Tapanan Jr of Virac bagged the first place in shot put. Meanwhile, another Viracnon athlete Hershman Walid Carubronero bagged the first place in athletics. On the other hand, Erika Joy Robles of Bato won by default in the girls' shot put.

Meanwhile, in the VI (Partially blind) Category, Virac's Jason Villaron ruled in the shot put event. He was followed by Loyd Rodriguez who landed in second place. Furthermore, Rodriguez and Villaron won first and second place, respectively in standing long jump. Furthermore, in the VI (Totally blind)

Category, Leo delos Santos won by default in the standing long jump and shot put.

On the other hand, the Bagamanoc team won the 1st place in the singles and doubles events in Bocce (Girls and Boys) while the Virac Team landed in second place. Meanwhile, the Virac team won by default in the team competition of the said event.

In an interview, Mary Joe Tumala, Special Education Teacher and in charge of the games said that the athletic competition serves as an avenue for the LSENs to be more independent.

“When we join competitions like this, we help them to stand on their own kasi we give them routines at yung mga routines na ginagawa, nadadala na nila pag dating sa bahay,” Tumala said.

“Minsan, excited silang pumasok then magtatanong kung ma palaro na,” she furthered.

The teacher also disclosed that Catanduanes has a strong delegation to the special events in the Palarong Bicol.

“We have a lot of strong players here. In fact, some are even being offered by schools in the mainland para doon na mag-aral,” she added.

PALARONG PANLALAWIGAN BY THE NUMBERS



Source: Schools Division Office of Catanduanes

Panganiban's knockout artist crushes Bagamanoc lady jin



DAVE S. TOLENTINO
davestolentino@gmail.com



“
I am just a beginner [in taekwondo] but I will do my best to represent our province in Palarong Bicol.”

BRAIN-BATTERING. Payonhon lady jin Carla Jane Suarez compels her rival to taste the power of her favorite offensive move, a sharp axe kick to the face during the Taekwondo tournament held on October 30, 2018.

Jefferson S. Arcilla

Panganiban town might have failed to dominate the medal tally in taekwondo but Payonhon lady jin Carla Jane Suarez shocked the crowd in her debut games for sending her rivals not just to the floor but even to the hospital.

Suarez put on an explosive performance at Catanduanes State University Covered Court as she unleashed a lethal axe kick to the face that brutally knocked down Bagamanoc's Clarisse Molina during the lightweight-division gold medal match of the Palarong Panlalawigan 2018.

A few seconds after sprawling in pain on the mat, Molina eventually lost composure due to severe dizziness and difficulty in breathing, which later obliged Referee Karl Bogabil to stop the match.

On-site medics brought Molina to Eastern Bicol

Medical Center (EBMC) for immediate treatment.

"I am happy that I win the title but at the same time, I am so sorry and worried for what happened to my opponent," said Suarez, a senior high school student of Panganiban National High School.

Suarez, a first-timer in taekwondo tournament yet emerged as a heavy favorite, displayed power and prowess even in the early stages of the competition in the Girls Category.

Flooring his adversary twice, 17-year old Suarez toppled Virac bet Lhyca Mae de Luna in the elimination round with a behemoth margin, 10-3.

Suarez also showed no mercy to Gigmoto's Rica Mae Tenorio who was devastated by combos of palm hand strikes and thrust kicks during their semifinal match which eventually led to a convincing knockout

win in favor of the novice.

"I am just a beginner [in taekwondo] but I will do my best to represent our province in Palarong Bicol. I dedicate this victory to my parents who have never stopped supporting me since the very start," she said.

Meanwhile, the Virac taekwondo team enjoyed the top seat of the general tournament scoreboard for being the champions in both boys and girls categories in the secondary level, netting a total of 13 gold, one silver and two bronze medals earned in poomsae (form) and kyorogi (combat) events.

Bagamanoc kiddie jins on the other hand clinched the crown in the elementary level in both boys and girls categories for securing four gold medals.



Bato earns gold in sepak takraw team event



JOHN DAVE LANON

lanonjohndave06@gmail.com

Bato crushed Caramoran as they reigned over the sepak takraw team event championship with two regu wins to none, during the Provincial Meet 2018 held at the Catanduanes Athletic Complex, October 30.

On the first regu, an ironic competition of errors took place. The first half of the first set was a close one with the score of 12-10, in favor of Bato.

Caramoran then struggled, committing errors which left them trailing behind. Added by a few spikes from Bato's Regie Gianan, Caramoran was stunned, giving up the first set, 21-16.

Caramoran's misfortune continued, as they had a start stuffed with miscommunication and receiving errors once again in the second set, 10-3.

Both teams rendered errors, until Caramoran's Mark Bite scored with a header, 14-8 then Bato retaliated as Roann Zurita also spiked with his head, 15-8.

Bato reached the set point but due to their multiple errors, combined with Miguel Idanan's two service aces, Caramoran was able to bounce back, 20-17.

It was then, when the bad luck transferred to Bato, who uninterruptedly committed service and receiving errors, resulting to a deuce, 20-20.

"Pag napressure sinda [Bato players], garattle talaga. Kaya nag-apod

BATO EARNS | PAGE 8 ▶

POWER UP. Bato sepak takraw player executes a header against Caramoran during the sepak takraw finals match at Catanduanes Athletic Complex, October 30.

Jan Keith Abundo

REGU WINS

BATO -2
CARAMORAN - 0

SEPAK TAKRAW
SECONDARY LEVEL

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Oct. 28-31

Special
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PROVINCIAL ATHLETIC MEET



FINAL SCORE

VIRAC - 14
BATO - 9

SECONDARY BASEBALL
CHAMPIONSHIP



MACABIO S. ALOYON JR.

aloyonjr.macabio@yahoo.com

Strong team, strong dream!

Equipped with discipline and determination, Virac baseball team trounced Bato in a crucial 5th inning comeback to stand out a 14-9 victory last October 31, 2018.

Amidst the scorching heat of the sun, Virac displayed a magnificent performance over Bato in the Baseball Championship Finals, 1-1, 5-1, 5-4, 7-8, 14-9 at Division Sports Complex, Virac.

The superb comeback of Virac at the last inning was rooted to their 7-1 scoring brigade enough to seal the gold medal, 14-9.

Sticking on their game plans and tactics, Virac managed to pull away early in the game with Gianan retaliating a homerun in the second inning, giving them an early 5-1 edge.

Bato surged back through a three successive points and cut the margin in the third inning to just one, 5-4.

With the momentum on their hand, Bato continued their team effort and swiftly took the lead before the end of the fourth inning, 7-8.

Midway of fifth inning, Soriao, the pitcher of Bato decided to play with a full base for more chances of double-out play but due to fatigue, Soriao unintentionally gave a walk through completing the balls for two consecutive hitters, 10-8.

To resolve the issue, coach Tindugan decided to change his pitcher to Temena and place Soriao to first base for a rest, but the change was inadequate for the raging Virac.

Virac remained aggressive to sustain its push in the last inning sufficient to secure the game favoring them, 14-9.

Virac claims Cat'nes baseball supremacy



FLEX IT UP! Ace player of team Virac pitches a powerful throw during the championship match between Virac and Bato held at Catanduanes Athletic Complex on the last day of the four-day Palaro.

Jefferson S. Arcilla

Virac holds dominion over foes in ping pong



GERMAN T. TEJADA JR.

gtejada@up.edu.ph

Virac spinners dominated the table and secured their tickets for the Bicol Meet except the Secondary Doubles, both in boys' and girls' divisions, where Bagamanoc and San Miguel emerged victorious.

Scoring the first gold medal win for Virac, Elementary Girl Singles (A) finalist Umber Harshelai Bautista defeated Singles (B) finalist Jeslee Mae Robles in the final champ-to-champ match.

Jessie Nemenio scored a second gold medal haul after he chopped off the chance of Panganiban paddler Reymart V. Lopez to take the fame in the Elementary Boy Singles.

Another undaunted bets of the powerhouse, doubled force of siblings Clinton and Paulo Siwane dominated the Elementary Boy Doubles after putting up a good game against Panganiban's Cyrus James Ogena and James Laurence Angeles who settled for a silver medal.

On the other hand, the secondary level matches missed Virac stakes in the Boys' and Girls' Doubles,

garnering only two of four gold medals.

In the Singles divisions both boys and girls, finalists coming from Singles A & B made the table witness a fight between pawns of the same kingdom as they both came from Virac. However, in the final match of boy's singles, Nathan Tabuzo overpowered Neil Adrian Arango who are both coached by Eugene Brojan.

Likewise, Monica Rodulfo and Allysa Nicole Bernardo were catapulted on the first and second places respectively in the girl's singles, affirming Virac's standing.

Stealing the limelight in this Virac-dominated sports, Bagamanoc's good combination of bets in the boy's doubles match, Mc Janred Bayonito and Neil Joshua Peralta exuded powerful stance against sharp chopping opponents from Virac, Renato Connel and Michael John Tasara.

On the tail for the third spot, Edrian Buenaño and Mark Jun Añonuevo earned for Gigmoto a bronze medal.

Another win-chain breaker in the table tennis match are Resny Rein Rodriguez and Keithlyn Angelica Mae Tribiana contributing a gold medal for San Miguel while Virac duo bets Lhalyne Dasigan and Renie Nemenio settled for a silver medal.

Gianan urges standard rule implementation in Provincial Meet 2018



MARIAN CLAIRE V. TULOD

mc.tulod@gmail.com

Edwin Gianan called on coaches and officials to follow strictly the standard rules in the different sporting events during the 2018 Provincial Meet.

Gianan, the Provincial Coordinator of the Philippine Sports Commission, was also the Guest Speaker during the Opening Ceremonies of the Palaro.

He said that this is to avoid further embarrassment in the regional to international levels.

"Dapat po iimplementar ta an satuyang mga rulling sa kada event. Igahagad ko po an saindong partisipasyon na maimplementar po ngunian. Maski po ngani pag municipal meet ta, naimplement na po an rulings kan kada game tanganan dai po kita magkalat duman sa Bicol Meet at lalo na sa National o International level," he said.

"An sarong estudyanteng parakawat madadaog sana dahil sa warning. Dai pa ngani gasipa, daog na dahil sana sa kung anong violation," he further explained.

Gianan also shared how discipline and determination helped him reach his successes in the different Taekwondo competitions he joined not just locally but also internationally.

"An saindong disiplina sa sports iyo an dadalhon nyo pag kurang niyo. Dai problema sako manggana man o madaog, ako pilang beses naman nadaog. Maski an bronze medal na ito kan last 2013, an score ko zero. An kalaban ko six footer na Koreano. Isipa daw kun pilang beses ako sinipa sa payo. Ang importante diyan pag paribod mo, kapot-kapot mo an bronze medal mo, isipon mo na ikan kang balon na adal. Mapunta ako utro sa gym, mapraktis ako utro, ta isi ko kun ano an sakuyang salang ginibo," he revealed.



EYES ON THE PRIZE. Virac paddler is all eyes on the ping pong ball before delivering a forehand drive during the finals match of table tennis at Virac Pilot Elementary School, October 30.

Jan Keith Abundo

NO ENTRY. Two Gigmoto players successfully block the furious attack of San Andres spiker during their championship match. Gigmoto relied on their defensive aggressiveness to subdue San Andres in two straight sets, October 31.

 Jefferson S. Arcilla



Gigmoto winning volleyball coach says preparation is key to championship



JEFFERSON S. ARCILLA

jefarcilla@deped.gov.ph

Talents and skills win games. Preparation wins championship.

Fresh from their convincing victory against San Andres, winning coach of Gigmoto men's volleyball team, John Rey T. Manlagnit, shared that extensive preparation helped their team in winning the coveted gold.

"Upang maging handa at bihasa ang isang manlalaro, kailangan ng isang mahabang panahon ng pagsasanay sa pagkamit ng isang siguradong panalo," said Manlagnit.

Representing the municipality of Gigmoto, Manlagnit's team from Gigmoto Rural Development High School (GRDHS) showed dedication and winning attitudes from the training periods to the final game of this year's Palarong Panlalawigan.

"Isinasagawa namin ang pagsasanay every after class hours during weekdays except during examination periods. We also have trainings every weekend. Buong taon halos kaming nagti-training," the two-time head coach shared.

As a former coach in gymnastics and now a

volleyball coach and sports enthusiast, Manlagnit shared that he personally trains his players and ensures a hands-on approach to the team.

"Mas nakabuti kung ako mismo ang tagapagsanay ng aking manlalaro sapagkat sa oras ng aktuwal na kompetisyon ay mas naibigay ko ng direkta ang dapat nilang gawin," said Manlagnit who will coach team Catanduanes at Palarong Bicol for the second time.

Support from Local Government Unit (LGU) of Gigmoto and GRDHS also boosted the team's motivation. LGU gave the team financial assistance and also provided volleyball equipment and uniform.

GRDHS also served as the team's training venues for the whole year and the school's sports development program assisted the team in using sports equipment.

Apart from teamwork, Manlagnit also said that building a better relationship with players and instilling discipline will help the team.

"We treat each member as family trying to help each other develop his weaknesses into potential

skills," said Manlagnit.

For two straight years, selected players from GRDHS will represent team Catanduanes at Palarong Bicol in Masbate along with players from other municipalities.

Gigmoto's run for gold medal this year came from a dominating performance against San Andres in two sets, 25-17, 25-16.

Before the championship match, Gigmoto defeated San Andres, Virac, and Panganiban with unblemished record in a double elimination format.



Kailangan ng isang mahabang panahon ng pagsasanay sa pagkamit ng isang siguradong panalo.

Virac demolishes Bato, earns gold in junior football, 2-0



ATTACK MODE. Virac striker attempts to pass the defense of Bato with his tricky ball control in a winner-take-all football match at Catanduanes Athletic Complex, October 30.

 Jan Keith Abundo



JOHN DAVE LANON

jdlanon@gmail.com

Virac secured the junior football championship trophy after annihilating Bato during the Provincial Meet 2018 at the Catanduanes Sports Center Football field, October 29.

Virac showed complete dominance, owning the first two games of the best-of-three series, 5-0, 8-1.

"Gatuluwangan kami sa bawat salo," Mark Villareal, a player from Virac said about their attacks.

Aggressive offense and impregnable defense kept pressuring Bato, who went scoreless throughout Game 1, 5-0.

Virac maintained their momentum, displaying their experience through skills and teamwork, conquering the second match once again.

"Hapon-hapon kami nagpaparactice at nagco-compete din kami sa ibang lugar," Virac coach Romeo Vargas answered when asked about their advantage over the opponent.

Vargas also stated that they need to work on the team's physical build-up.

"May skills na sinda, may coordination naman with each other, build-up na lang talaga ang kulang," he explained.

On the other hand, juvenile football championship favored Bato, which shaded Virac with a clutch goal courtesy of John Carl Tarroza in the last minute of the match, 2-1.

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Bagamanoc aquabelles conquer cube, capture twin titles



ONE WITH THE WATER. An aqualad splashes his way to the other side of the pool in an attempt to net a medal in a freestyle event during the Swimming Competition of this year's Provincial Athletic Meet, Oct. 30, 2018.

Jan Keith Abundo



DAVE S. TOLENTINO

davestolentino@gmail.com

Female tankers from Bagamanoc town are hailed as the queens of the cube for bagging not just one but two grand over-all titles during the swimming tournament of Palarong Panlalawigan 2018 held at the Division Athletic Complex.

With nine gold medals, Bagamanoc was declared champion in secondary girls category after getting stellar performances from Palarong Bicol veterans Jeseca Obang, who ruled in 400m freestyle and 200m breaststroke; and Rachele Ann Interior who reigned in 200-meter butterfly and 200-meter individual medley (IM).

The town's relay teams in said division also displayed fortitude and dominance for pocketing gold medals in 4x50m medley, 4x100m medley, 4x50m freestyle and 4x100m freestyle.

Bagamanoc further took pride in its troop of kiddie aquabelles led by sixth grader Aileen Idanan who topped the 200m freestyle and 100m backstroke.

Having been a solo superstar in the pool, Idanan proved that she could also be a salient squad swimmer when she steered elementary relay teams toward triumph in 4x50m medley and 4x50 freestyle.

The feats helped the town snare another championship in the elementary girls category, heaping up a total of seven gold medals.

Lenie J. Obane, Bagamanoc swimming coach of Elementary Girls, said in an interview that the members of the team went through hardships since they fall short of good training facilities in the locality.

"We have no pools in Bagamanoc. We have to find ways to shape up and San Vicente River offered its running waters to us. We made sure though that our training programs should be rigid and effective," the San Vicente National High School teacher said in Bicol.

Meanwhile Bato aqualads pulled off an astounding 10-gold-medal finish to stay on top of the secondary boys scoreboard with its ace swimmer Peter Boy Balidoy taking the center stage. Balidoy alone collected five gold medals in individual swimming events and gave the relay team a boost to earn another one in 4x50m freestyle.

To get the top spot in elementary boys category, Virac banked on kiddie tanker John Cloyd Sarmiento who exhibited supremacy in 50m breaststroke, 100m breaststroke and 200m freestyle.

PAGE 5 | BATO EARNS

ako ng timeout," Coach Flores stated.

In the third set, Caramoran stumbled in the first half, 14-9, however, their attacks, emphasized by Jomar Samudio's header, seemed to click as they produced a four-point run, 15-13.

Caramoran's misfortune once again started, as they committed three consecutive errors, resulting to the latter's game point.

After Caramoran coach Joseph Santelices's timeout, they were able to catch up a bit due to Bato's errors but it was once again too late, as they performed another error, resulting to the end of the game, 21-18 with the first regu match favoring Bato.

On the second regu, a clash of headers emerged as Bato overwhelmed Caramoran on the first half of the first set, 11-4 as Carl Teanila constantly thumping them with his header spikes.

Bato was three points away from set point but their errors, together with Caramoran player Nicanor Alpon's digs and remarkable defense, slowly engulfed their offense, as they also gave up multiple points, 17-15.

They luckily caught up, 20-20 but Bato kept on screwing up, yielding yet another two errors and losing the first set, 20-22.

Their downfall remained early in the second set as Caramoran's Ramon Dela Rosa blasted a number of header spikes, overpowering Bato in the first half, 3-11.

Bato slowly took revenge with their timely header spikes, closing the deficit, 16-18.

The disappointment from second set did not shake Caramoran as they had a strong start, 4-0 highlighted by a joust won by Dela Rosa over Teanila.

Intensified by Teanila's header spikes, Caramoran was completely destroyed, scoring merely double digits in the third set, 21-11.

San Andres wins elementary volleyball gold in dramatic fashion



KEEPING IT ALIVE. San Andres spiker saves a crucial point to overcome Viga's twice-to-beat edge during their finals match at Catanduanes Athletic Complex, October 31.

Jefferson S. Arcilla



JEFFERSON S. ARCILLA

jefarcilla@deped.gov.ph

Beating the odds is the sweetest form of victory.

Entering the championship match with a twice-to-beat disadvantage against Viga, San Andres lady spikers made an improbable comeback as they forced a do-or-die game and scored an upset win to claim the gold medal in elementary volleyball girls.

In a survival game against the top-seeded Viga, San Andres surged a late rally win in a thrilling three sets (25-23, 12-25, 31-29) forcing a winner-takes-all match at Catanduanes Athletic Complex.

At one rally in the last set, Viga was one point away from winning the gold but San Andres managed to save a crucial play and scored a point courtesy of its setter's line ball shot.

The golden-yellow team then completed the comeback after annihilating the fatigued Viga team in two straight sets, 25-21, 25-18.

After taking the lead in the early set, San Andres maintained the momentum and sustained.

Before their match against Viga, San Andres defeated Bato and powerhouse team San Miguel that handed

them its only loss in elimination rounds, while Viga entered the championship match with unblemished slate after defeating Bato, Virac, and San Miguel.

Same results also concluded in elementary volleyball boys as San Andres dominated Viga in two sets, 25-16, 25-20 to earn the gold medal.

The team that is composed of pupils from Manabrag Elementary School showed composure all throughout the ball game, securing every possession and stopping opponent's offensive aggressiveness.

'Bagwis' San Andres team defeated Virac and Panganiban before the championship match against Viga.

Coach Elizaldy Balderama of San Andres elementary boys volleyball team said that the time of preparation before the Palaru put them in the pedestal of the match.

"Three months kami ning training tapos siyemprang teamwork talaga kasi from one school lang sila," the three-time Palarong Bicol coach added.

Team San Andres will parade six players from its current roster for the Palarong Bicol next year with Balderama coaching team Catanduanes.

Bato, Viga runners finish strong in athletics



JEFFERSON S. ARCILLA

jefarcilla@deped.gov.ph

Municipalities of Viga and Bato carved their mark in athletics event in this year's Palarong Panlalawigan after claiming the championship finish in elementary boys and girls, and secondary boys, respectively.

Viganons sprinted their way to gold as they dominated both elementary boys and girls. Bato runners, on the other hand, took the limelight in secondary boys.

Included in the list of winners in athletics from Viga elementary girls are Jade Angel T. Tonio (4x100-meter relay, 200-meter dash, 100-meter dash), Shelden Joy Omayan (4x400-meter run, 800-meter run, Aimelove T. Piala (1500-meter run), and Kayzael T. Mendoza (400-meter dash).

Bato relied on their fast runners in owning athletics secondary boys. The gold medalists include Jose Andrei T. Bello (4x100-meter run, 200-meter dash, 100-meter dash), Gilbert P. Rojas (300-meter run), and Arjay Rodriguez (Shot Put).

Meanwhile, municipality of Bagamanoc showed no signs of slowing down after they claimed the championship in secondary

ON TO THE MARK. Virac elementary runner approaches the last hurdle while taking the huge gap against Pandan and Viga during their run in 100m hurdle, October 30.

Jefferson S. Arcilla

girls athletics events.

Bagamanoc athletes brought home gold medals in secondary girls who include Princess Ma. Hannah Bergonio (800-meter run, 1500-meter run) and Regine Vicente (100-meter dash, 200-meter dash).

Sitting as first runner-up in elementary boys is municipality of Baras followed by municipality of Caramoran which placed as second runner-up.

In elementary girls, Virac and San Andres finished first runner-up and second runner-up, respectively.

In secondary boys, Bagamanoc and Caramoran also made it to top three performing municipalities after finishing off as first runner-up and second runner-up respectively.

Despite garnering only 14 medals this year in secondary level, municipality of Pandan finished with bronze medal in athletics while Bato finished as first runner-up.

▶ PAGE 4 | UNDERDOG

na mga players. Binasag mi yun. Pirming may gaalalay sa gadala nin bola para iwas sa double team at dun kami nagbawi sa bilis mi," Javier said.

The adjustment made by San Miguel to use their speed to counter the game plan defense of Virac turned to be the turning point of the game.

"Maski mga saraday ang San Miguel, бага man sinda mga kino (mouse) sa bilis kaya nakalusot sinda sa depensa nin kalaban. Napagal na sinda maski pa mag palit nin apat or lima. nasakitan na maghabol at makabawi," shared by a former varsity player from Virac.

"Sa hiling ko humbling loss ini sa Virac. Pero for sure ma-come back strong yan," he added.

SDS eyes higher standing in Palarong Bicol 2019



Schools Division Superintendent Socorro V. Dela Rosa

Jefferson S. Arcilla



JAN KEITH A. ABUNDO

abundojk@gmail.com

Schools Division Superintendent Socorro V. Dela Rosa urged coaches and athletes to aim for a higher standing in the upcoming Palarong Bicol in 2019 during the closing ceremony on October 31, 2018 at the Catanduanes Athletic Complex.

"We have been in the 13th place for three years now. Sana bako nang 13th. Sana bako ding 12th," Dela Rosa said jokingly.

Dela Rosa also revealed that the regional sports director often pokes fun at her for keeping the 13th spot in Palarong Bicol and that she would always retort with "at least consistent."

She said it is time for Catanduanes to show its potential and turn a new leaf in Palarong Bicol.

"In this year's Provincial Meet, I know that the fire has been ignited among us. Ipahiling ta na igwa man kitang kakayahan sa sports pag abot sa Palarong Bicol. Sa mga na-kaaging panahon, nagkatulog kita kaya consistent kitang asa 13. Ngunyan na nagimata na kita, kaipohan nang maghinguha," Dela Rosa added.

Meanwhile, she encouraged coaches to contribute insights on how Division of Catanduanes can improve its sports programs.

"Now is the time for us to accept new ideas. I encourage everyone na mag isip. Bako lang na limitado sa mga supervisors ang mag conceptualize. We encourage you to give us some insights or things that you believe will improve our performance and promote sports in the province," Dela Rosa said.



In this year's Provincial Meet, I know that the fire has been ignited among us.

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Baras busts other bets in badminton boys



GERMAN T. TEJADA JR.

gttejada@up.edu.ph

After a backbreaking 114 games in the badminton tournament, both elementary and secondary Baras players in the boy's category smashed other municipalities' stakes for the gold.

Earning the first gold for Baras, Joey Boy De Sevilla crushed John Vincent Artul's thirst to put San Miguel on the top rank who settled for the silver. The two bronze medals in this category, likewise deposited another points for the two municipalities as Daryl King Torrente of Baras and Dexter Romero of San Miguel landed on third spots.

Clinching another gold for the Baras delegation in the secondary boy's category, Angelo Gonzalva banked on his switching of strong and soft returns against tired opponent Ebryan Tabirao of San Miguel who immediately proceed to the final match after earning his chance to challenge Gonzalva. Tabirao, on the other hand, outclassed John Lloyd Brinas, Gonzalva's fellow delegation from Baras who settled for a bronze medal together with John Lee Brutus of Viga.

Baras men's badminton head coach Joshua Gordon said that the experience of his players led their team to another Palarong Bicol tilt.

"Dating player sa Bicol Meet ang mga player ko and at the same time ikan kaming routine and drills buda training bago mag provincial meet," the four-time badminton coach shared.

Gordon also thanked the teachers who trained his players in elementary level.

"Elementary pa lang, ga-Bicol Meet na ang player na kung sain sinda nag puon," Gordon added.

On the other hand, it was a game turner for Pandan after winning the top spot in the elementary girl's category when Lorraine Icaranom dominated all matches—the lone win of the municipality in this sports event.



TOP FORM. Baras smasher is on his defensive stance while preparing for another lethal attack from his opponent in a badminton match for gold, October 31.

Jan Keith Abundo



Ikan kaming routine and drills buda training bago mag Provincial Meet.



FIRST AID. Taekwondo coach checks on her player who suffered from an unintentional poke on right eye from his opponent during the taekwondo match at Catanduanes State University.

Jefferson S. Arcilla

SDO Health Section, PDRRMO respond to Palaro-related medical needs



MARIAN CLAIRE V. TULOD

mc.tulod@gmail.com

Combined force of DepEd Catanduanes Health and Nutrition Section and Provincial Disaster Risk Reduction and Management Office (PDRRMO) secured quick response to Palaro-related injuries and cases during the 4-day event, October 28-31.

In all, the two groups of medical aid responders attended to 62 various cases of injuries or illnesses ranging from less serious cases such as fainting, difficulty of breathing, heat exhaustion, and wounds to more serious cases such as fractured foot from the baseball game and dislocated jaw in a taekwondo match.

Jerry B. Beo, Local Disaster Risk Reduction and Management Officer IV, expressed his gratitude to be given the chance to help in the event.

"We are happy that DepEd invited us to participate in this important provincial event by providing medical aid responders. We are happy

that DepEd gave us the opportunity to be of service, especially to our aspiring young athletes," he said.

PDRRMO provided an average of 18 responders a day. Beo also assured that PDRRMO's responders are mostly, if not all, volunteers, most of whom are students trained by their office.

Moreover, because of the number of track and field athletes running barefoot, the Palaro also incurred seven abrasion cases, four of which were foot abrasions

"Karamihan kasi sa mga runner natin ay nakapaa. It seems most comfortable silang nakapaa since from the rural areas mostly yung mga athletes natin. Eh rough road yung track natin," Beo added.



We are happy that DepEd gave us the opportunity to be of service.

Coaches, game officials told: Refrain from drinking



DAVE S. TOLENTINO

davestolentino@gmail.com

Teachers participating in this year's Palarong Panlalawigan have to say goodbye to forbidden nights of catching-up drinking spree, should they want to set foot in Masbate for the regional sports meet.

Division Schools Sports Officer (DSSO) Mary Jean Romero reminded coaches and game officials during the solidarity meeting on October 28 that drinking of alcoholic beverages will not be tolerated in billeting schools for it could "adversely influence the athletes."

"Walang inom [ng alak]. How are we going to develop self-discipline among our students if the coaches and officials are drinking? Our sports program does not only aim to produce medals but most importantly, to instill values and positive attitude," Romero said.

Romero stressed that those who will not exhibit self-discipline during the four-day sports fest will not be recommended to join the roster of delegates who will represent Catanduanes in the upcoming Palarong Bicol in February 2019.

She further emphasized that the said caution also applies to those officiating officials and tournament managers who failed to actively produce athletes in their respective schools.

"This will be an important consideration in choosing and sending game officials to the Palarong Bicol and I will really look into it. If wala kang naproduce na athlete, anong ginawa mo as sports advocate sa community mo? Tapos makakasama ka sa region? Parang mali," she said.

Also claiming that teachers joining in the sports meet should really be persons "worth emulating," Schools Governance and Operations Division (SGOD) Chief Miguel Ogalinola lauded Romero for brandishing a "firmer" leadership in the local sports program.

Ogalinola said in an interview that it is only proper for Romero to warn those teachers who are fond of having drinking sessions in their quarters for they might put the welfare of the student-athletes in jeopardy.

"Yung mga teachers natin dito, most of them are old friends. They find drinking as a relaxing way to catch-up with each other though it is strictly prohibited. Kapag ganyan, malaki ang posibilidad na mapabayaang nila ang mga bata," the former division sports coordinator said.



Zadkiel Magno's Coming-of-Age in the World of Competitive Sports

JAN KEITH A. ABUNDO

abundojk@gmail.com



A player wiped the beads of sweat on his forehead using the sleeve of his shirt, seconds before chopping his opponent's return. The tension could be felt as the sound of ping pong balls being hit by paddles resonated across the room.

While everyone is busy limbering up for the incoming table tennis match, a seemingly peeved young player stood by the window and fanned himself with his blue shirt.

As far as one could tell, Zadkiel could just be a random kid who tagged along with someone from the group of athletes. Little did everyone know that he is a table tennis player and can get pretty serious about it.

Zadkiel Louis B. Magno, 8 years old, is the youngest elementary table tennis player from the Virac delegation in this year's Provincial Athletic Meet.

Kiel's age might give people the impression that table tennis is all child's play for him but he proved them wrong after defeating older players without mercy during the first day of the table tennis match.

Seeing Kiel play against older players reminded the spectators of the biblical story David and Goliath, where we have first learned the idea that size holds no weight in the art of war.

With Kiel's precise chops and impeccable spins, almost nothing can set him apart from table tennis players older than him, except maybe for his young physique.

"Kinder pa sana siya, nahilingan mi na siya ning interes sa pagkawat ning ping pong," Antonio Bernardo, Kiel's grandfather, said in an interview with Hagubuhob.

Kiel's grandfather also revealed that he himself is a table tennis player in his younger years and is currently the trainer of the Catanduanes State University (CSU) table tennis players. He also won international table tennis competitions back in the day.

Having his grandfather around during the training is supposedly a perfect setup for Kiel as he can be trained well. However, he opted to train with other people and at his own pace.

"Ang kagugulo sa aking ini ta dai ini nakikawat sako. Ang mga kalaban kaan pirmi sa ping pong su mga varsity ning CSU," said Bernardo.

Unfortunately, Kiel, despite his determination, was not able to make it to the championships.

"Ayos na samong nakasampot siya sa semis ta inot niya pa sanang pagsabak sa provincial. Ngunyan determinado kaming mag-training pa ta nahiling kong kaya niya makisabayan miski siya ang kaaki-akii," Bernardo added.

Kiel's debut in this year's provincial meet may not have ended up as the classic success story everyone is looking forward to, but sure it is a good coming-of-age story of a budding sportsman – a story of victory amidst losing.

▶ PAGE 1 | SIBLING TANDEM

a tenth grader doubled the edge to win the gold in the lawn match.

On the other hand, playing for the Girl's Singles, Roanne Vargas, 17, an eleventh grader and elder sibling of Denver, showed no grace to her opponent from Gigmoto in the final clash, sealing the score board 8-5.

Completing the set of sweeping wins, sisters Rizalyn Gonzales, 14, a ninth grader, and Mariz Gonzales, 13, an eighth grader, sealed the bout in the Girl's Doubles and made Virac clinch a clean slate representation in all divisions in lawn tennis for the Bicol Meet.

In the take-in interview, brothers James and Jonathan said they transferred from Catanduanes State University Laboratory Schools to Catanduanes NHS this school year in purpose so they can play at the Palaro. They said State Universities and Colleges (SUCs) do not give priority to elementary and high school delegations in DepEd sponsored series of Athletic Meets.

Furthermore, all netters who represented Virac in this year's Provincial Meet are members of the Division Tennis Club, an association affiliated with the province's elite tennis players of all ages, most of them are from key institutions and government agencies in Catanduanes.

The players, taking pride on their membership to the club, divulged that their victory could not be made possible without their senior co-members who rigorously trained them during weekends from as early as 6:00 a.m. extending up to 9:00 p.m.

Their strategic gameplan banked on the series of smashes in a close past the net's touchdowns avoiding catch and returns from their opponents.

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Furthermore, he appealed to coaches, provincial government officials, and other stakeholders to genuinely support the different sports development programs of the the Philippine Sports Commission.

"An pigahagad ko lang po sa satuyang mga mahal na bisita an odok sa boot na pagsuporta ta kung dai po kita magkasararo, dai po matabang an PSC. Matabang man an hilaw," Gianan said.

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athletic meet.

Last year, another similar incident even shocked me after eighth grader Jake Sorilla of San Andres Vocational School (SAVS) perished in a friendly sparring session. Reports said the square-off was part of the 15 year-old student's preparation for a fiesta boxing tournament sponsored by the local government where I used to work full-time before joining DepEd. Apparently, such mishap took place when the players inevitably got brain-battering blows in the head resulting to serious injuries. It further cemented the reputation of boxing as a dangerous sport worldwide.

This reason is more than enough for us to be afraid and quit, but it is only through an unwavering mettle that we can find athletic glory. Sports teaches us to be brave and bravery is not letting our actions be swayed by our fears.

Despite these unfortunate events, schools should not be discouraged to promote combat sports. Accidents could happen in any kind of game which entails intense physical effort, mobility and contact. Division Schools Sports Officer (DSSO) Mary Jean Romero expressed wisdom when she said that coaches should just master the "technical know-how" of these sporting events to ensure the maximum safety of student-athletes. The statement was made after she noticed that Caramoran Wrestling Team also snared gold medals unscathed upon winning by default.

In fact, our Division demonstrates optimism as it takes significant steps in reviving genuine sports spirit in the island.

Partnering with the Provincial Government, Philippine Sports Commission and other agencies, DepEd took active part in staging a summer grassroots sports program which includes the promotion of boxing and taekwondo. Undertakings like this will surely empower coaches so they will be able to learn the ABC's and the technical know-hows from experts and practitioners.

Coaches play a crucial role in the success of student-competitors in any field. They should foster a winning mindset. Sad to say, some in our division have the habit of subscribing to midnight preparations, or much worse, negligently sending their contestants to the battlefield without any preparations at all.

In the area of sports, everybody considers it a common sense to undergo proper training and conditioning should they want to endure exhaustive competitions. How could a boxer or a jin or an eskrimador or a wrestler withstand successive hits without enhancing stamina and fortifying their muscles?

Game administrators and managers should also strive to provide the best facilities during tournaments. Obviously, safeguarding our athletes will be next to impossible if tattered mats, worn-out gloves, slipping headgears and improvised paddings will be given to them. These measures should always be taken all along to avoid fatality.

Maybe, to protect our students, we should just take note of the obvious and the common sense. We should just be mindful of our roles as accountable adults and always heed my old biology teacher's advice: "Utak! Paganahon ang utak!"

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EDITORIAL

YET TO COME

For the past years, only four teams, Zone 1, 2, 3, and 4, were competing for the Palaro. Zone 1 was for Virac and San Andres; Zone 2 for Bato, San Miguel, Baras, and Gigmoto; Zone 3 for Viga, Panganiiban, and Bagamanoc; and Zone 4 for Caramoran, and Pandan. This year, teams are no more the four zones but the eleven municipalities.

The new format for this year's Palarong Panlalawigan has added excitement to the "much-awaited" event and even before this started, it already gained positive response from the sports enthusiasts in our division.

This bold move made by the sports committee of the Division of Catanduanes headed by Dr. Mary Jean S. Romero, the Division Schools Sports Coordinator, opened the door to all municipalities to train their own players, form their own teams, create their own game plan, and possibly find players who may be diamonds in the rough.

Since the focus of the team is by municipality, more players are given the chance to play and showcase their craft in sports. Moreover, the new system of the Palaro brought sense of identity and ownership of the team is really in focus. This ultimately gives a big opportunity for the competition committees to scout players, especially in the team games, who will be playing for the Palarong Bicol 2019. The more players, the more chances of discovering homegrown talents. Going hand in hand with the new format are the different sporting events and trainings given to the coaches and trainers. These were both provincial and regional exposures. The goal is to capacitate the coaches on the X's and O's of the specific games they are in. This is to strengthen the proper approach in coaching and training the student-players in preparation for the Palarong Bicol.

Some of the notable moves made by the Division was the staging of the Grassroots Program - Coaching and Officiating, and Sports Science sponsored by the Philippine Sports Institute and the Philippine Sports Commission, which was participated by more than 100 teacher-trainers. The "Long Jump Queen" of the Philippines, Ms. Elma Muros-Posadas, graced the event and also trained the coaches in the track and field. The heptathlon champion and the former member of the Philippine Track and Field National Team is also part of the Philippine Sports Commission.

With all these changes made in the approach and in preparation, the question now is, could this be our saving grace after ranking last in the 2018 Palarong Bicol in Naga City?

While it's too early to say and predict, we could only hope for the best and it is yet to come.

Of Brains and Brawls

STREETSCAPE

DAVE S. TOLENTINO



I consider it a brutal punch in the jaw to discover that boxing gloves will be left unused.

came off an excruciating month of training as it geared up for a gory battle for the gold, only to find out that the ultimate sports fest in the province will just be a stroll in the park for them. With no foes waiting on the line, the team easily pocketed nine gold medals which had helped the town to a 4th place over-all finish.

The absence of competitors from other municipalities insinuates that no matter how we idolize Manny Pacquiao (and patronize his songs), we still see boxing as a blood sport which requires extreme caution for it might put the lives of our athletes in serious peril.

Though some may view it as a picture of incompetence, it is understandable if our teacher-coaches show some sort of reluctance in grooming potential boxers under their wings. They are well aware of the hefty price to pay if something goes wrong or even deadly. In 2014, DepED scrapped boxing from the elementary division in Palarong Pambansa following the death of 16-year-old Jonas Garcia. The high-schooler died of internal hemorrhage after competing in Central Luzon's

