

Concentration Training of Athletes
January 11 – February 4, 2016

IN CHARGE OF THE MORNING EXERCISE (Warming – Up, Stretching and Jogging)

OVER – ALL LEADER -	Mr. Ernesto Buena
Co – Leader -	Mr. Roberto Tomagan
	Mr. Rustico Buatin
	Mr. Benjamin Tabuzo

DAILY IN CHARGE OF MORNING EXERCISES

DATE	EVENT IN CHARGE
January 2016: 13 – 14	- Athletics (Boy/Girl- Elem. / Sec.)
15 – 16	- Badminton, Chess, Lawn Tennis, Archery (Boy/Girl- Elem. / Sec.)
17 – 18	- Baseball (Elem./ Sec.)
19 – 20	- Basketball (Elem.), Sepak (Elem.), Table Tennis (Elem. Boys & Girls)
21 – 22	- Softball (Elem. / Sec.)
23 – 24	- Basketball (Secondary – Boy & Girl)
25 – 26	- Volleyball (Boy-Elem.), Table Tennis (Sec. Boy/ Girl)
27 – 28	- Boxing, Football (Sec.), Billiard (Boy/ Girl)
29 – 30	- Volleyball (Boy/ Girl) Secondary
31	- Swimming (Boy/ Girl – Elem. / Sec)
February 2016: 1 – 2	- Athletics (Boy/ Girl – Elem. /Sec)
3 – 4	- Basketball (Elem. /Sec)

PREFECT OF DISCIPLINE
(During the Concentration Training)
January 11, to February 3, 2016

Chairman	:	Vernie Robles
Co- Chairman	:	Zarita Miraran – Boneo
Members	:	1. Gengie Salvidar
		2. Alma Tioxon
		3. Jennifer Peralta

SCHEDULE OF ACTIVITIES
Concentration Training of Athletes
January 11 – February 4, 2016

RELEASED

DepEd-Division of Catanduanes

RECORDS SECTION

Date: JAN 12 2016

Time: 2:05 PM

By: [Signature]

DAILY ACTIVITIES

(including all participants)

TIME	ACTIVITIES
5:00 – 5:15am	Coffee/ Milo Exercise
5:15 – 6:00am	Warming – Up, Striking, Jogging
6:00 – 6:30am	Cleaning the Surrounding, Toilet, Playing Venues
6:30 – 7:00am	Personal Hygiene
7:00 – 7:30am	B R E A K F A S T
7:30 – 7:45am	Preparation for Training
7:45 – 9:30am	Actual Training
9:30 – 9:45am	S N A C K
9:45 – 11:30am	Actual Training
11:30 – 11:45am	Preparation for Lunch
11:45 – 12:45pm	L U N C H
12:45 – 1:30pm	Rest/ Preparation for Training
1:30 – 3:00pm	Actual Training
3:00 – 3:15pm	S N A C K
3:15 – 5:00pm	Actual Training
5:00 – 5:30pm	Rest/ Preparation for Dinner
5:30 – 6:30pm	D I N N E R
6:30 – 7:00pm	Administrative Meeting (Coaches, Chaperons/ Trainers, DSAC)
7:00 – 8:00pm	Group Meeting (by Event)
8:00pm – On-ward	Curfew hours – NO Athletes, Coaches, Chaperons, Trainers ARE ALLOWED TO GO OUT

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January 11 – February 4, 2016

Maintenance of the Cleanliness in the Schools Division Office, Toilet and Playing Venues

DATE	AREA OF ASSIGNMENT	EVENT – IN – CHARGE
January 2016 – 13 – 14	-	
15 – 16	- Main Road of SDO (From the guard house to Mess Hall)	- Athletes (Boy/Girl- Elem. / Sec.)
17 – 18	- In front of the SDO –from volleyball court to Mess Hall	- Badminton, Chess, Lawn Tennis, Archery (Boy/Girl- Elem. / Sec.)
19 – 20	- All Toilets	- Baseball (Elem./ Sec.)
21 – 22	- Oval and Other Playing Venues	- Basketball (Elem.), Sepak (Elem.), Table Tennis (Elem. Boys & Girls)
23 – 24	- Main Road of SDO (From the guard house to Mess Hall)	- Softball (Elem. / Sec.)
25 – 26	- In front of the SDO –from volleyball court to Mess Hall	- Basketball (Secondary – Boy & Girl)
27 – 28	- All Toilets	- Volleyball (Boy-Elem.), Table Tennis (Sec. Boy/ Girl)
29 – 30	- Oval and Other Playing Venues	- Boxing, Football (Sec.), Billiard (Boy/ Girl)
31	- Main Road of SDO (from guard house to Mess Hall)	- Volleyball (Boy/ Girl) Secondary
February 2016 – 1 - 2	- In front of the SDO –from volleyball court to Mess Hall	- Swimming (Boy/ Girl – Elem. / Sec)
3 - 4	- All Toilets	- Athletics (Boy/ Girl – Elem. /Sec)
	- Oval and Other Playing Venues	- Basketball (Elem. /Sec)

NOTE : 1. Maintenance of the cleanliness of sleeping quarters is the responsibility of the respective occupants c/o the Coaches, Chaperons and Trainers.

2. Drinking liquor and other alcoholic beverages, smoking, playing cards and other Vices is **STRICTLY PROHIBITED**.

3. The "NO MEAL PASS, NO EAT POLICY" will be adopted during the duration of the Concentration Training of Athletes.