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Republic of the Philippines
Department of Education
REGION IV-A CALABARZON



10 April 2025

Regional Memorandum
No. 280 s.2025

**TRAINING SCHEDULES FOR DELEGATES
PARTICIPATING IN THE 2025
PALARONG PAMBANSA**

To: **Schools Division Superintendents**
Public and Private School Administrators
All others concerned

1. To ensure a competitive Team CALABARZON for the 2025 Palarong Pambansa, which will be held from May 20 to June 2, 2025, in Ilocos Norte, a Live-in and Live-out Training for official delegates will be conducted across various Schools Division Offices' identified venues on different schedules.
2. All Division Sports Officers (DSOs) are hereby instructed to make necessary arrangements to train their athletes, whether participating in individual or group events. This includes the preparation of appropriate training designs, securing accommodation, and providing other essential provisions and logistical requirements necessary for the smooth and effective conduct of the training program.
3. The DSOs are expected to closely monitor the conduct of both live-in and live-out training sessions and provide a weekly update on the progress of the training during online or face-to-face meetings.
4. Expenses relative to the conduct of training, food, and travel expenses of athletes, coaches, asst. coaches, chaperons, and monitoring team shall be charged against local funds or special education funds, subject to the usual accounting and auditing rules and regulations.
5. Enclosed herewith are the schedule of different trainings, guidelines on the conduct of training, and a list of monitoring teams for reference.
6. For more information or queries, you may contact Dr. Eduarda M. Zapanta, Chief Education Supervisor, Education Support Services Division (ESSD), or Joseph Tito N. Ocampo, designated Regional Sports Officer, at essd.calabarzon@deped.gov.ph.



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7. Immediate dissemination of this Memorandum is highly expected.


ATTY. ALBERTO T. ESCOBARTE, CESO II
 Regional Director 

03/ROE12/ROELCS

**DIFFERENT TRAINING VENUES FOR CALABARZON LIVE-IN AND LIVE-OUT
TRAINING IN PARTICIPATION IN 2025 PALARONG PAMABANSA**

| SCHOOLS DIVISION OFFICE | DATE OF TRAINING | VENUE/S |
|------------------------------------|---|--|
| Antipolo City | April 21-30, May 2-18, 2025 | Mayamot NHS La Salle Antipolo City JV Badminton |
| Bacoor City | April 16- May 18, 2025 | Bacoor NHS |
| Barangas City | April 1- 30, May 1-17, 2025 | Batangas City Sports Coliseum, Swimming Pool, Batangas South Elementary School |
| Batangas Province | March 24- May 10, 2025 | Calaca Central School |
| Binan City | May 14-20, 2025 | Futsal and Gymnastics- De La Salle University Volleyball Elem. Girls- Athletics-Binan Sports Complex |
| Cabuyao City | May 2-16, 2025 | Athletes Basic School |
| Calamba City | April 28- May 16, 2025 | Jose Rizal Memorial School (Gymnastics), Bucal Elem.School (Volleyball Elem. Boys) |
| Cavite City | April 2-30, 2025- May 2- 16, 2025 | Cavite City NHS |
| Cavite Province | May 12-20, 2025 | Table Tennis-San Gabriel 2 Elem. School Swimming-Silang Cavite Athletics-CAVSU Wrestling-GMATHS |
| Dasmarinas City | April 28-30, 2025 - May 2-16, 2025 | Dasmarinas Sports Complex |
| Gen. Trias City | April 7 on wards -(school based training May 14-18, 2025- Live- out training | Lucio Nocon NHS RST Vermosa Spartan Gym CABT |
| Imus City | April 7-30, 2025 - May 1- 17, 2025 | Imus City Sports Complex, Table Tennis- Imus Pilot Elementary School, Chess- Pasong Buaya 2 Elementary School |
| Laguna Province | May 10-20, 2025 | Laguna Sports Complex |
| Lucena City | April 1-30 - May 1-17, 2025 | Lucena West 1 Elementary School |
| Lipa City | April 14 - May 17, 2025 | La Salle Lipa |
| Quezon Province | May 2-18, 2025 | Quezon National High School |

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| San Pablo City | April 21-30 - May 2-16, 2025 | Badminton-Green Court, Taekwondo-San Pablo Colleges |
| Sta. Rosa City | April 6-16, 20-30 & May 1-18, 2025 | Sta. Rosa City |
| San Pedro City | April 25 - May 15, 2025 | San Pedro City |
| Tanauan City | April 28 - May 9, 2025 | Faith Colleges |
| Rizal Province | April 18 - May 9, & May 14-18, 2025 | <p>Arnis-Elementary - Venue Saint Anthony ES Secondary Rosario Elementary School</p> <p>Athletics-M-W-F (7:00 am to 9:00 am and 3:00 pm to 5:00 pm) Taytay Oval T-Th-S (7 am to 9 am and 3 pm to 5 pm) Respective Sub-Offices</p> <p>Badminton- Monday to Saturday 1-5 pm Single Boys Secondary at Cainta Badminton Court Monday to Saturday 9 am to 9 pm</p> <p>Basketball Sec. Boys- San Beda College Taytay</p> <p>Basketball 3xe Sec. Boys- Teresa Municipal plaza</p> <p>Chess Elem. Boys- Metro Manila Hills</p> <p>Dance Sports- Saint Joseph Es</p> <p>Aero-Gymnastics- Exodus Elem. School</p> <p>Gymnastics-MAG- Pililia Elementary School</p> <p>Gymnastics WAG- Club Gymnastica Pasig/GAP Vito Cruz, Manila</p> <p>Pencak Silat- Baras Sikaram Gym</p> |

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| | | <p>Sepak Takraw – Banaba ES Covered Court MISIS Covered Court</p> <p>Softball – San Jose Oval, Montalban</p> <p>Swimming- One Arena Swimming Pool</p> <p>Table Tennis- Binangonan Table Tennis Club, Gaisano Capital Mall</p> <p>Taekwondo- Rizal taekwondo Training Center Taytay</p> <p>Tennis- Bloomingdale Tennis Court- Angono, San Beda-Taytay Campus, Rizal Memorial Tennis Court</p> <p>Wushu-San Juan National High School Oriole st., Anakpawis, Cainta, Rizal</p> <p>WeightLifting- Hidilyn Diaz Training Center, Jalajala, Rizal</p> <p>Wrestling- Purok 7, Bagong Silangan,Q.C</p> <p>SNED Athletics-Cainta Oval Monday - Thursday 7- 10 am - 3-5 pm, Taytay Oval Friday - Saturday 7 am - 10 am; CAYSMNHS</p> |
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**GUIDELINES ON CALABARZON'S LIVE-IN AND LIVE-OUT TRAINING FOR 2025
PALARONG PAMBANSA**

1. All athletes, coaches, assistant coaches, and chaperons must be at the venue throughout the training except for those with prior approval of tournament participation.
2. Tournament Coordinators who will also serve as monitors are expected to support in coordinating and scheduling of tune-up games of their respective events.
3. An athlete who waived his/her right to play should submit a waiver signed by his/her parents/guardian, Division Sports Officers, and the Schools Division Superintendent.
4. The winning coach will lead the team during the training. In case he/she waives his/her right to coach, he/she should submit a waiver signed by the Division Sports Officers and the Schools Division Superintendent before the start of the live-in and live-out training. The second winning coach will take over, and the replacement must be done before the training. The management will decide on a replacement in case the second winning coach waives.
5. Any request to join in invitational tournaments during the live-in and live-out training must be supported with documents (invitation/confirmation from the management of the tournament and parents' permit) duly signed by the Schools Division Superintendent and to ensure such will not affect in their participation to 2025 Palarong Pambansa.
6. Individual event athletes who will be trained by their trainers outside the designated training venue selected by SDOs must submit a request signed by the Schools Division Superintendents and should have constant coordination with the School Division Office concerned.
7. All members of the coaching staff are required to submit a detailed training plan to the training management for evaluation, in the School Division Offices with properly monitor the athletes' performance.
8. Coaches and chaperones are highly expected to ensure the security, safety, safe space, health, and well-being of athletes in the duration of the training.
9. Any urgent concerns hindering the successful conduct of the Live-in and Live-out training should be addressed first at the SDO level and referred to the Regional Director's Office through the Education Support Services Division, if deemed necessary.

**LEAD EXECUTIVE AND MEMBERS OF THE MONITORING TEAM FOR THE
LIVE-IN AND LIVE-OUT TRAINING IN PARTICIPATION TO 2025 PALARONG
PAMBANSA**

| | NAME | POSITIONS | DIVISION |
|-----------------|-------------------------------------|--|--------------------|
| 1. | Atty. Alberto T. Escobarte, CESO II | Regional Director / Lead Executive of Monitoring Team | Regional Office |
| 2. | Loida N. Nidea | Assistant Regional Director / Deputy Lead Executive | Regional Office |
| 3. | Lourdes T. Bermudes | Schools Division Superintendent / Member of Executive Monitoring Team | Regional Office |
| 4. | Eduarda M. Zapanta | Chief Education Supervisor / Chairperson | Regional Office |
| 5. | Joseph Tito N. Ocampo | Regional Sports Officer / Co-chairperson | Regional Office |
| MEMBERS: | | | |
| 6. | Philips T. Monterola | Regional SNED Coordinator | Regional Office |
| 7. | Arnel T. Buena | Division Sports Officer | Antipolo City |
| 8. | Marife Ornopia | Division Sports Officer | Bacoor City |
| 9. | Jimmy J. Morillo | Division Sports Officer | Batangas Province |
| 10. | Nicolas A. Asi | Division Sports Officer | Batangas City |
| 11. | Gertrude A. Anunciacion | Division Sports Officer | Biñan City |
| 12. | Marianne A. Velasco | Division Sports Officer | Cabuyao City |
| 13. | Joel I. Libranda | Division Sports Officer | Calamba City |
| 14. | Joel O. Peregrino | Division Sports Officer | Cavite Province |
| 15. | Chereyna R. Guantia | Division Sports Officer | General Trias City |
| 16. | Michael M. De Guzman | Division Sports Officer | Dasmariñas City |
| 17. | Annaliza T. Fernandez | Division Sports Officer | Cavite City |
| 18. | Marciano V. Valles | Division Sports Officer | Imus City |
| 19. | Judith V. Clemente | Division Sports Officer | Laguna |
| 20. | Roland Diaz | Division Sports Officer | Lipa City |
| 21. | Joey L. Jader | Division Sports Officer | Lucena City |
| 22. | Joan Alejaida R. Mauhay | Division Sports Officer | Quezon |
| 23. | Benito L. Picones | Division Sports Officer | Rizal |
| 24. | Lerma M. Baldonado | Division Sports Officer | San Pablo City |
| 25. | Marites R. Martinez | Division Sports Officer | San Pedro City |
| 26. | Mario V. Zantua | Division Sports Officer | Santa Rosa City |
| 27. | Florentino O. Lara | Division Sports Officer | Sto. Tomas City |
| 28. | Romeo L. Mendoza Jr. | Division Sports Officer | Tanauan City |
| 29. | Maria Corazon Borbon | Division Sports Officer | Tayabas City |

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| 30. | Mercy Villanueva | SNED Supervisor | Batangas Province |
| 31. | Rosalina H. Panganiban | SNED Supervisor | Batangas City |
| 32. | Enelyn T. Badillo | SNED Supervisor | Calamba City |
| 33. | Josephine Monzaga | SNED Supervisor | Cavite Province |
| 34. | Jessie A. Layugan | SNED Supervisor | Dasmariñas City |
| 35. | Adora G. Del Mundo | SNED Supervisor | Imus City |
| 36. | Roderica R. Camacho | SNED Supervisor | Laguna |
| 37. | Rowela M. Caperina | SNED Supervisor | Lucena City |
| 38. | Araceli C. Tejada | SNED Supervisor | Rizal |
| 39. | Maribel M. De Vera | SNED Supervisor | Santa Rosa City |
| 40. | Marites Q. Balba | SNED Supervisor | Sto. Tomas City |
| 41. | Lealyn C. Sanita | COS / Technical Assistant I in Sports Program | Regional Office |

**LIVE-IN AND LIVE-OUT TRAINING SCHEDULES FOR DIFFERENT EVENTS OF
CALABARZON OFFICIAL DELEGATES FOR 2025 PALARONG PAMBANSA**

| TOURNAMENT COORDINATORS/ MONITORS | EVENTS | SCHEDULES OF TRAINING | VENUES |
|--|---------------|--|---|
| Mildred M. de Leon | Archery | May 10-20, 2025 April 7 onwards and May 14-18, 2025 | Laguna Sports Complex- Archery Sec. Girls Gen. Trias City- Archery Sec. Boys |
| Ardie P. Cordero | Arnis | April 18 - May 9, & May 14-18, 2025 | Saint Anthony ES- Arnis Elem. Rosario Elementary School-Arnis Sec. |
| Roderick C. Tobias Nilo Portinto | Athletics | May 10-20, 2025 April 18 - May 9, & May 14-18, 2025 April 28-30, 2025 & May 2- 16, 2025 March 24 - May 10, 2025 | Laguna Sports Complex Taytay Sports Complex Dasmaringas Sports Complex Batangas Athletics Elem. Girls and Boys |
| Rex Alejandro | Badminton | April 18 - May 9, & May 14-18, 2025 April 6-16, 20- 30, & May 1-18, 2025 | Rizal Province Badminton Elem. Boys Sta. Rosa City Badminton Sec. Girls and Elem. Girls |
| Edgardo C. Ocampo | Baseball | April 28 - May 9, 2025 March 24 - May 10, 2025 | Tanauan City Sec. Boys Baseball Batangas Province Baseball Elementary Boys |
| Juanito P. Hombrebueno | Basketball | April 21-30 & May 2-18, 2025 April 18 - May 9, & May 14-18, 2025 April 14 - May 17, 2025 | La Salle Antipolo City Basketball Sec. Girls Rizal Province Basketball Sec. Boys Lipa City Basketball Elem. Boys |

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| Ronald Mendiola | Billards | May 10-20, 2025 | Billards Sec. Boys Laguna Province |
| | | April 16 - May 18, 2025 | Billards Sec. Girls- Bacoor City |
| Nelson R. Umali | Chess | April 21-30, 2025 & May 2-18, 2025 | Chess Elementary Boys |
| | | April 14 - May 17, 2025 | Lipa City Chess Sec. Boys |
| | | April 6-16, 20-30 & May 1-18, 2025 | Sta. Rosa City Chess Sec. Girls |
| | | April 7-30, 2025- May 1-17, 2025 | Chess Elem. Girls Imus City |
| Jerwin D. Arpia | Boxing | May 2-18, 2025 | Quezon NHS – Boxing |
| | | April 25 – May 15, 2025 | San Pedro City |
| Maria Dona Cosejo | Dance Sports | May 2-18, 2025 | Quezon -Dance Sports |
| | | April 18 - May 9, May 14-18, 2025 | Rizal Province Dance Sports Elementary |
| Jeffrey Cabuyao | Football | May 2-18, 2025 | Quezon NHS- Football Elem. Boys |
| | | April 28 - May 9, 2025 | Tanauan City Sec. Boys Football |
| Carlrix Ebio | Futsal | May 14-23, 2025 | Futsal Sec. Girls- Binan City |
| Amihan R. Fenis | RG | April 18 - May 9, & May 14-18, 2025 | Rizal Province Gymnastics |
| Eliza B. Layugan | WAG | April 18 - May 9, May 14-18, 2025 | Rizal Province Gymnastics |
| Gina Buena | MAG | April 18 - May 9, & May 14-18, 2025 | Rizal Province Gymnastics |
| | | April 28 - May 16, 2025 | MAG Calamba City |
| Annette Diamante | Aero Gymnastics | April 18 - May 9, May 14-18, 2025 | Rizal Province Gymnastics |
| Lloyd Gener Palan | Pencak Silat | March 24 - May 10, 2025 | Batangas Province Sec. Boys Pencak Silat |

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| | | April 18 - May 9 & May 14-18, 2025 | Rizal Province Pencak Silat Sec. Girls |
| Erwin Acorda | Sepak Takraw | April 18 - May 9 & May 14-18, 2025 | Rizal Province Sepak Takraw Sec. Boys and Sec. Girls |
| | | April 18 - May 9 & May 14-18, 2025 | Rizal Province Sepak Takraw Elem. Boys |
| Emily O. Careon | Softball | April 18 - May 9 & May 14-18, 2025 | Rizal Province Softball Sec. Girls |
| | | April 7-30, 2025 & May 1-17, 2025 | Softball Elem. Girls Imus City |
| Aprilito C. De Guzman | Swimming | April 1-30 & May 1-17, 2025 | Lucena City Swimming Sec. Boys |
| | | April 18 - May 9 & May 14-18, 2025 | Rizal Province Swimming Sec. Girls, Elem. Boys and Elem. Girls |
| Antonino Palaganas | Table Tennis | April 18 - May 9, & May 14-18, 2025 | Rizal Province Table Tennis Elem. Girls |
| | | April 14 - May 17, 2025 | Lipa City Table Tennis Sec. Boys and Sec. Girls |
| | | March 24 - May 10, 2025 | Batangas Province Table Tennis Elementary Boys |
| Shirley C. Evangelista | Taekwondo | May 2-18, 2025 | Quezon NHS-Taekwondo Sec. Boys |
| | | April 18-May 9 & May 14-18, 2025 | Rizal Province Taekwondo Elem. Boys, Elem. Girls and Sec. Girls |
| Ricardo R. David III | Tennis | April 14 - May 17, 2025 | Lipa City Tennis Sec. Girls |
| | | April 6-16, 20-30 & May 1-18, 2025 | Sta. Rosa City Tennis Elem. Boys, Elem. Girls and Sec. Boys |
| Antonio Alvarez | Volleyball | April 21-30 and May 2-18, 2025 | Volleyball Sec. Boys at Mayamot NHS Antipolo City |

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| | | May 14-23, 2025 | At Pagkakaisa ES and Platero ES Volleyball Elem. Girls-Binan City |
| | | April 14 - May 17, 2025 | Bucal ES Calamba City, Volleyball Elem. Boys |
| Imelda Abarca | Wushu | April 6-16, 20- 30 & May 1-18, 2025 | Lipa City La Salle Lipa, Volleyball Sec. Girls |
| Edvie Diaz | Wrestling | April 6-16, 20- 30 & May 1-18, 2025 | Sta. Rosa City Wushu Sec. Girls and Sec. Boys |
| Ma. Josella N. Velasco | Bocce | April 1-30 & May 1-17, 2025 | Sta. Rosa City Wrestling Sec. Girls and Sec. Boys |
| Felmor D. De Rosas | Goal Ball | April 1-30 & May 1-17, 2025 | Lucena City |
| | | May 2-18, 2025 | Quezon Province |
| All selected SNED athletes will conduct their training on their respective SDOs to be monitored by their respective SNED Supervisors and Regional Focal | SNED Swimming, Athletics, Goalball and Bocce. | | |