

Republika ng Filipinas
(Republic of the Philippines)
KAGAWARAN NG EDUKASYON AT KULTURA
(DEPARTMENT OF EDUCATION AND CULTURE)
Manila

September 22, 1975

DEPARTMENT MEMORANDUM
No. 145, s. 1975

THREE-DAY SPORTS CLINIC

To the: Bureau Directors
Regional Directors
Coordinator, State Colleges
and Universities

1. In preparation for the athletic program, a series of three-day sports clinics will be conducted in seven different places in the country. Enclosed is the tentative program. The objective of the sports clinic is to acquaint physical development supervisors/coordinators and coaches with the new rules and techniques of coaching and officiating especially the sports to be now included in the athletic meets. The clinic, aside from the objective stated above, shall serve to clarify problems regarding the implementation of the Department Orders along this area.

2. The Sports Development Program Special Committee hereby recommends the holding of the three-day sports clinic in seven different centers, namely:

a. Regions I, II, III	- Angeles City	- October 15-17
b. Regions IV, V	- Lucena City	- " 20-22
c. Regions VI, VII	- Iloilo City	- " 20-22
d. Region VIII	- Tacloban City	- " 15-17
e. Region X	- Cagayan de Oro City	- " 27-29
f. Regions IX, XII	- Zamboanga City	- " 22-24
g. Region XI	- Davao City	- " 27-29

3. Each school division shall send not more than five delegates (the physical development supervisor/coordinator and a coach each for soccer football, little

league baseball, basketball, volleyball, and arts). State colleges and universities as well as vocational schools under superintendents may send their delegates. Private schools and universities in the area may also be allowed to send participants.

4. The sports clinic will be conducted by the teachers of the Department of Education and Culture Sports Development Program Special Committee with the cooperation and assistance of the different national sports associations of the Philippines.

5. Expenses incident to participation in the sports clinic is chargeable against local funds.

(SND) JOAN M. MARCEL
Secretary of Education and Culture

Incl.:

As stated.

TENTATIVE PROGRAM OF THE SPORTS CLINIC

1st Day

- 8:00 - 9:00 - Registration of Delegates
9:00 - 10:00 - Opening Program
1. Opening Song
2. Musical Number
3. Welcome Address
4. Inspirational Talk
10:00 - 10:15 - Break
10:15 - 10:30 - Introduction of Delegates and Consultants and Orientation on the Proceedings of the Sports Clinic
10:30 - 12:00 - Modern Trends in Coaching and Training of Athletes
a. Coaches and Sports Officials' Role
b. Training and Physical Fitness and Conditioning
c. Annual Schedule of Development in line with the DEC Sports Development Program
12:00 - 1:30 - NOON BREAK
1:30 - 2:30 - Physiology of Human Performance
2:30 - 3:30 - Fundamentals of Martial Arts
3:30 - 3:45 - Break
3:45 - 5:00 - Fundamentals of Sports (Specialization)
1. Soccer Football
2. Little League Baseball and other Related Sport
3. Track and Field
4. Volleyball - Basketball
7:00 PM - 9:00 PM - 5. Arnis

2nd Day

- 8:00 - 12:00 - New Techniques in Coaching in the Various Sports Lecture-Practicum
12:00 - 1:30 - NOON BREAK
1:30 - 3:30 - Continuation of Practicum
3:30 - 3:45 - Break
3:45 - 5:00 - Discussion of Rules and Regulations and Officiating
7:00 PM - 9:00 PM - Arnis

3rd Day

- 8:00 - 10:00 - Discussions on the provisions of Department Order No. 25, s. 1975 (Amendatory Guidelines for the Implementation of the MS Sports Development Program.)
- 10:00 - 10:15 - Break.
- 10:15 - 12:00 - Programming and Planning Athletic Meets
- 12:00 - 1:30 - NOON BREAK
- 1:30 - 2:30 - Evaluation of the Sports Clinic
- 2:30 - 3:30 - Closing Program and Distribution of Certificates