

Republika ng Pilipinas
(Republic of the Philippines)
MINISTRI NG EDUKASYON AT KULTURA
(MINISTRY OF EDUCATION AND CULTURE)
Maynila

February 20, 1981

MEC M E M O R A N D U M
No. 41, s. 1981

FOUR-DAY CLINIC IN SEPAKTAKRAW

To: Bureau Directors
Regional Directors
Schools Superintendents
Presidents, State Colleges and Universities
Heads of Private Schools, Colleges
and Universities

1. In line with the MEC Sports Development Program, a four-day sports clinic in SEPAKTAKRAW will be held at Arranz Sports Complex in Tuguegarao, Cagayan from February 28 to March 4, 1981.

2. After the clinic the participants are expected to:

- a. teach effectively the basic as well as the advance skills of the game,
- b. coach effectively potential athletes and instill in them the desire to improve their skills and acquire self-discipline,
- c. inculcate moral as well as physical values of the game among the students and athletes,
- d. interpret correctly the rules and regulations of the game,
- e. officiate and conduct effectively the game in accordance with the rules and regulations of the sports, and
- f. plan a scientific and systematic year-round training program through seminars and clinics in their respective regions.

3. Delegates to the sports clinic should be coaches in sipa event in the Palarong Pambansa, and two physical education supervisors from each region. A registration fee of P30 to cover incidental expenses is hereby authorized chargeable against local or school board funds, subject to the usual auditing and accounting procedures.
4. Delegates are expected to bring their own playing attires.
5. Inclosed is a tentative program of activities.

(SGD.) ONOFRE D. CORPUZ
Minister of Education and Culture

Incl.: As stated

Reference:

N o n e

Allotment: 1-2-3--(D.O. 1-76)

To be indicated in the Perpetual Index
under the following subjects:

ATHLETICS
FUNDS
TEACHERS

(Inclosure to MEC Memorandum No. 41, s: 1981)

TENTATIVE PROGRAM FOR SEPAKTAKRAW CLINIC

<u>Time Table</u>	<u>Activity</u>	<u>Resource Person</u>
February 28, 1981	Registration, Medical Examination	
6:00-8:00 P.M.	Opening Ceremony	
March 1, 1981		
5:00-7:00 A.M.	Physical Fitness	Malaysian
	a) Warming-up exercises with or without the balls	
	Basic Skills	
	a) Ball Control	
	b) Kicks	
5:00-8:00 P.M.	History and Development of SEPAKTAKRAW	Malaysian
	Principles of Coaching	Malaysian
	Food and Nutrition and Sports Medicine	Malaysian
March 2, 1981		
3:00-5:00 P.M.	Exhibition Game	Malaysian
		vs.
7:00-7:30 P.M.	Physical Fitness and Weight Training in SEPAKTAKRAW	Gintong Alay Team Malaysian
	Service, Spike and Block Advance Skills	Malaysian
7:30-8:30 P.M.	Bio-Mechanical Approach to SEPAKTAKRAW	Malaysian (Officiating)
March 3, 1981		
5:00-7:00 A.M.	Physical Fitness and Weight Training	Participants
	Skills Development	Participants
5:00-8:00 P.M.	Tournament Procedure	MEC Consultants
	Practice Officiating	
March 4, 1981		
5:00-7:00 A.M.	Skills Development	
7:00-8:00 P.M.	Plenary Session	
8:00-9:00 P.M.	Closing Ceremony	