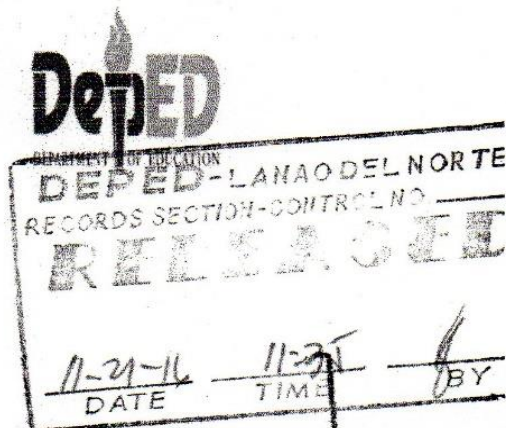




Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region X-Northern Mindanao  
DIVISION OF LANA DEL NORTE  
Gov. A. Quibranza Prov'l. Gov't. Compound  
Pigcarangan, Tubod, Lanao del Norte



**Division Memorandum**

To: Secondary School Principals  
This Division

FROM: *for: [signature]* EMMALINDA E. DUHAYLUNGSOD, CESO V  
Schools Division Superintendent

SUBJECT: **TRAINING OF GYMNASTICS ATHLETES**

DATE: November 21, 2016

1. In preparation to the forthcoming NMRAA Meet in Camiguin on Dec. 11-16, 2016, there will be Intensive Training of all athletes in Gymnastics Secondary at Kapatagan National High School, Lanao del Norte for MAG & WAG and T. Quibranza National High School, Pualas, Tubod, Lanao del Norte for the RG on November 22 – December 2, 2016 and on Dec. 5-10, 2016 at Baroy CES, Baroy, Lanao del Norte
2. Training will be at 5:00-8:00 am and 3:00-6:00 pm. It is advised that the athletes will attend classes at Kapatagan NHS & TQNHS respectively from 8:00 am – 3:00 pm.
3. Moreover, participants of this training have to bring beddings, eating utensils and other personal needs.
4. Attached is the List of qualified Gymnastics Secondary athletes, coaches and trainer.
5. For immediate dissemination and compliance with by all concerned.

# **LIST OF GYMNASTICS SECONDARY ATHLETES, COACHES & TRAINER**

## **RHYTHMIC GYMNASTICS**

1. Julie Mae Gapol – Binuni Demologan NHS
2. Nessa May Fajada – T. Quibranza NHS
3. Christine Kate Mortiz – T. Quibranza NHS

Coach: Verna Arco – T. Quibranza NHS

## **MEN'S ARTISTIC GYMNASTICS**

1. Arjay A. Jumawan – Kapatagan NHS
2. Sandher King A. Arada – LNNCHS, Baroy
3. Madel M. Eyas – Lala NHS

Coach: Wilson A. Begornia - Kapatagan NHS

## **WOMEN'S ARTISTIC GYMNASTICS**

1. Lourdes Jane H. Pepito - Kapatagan NHS
2. Annarose D. Tayros - Kapatagan NHS
3. Jeantte A. Agdipa - LNNCHS

Coach: Wilson A. Begornia - Kapatagan NHS

Chaperon: Ethel Sarabia – T. Quibranza NHS

**TRAINER - JOAHN J. ANDOT - Bel-is Elem. Sch.**