



Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region  
**SCHOOLS DIVISION OF ABRA**

APR 19 2023  
A  
242

Office of the Schools Division Office

April 19, 2023

**Division Memorandum**  
No. 147, s. 2023

**INTENSIVE TRAINING OF ATHLETES COACHES IN PREPARATION TO THE 2023  
CARAA MEET**

**To: Assistant Schools Division Superintendent  
Chief Education Supervisors of CID and SGOD  
Education Program Supervisors  
Public Schools District Supervisors  
Public Elementary/Secondary School Heads  
All Others Concerned**

1. In line with DepEd Memorandum Number 005 s. 2023, the Schools Division Office of Abra will conduct a 6-Day intensive training of athletes and coaches in preparation for the 2023 CARAA meet which will be held on April 29, 30 and May 1, 2023 to be hosted by City Division of Baguio.
2. The intensive training is sponsored by the Provincial Government of Abra through the leadership of the Provincial Governor, Honorable Dominic B. Valera and the Vice Governor Honorable Jocelyn Valera-Bernos. This will commence on April 22 to 27, 2023. Arrival is the morning of April 22, 2023
3. Participants to the 6-day intensive training are the athletes, coaches, and Trainers. Attached is the list of the identified athletes, coaches, and trainers as well as the training venue.
4. Participants to the intensive training are advised to bring with them personal necessities like beddings, eating paraphernalia and other personal belongings needed for the intensive training.
5. Members of the Division Sports Committee are advised to monitor and supervise the conduct of the intensive training.
6. Travel and other incidental expenses relative to the conduct of this shall be charged to the school MOOE subject to the usual accounting and COA rules and regulations.
7. Service Credits and Compensatory Overtime Credits are to be given to Coaches and DepEd officials to compensate the services they rendered on Saturday, Sunday during the intensive training.
8. For immediate dissemination and compliance.

**AMADOR D. GARCIA SR PhD, CESO VI**  
Schools Division Superintendent

ronilopgarciaepssgod

Address: Actividad-Economia St., Zone 2 (Consiliman), Bangued, Abra  
Telephone Nos.: (074) 614-6918  
Email Address: abra@deped.gov.ph  
Website: <http://www.depedabra.com>

**CARAA 2023**  
**EVENT, VENUE & BILLETING of the**  
**INTENSIVE TRAINING**

<b>No</b>	<b>Event</b>	<b>Venue</b>	<b>Billeting</b>	<b>No. of pax</b>
1	Arnis	ASC Gymnasium	BWCS	A-16 C- 1 T-
2	Lawn Tennis	ALTA Court	BECS	A-20 C- 8 T-1
3	Chess	Abra Youth Center	Abra Youth Center	A-8 C- 4 T-1
4	Taekwondo	One Mind Gym	One Mind Gym	A-20 C- 6 T- 1
5	Archery	Camp Juan Villamor	Calaba ES	A-7 C- 1 T-
6	Swimming	Abra Sports Complex Swimming Pool	BECS	A-35 C- 6 T-2
7	Gymnastic	ASC Gym	BECS	A-22 C- 6 T-
8	Boxing	ASC Gym	BECS	A-9 C- 3 T-
9	Athletics	ASC Oval	BWCS	A-27 C-2 T-

**A= Athletes**  
**C- Coach/s**  
**T-Trainors**

**CARAA 2023**  
**LIST ATHLETES, COACHES & TRAINORS**

**A. Elementary**

No.	Events	Athletes	Coaches	Trainors
1	Chess Boys	Bautista, Ram Eixer Evho P. Gaboy, Ezekiel T.	Lucas, Mercedita B.	Paterno B. Joseph
2	Chess Girls	Malangen, Loreign Tish P. Quinto, Remielle January P.	Andrea P.	
3	Taekwondo Boys	Pablo, Ermon Martinez, Khalil Reinwel El Rhianne Lawagan	Julio Galera Angeline D. Bugtong	Charina D. Andres
4	Taekwondo Girls	Bolante, Alona Bugtong, Chelsey	Juliana Guerzon	
5	Gymnastics	Gonzales, Gabriel Bose, Carlos James Allen, Adrian Talape, Althea Neri, Khrizhuan Jewel Ababon, Isola Pearl Cruz, Julliana Sophia Cadiz, Alliza Fleur Barbieto, Hailey Amirah Coloma, LJC Fay Elijah Lagarta, Arjhun Alvarez, Queenie Diane Bofesa, Jeric	Henry Borbon Girfie Gallardo Gemma Victoria Sangil Laurie Ann Guidang	
6	Swimming Boys	Bayya, Clarence Mina, Frederick b. Bacuyag, Lester Dela Cruz, Jenrich Bayle, Clarenz Javier, Rjay Bragas, Lander Balutoc, Randel Butchong, Denver Maguelang, George	Macrence Licuben	Paterno Bayya



7	Swimming Girls			
		Flores, Mandatha	Coach: Resty Dalieng	
		Apuya, Jamaica	Chaperone: Gemma Engarcial	
		Macalig, Marah Scarlet		Materno Bayya
		Agustin, Hermie		Manuel Dupo
		Luben, Crystal Mae		
8	Lawn Tennis Boys			
		Cheego Valera	Eric T. Alcos	
		Odysseus T. Sanchez		
		Sherwil R. Borreta	Jenalyn Lalata	Cyrus Manglibo
		Drei Murphy B. Llavado		
9	Lawn Tennis Girls			
		Sharfaye Javier	Delita Biscarra	
		Levi B. Basingan	Leilanie Manglibo	
		Camille Joyce B. Bose		
		Sabina Rein N. billaro		
10	Athletics Boys			
		Galinato, Mark Denver	Julius P. Bunagan	
		Pel- ey, Jandrex jade		
11	Athletics Girls			
		Dauz, Krystal	Fhebelyn A. Partida	
		Aniwasan, Shery Ann		
		Maceda, Kristine		
		Biares, Angel		
13	Arnis Boys			
		Khian Carl P. Unay		
		Jhehon Rei P. Espina	Dexter J. Daria	Kurt Barbero
		Ivan Justine T. Lontoc		
14	Arnis Girls			
		Atheabelle S. Hernandez		
		Zairah P. Ferrer	Maya T. Pilar	
		Mary Beatriz B. Bringas		

#### Summary for Elementary

CB	CG	TB	T G	G	S B	s G	LT B	LT G	At B	At G	Ar B	Ar G	T
2	2	3	2	13	10	5	4	4	2	4	3	3	57

Coaches= 20

**B. Secondary**

No.	Events	Athletes	Coaches	Trainors
1	Chess boys	Dalmacio, Clint Chezney V. Bacariza, Rhojean F.	Marivic V. Ayunon	
2	Chess Girls	Dalmacio, Jorace Ynez V. Benido, Julianne A.	Ma. Elda H. Teodoro	
3	Archery Boys	Barcena, Reynante Bragas, Andre Ci-o, Adonis Sanidad, Mandy Moore	Robert Burgos	
4	Archery Girls	Catriz, Niña Angelica Maguensay, Rhea Fae Vasquez, Jasmine		
5	Secondary boys (Kyorugi)	Corea, Vincent Kyle Tarinay, BJ Frtizgerald Abedmigo Adalan Dalusan, Carlo Polis, John Aceley Juliano, Bio Hansen, James Supnet	Shiela Javier	
6	Taekwondo Girls (Kyurogi)	Alagao, Nikka Louis Tumalip, Hanna Fei Yadao, Hazein Hernandez, Hannah Millace Lana, Mharryle Leigh	Honeylet Bermudez	
7	Taekwondo Girls (Pomsae)	Bernal, Beirish Charmielle Polis, Celine Grace P. Bolante, Alexa	Princess Flordelisa Andres	

8	Gymnastics	Abalos, JM		
		Pescoso, Fritz	Jonathan Claro	
		Jasper		
		Ulbaken, Janden		
		Dela Cuadra, Krisma	Marilyn Blanza	
		Blanza, Leah		
		Borda, Iriz Angel		
		Baltazar, Krissa Mae	Jermie Castillo	
		Realto, Shane		
		Palos, Heart		
		Zaniata		
9	Boxing			
		Concepcion, Darran John		
		Panabang, John Albert		
		Blanza, John Stephen		
		Macadaeg, John Dave	Deo Angelico B. Sabado	
		Viste, Aljon		
		Buendima, Kyle Niño	Joel Gammed	
		Castro, John Lloyd		
		Santiago, John Paul	Excelsis Deo Tubice	
		Salingbay, Dwayne		
10	Swimming Boys			
		Bayya, Johnmart		
		Reyes, Jeffrey		
		Cua, Jethro		
		Aguilar, Patrick		
		Ordanza, Michael		
		Blando, John Carl	Nathaniel Andaya	
		Paingan, Ronz		
		Bayle, Geronimo		
		Lnace, Rhoda		
		Allaga, Rodnes		
11	Swimming Girls			
		Mossilet, Ana Crisanta		
		Acera, Sharelle	John Paul Dawal	
		Millare, Diwanie	Margarita Sulian	
		Banez, Rynalyn		
		Doliente, Shaina		



		Aquino, Wendy		
		Purugganan, Mary Angeline		
		Castillo, January		
		Javier, Shela		
		Califlores, Jenny		
12	<b>Lawn Tennis Boys</b>			
		Jaz Keinver Artienda	Aurora Grace Y. Cabilan	
		Jeremy Papagayo		
		Hamilton Felix B. Bringas	Estrelito A. Princena	
		Kenneth L. Jose		
13	<b>Lawn Tennis Girls</b>			
		Cyreem Jmarch V. Alcos	Eudes Roel B. Borillo	
		Alessandra P. Bayquen	Joanne C. Bandayrel	
		Ashley Kulle T. Martinez		
		Charmaine Angel B. Neri		
14	<b>Arnis Boys</b>			
		Dan J. B. Amansec		
		Denwell John Artienda		
		Jerome T. Turqueza	Joshua Rudini M. Ariota	Angelo Balmaceda
		Heinz Andrei Bayubay		
		Dhanber Wayne B. Bano	Janssen Basil Damian	
14	<b>Arnis Girls</b>			
	<b>Athletic Boys</b>	Prinz Queency C. Aslor		
		Edlyn Cada		
		Precious Jewel Balonzo	Rosalie P. Valera	
		Michelle G. Tullas		
		Kathrina A. Figares		
15				
		Agabas, Glindo		
		Beato, Ericson	Jerry P. Martinez	
		Molina, Jhoroz James	Asst. Coach: Mike D. Dam-as	
		Megallon, Jansel		

		Collado, Kelvin		
		Pasudag, Tim Duncan		
		Baula, Mark Lawrence		
		Pitpit, Von Leroi		
		Gandeza, Orland		
		Aguilar, Leandle Ace		
		Bodano, Reymel		
		Aladin, Denver		
		Regunton, Marlon Klyde		
		Jamito, Dan Erick		
16	Athletic Girls			
		Ladatal, Rome Ernamie	Aldrin Mark T. Artienda	
		Lomi-oan, Sophia	Chaperone: Melody Vasquez	
		Ramos, Juliana		
		Liwat, April		
		Bacsal, Mary Joy		
		Adame, Lhykha Lynne		
		Tadeo, Josephine		

Summary for Secondary

	Total
Athletes	103
Coaches	26
Total	129

Total for Both Elementary and Secondary

	Elem	Sec	Total
Athletes	57	103	160
Coaches	20	26	46
Total	77	129	206