



Republic of the Philippines  
Department of Education  
Region X  
**CAGAYAN DE ORO CITY DIVISION**



Fr. William F. Masterson, S.J. Avenue,  
Brgy. Upper Balulang, Cagayan de Oro City, 9000 Philippines

OFFICE OF CAGAYAN DE ORO  
DE ORO CITY  
JUL 11 2019  
DATE: JUL 07 2019  
BY: [Signature]

Division Memorandum No. 492 s.2019

**ONE DAY SEMINAR ON "ATHLETES ASSESSMENT: WHEN TO REST AND WHEN TO RETURN TO PLAY"**

TO:

- |                       |                  |                      |                  |
|-----------------------|------------------|----------------------|------------------|
| Eulogio R. Suaner, Jr | - EPS 1, SGOD    | Joel Lariba          | - Macabalan NHS  |
| Celso Pagulon         | - West CS        | Roel Lamberte        | - Bugo NHS       |
| Edgardo Yañez         | - North CCS      | Richard Tiempo       | - Lapasan NHS    |
| Jasper Perez          | - Dansolihon NHS | Levi Del Puerto      | - Bugo NHS       |
| Noel Miel             | - Indahag NHS    | Cyrril Celetaria     | - Balubal NHS    |
| Raul Fuentes          | - Indahag NHS    | Isidro Medroso       | - Consolacion ES |
| Irvin Pabilona        | - Bulua CCS      | Amado Gumera         | - Consolacion ES |
| Ronnie Ura-ura        | - South CCS      | Benedicto Monsanto   | - Bugo CS        |
| Crysler Lalorport     | - Macasandig NHS | Jocelyn Doong        | - Carmen NHS     |
| Stara Mae Tiongco     | - Macasandig NHS | Ralf Vincent Sabuero | - Carmen NHS     |
| Marianne Ramos        | - Macasandig ES  | Jaypee Jumamoy       | - CCS            |
| Bismark Labadan       | - CDO NHS        | Ronal Pacto          | - Tablon ES      |
| Johnrill Generoso     | - City CS        | Jerome Tulang        | - West CS        |
| Roselle Enot          | - West CS        | Rhandy Cabafo        | - Macasandig ES  |
| Saldi Vitorillo       | - Indahag ES     | Marlon Gervacio      | - Bulua NHS      |
| Ramil Laurilla        | - Bonbon ES      | Kimberly Sildo       | - Canitoan NHS   |
| Edward Salinas        | - CDO NHS        | Cely Labadan         | - Patag NHS      |
| Esteria G. Waga       | - CCS            | Juvy Elmedulan       | - CCS            |
| Ma. Teresa Cabaluna   | - Bonbon ES      | Jennifer Redondo     | - Iponan ES      |
| Maria Elena Buhay     | - Gusa ES        | Emerson Boborol      | - Iponan NHS     |
| Darlene Daliva        | - Macabalan NHS  | Christian Pementel   | - GRSHS          |
| Warvin Abellanosa     | - Macabalan NHS  | Edgardo Espinosa     | - San Simon NHS  |
| Ruben Kuizon          | - Bulua NHS      | Judith Omahoy Neri   | - Bayabas NHS    |
| James Alquiza         | - Bulua NHS      | Fritsgerald Bate     | - Tablon NHS     |
| Carlo Mabilen         | - ALS            | Marifi Bade          | - Balubal NHS    |
| Ma. Theresa Boborol   | - Camaman-an NHS | Francis Leo Tagadiad | - Nurse          |
| Crystal Cartel        | - Nurse          |                      |                  |

1. You are hereby informed of the One Day Seminar on Athletes Assessment on July 11, 2019, at the Function Hall 3<sup>rd</sup> Floor, OPD Building, Northern Mindanao Medical Center.
2. Widest dissemination and compliance of this memorandum is hereby directed.

*for:*  
**JONATHAN S. DELA PEÑA, PH.D., CESO V**  
Schools Division Superintendent

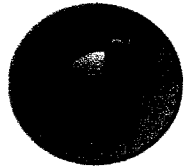
Reference:  
Allotment:  
To be indicated in the Perpetual Index

SPORTS                      PROGRAM                      CONFERENCE

SGOD/ERSJR



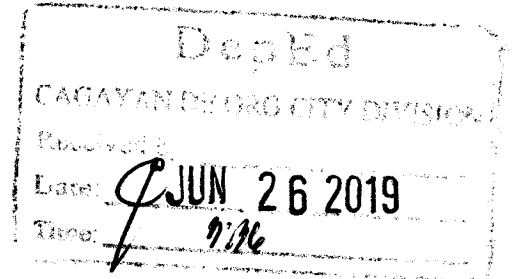
Republic of the Philippines  
 Department of Health  
 Center for Health Development – Northern Mindanao  
**NORTHERN MINDANAO MEDICAL CENTER**



June 21, 2019

Dr. Jonathan S. Dela Peña, PhD, CESO V  
 School Division Superintendent  
 DepEd Division of Cagayan de Oro City

Thru: Eulogio R. Suaner, Jr.  
 Education Program Supervisor  
 DepEd Division of Cagayan de Oro City



Dear Sir,

Greetings of Peace!

The Department of Rehabilitation Medicine of Northern Mindanao Medical Center opened its Sports Rehabilitation Program recently. This program focuses on the welfare of the athletes on the following aspects;

1. General strategies for prevention of illness athletes
2. Possible medical complication in athlete who exercise during an infective illness
3. Functional assessment and testing's in return to play decision making
4. Acute sideline assessment and the role of the SCATS
5. Practical applications with SCATS

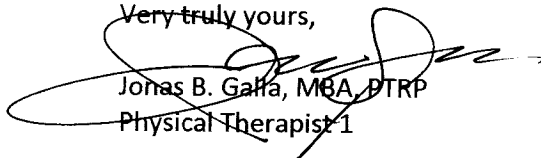
In line with this program, we will be holding a one day Seminar on "Athletes assessment: when to rest and when to return to play" on July 11, 2019, at the Function hall 3rd floor, OPD building, NMMC 8:00am- 5:00pm. The goal of the seminar is to educate Coaches, and Athletic Managers on the above topics that they can apply on their respective sports events. Hence, we would like to invite 70 of your opinion leaders and stakeholder in the field of sports to attend this seminar. This seminar is free of charge, with snacks and lunch will also be provided.


Enclosed herewith is a copy of the programme.

This office looks forward to a positive response.

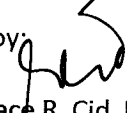
Thank you and more power.

Very truly yours,

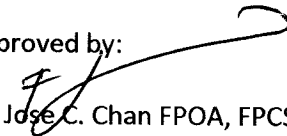
  
 Jonas B. Galla, MBA, PTRP  
 Physical Therapist I

  
 Maria Luisa D. Palabrica, MD, FPARM, DPBPM  
 Medical Officer IV

Noted by:

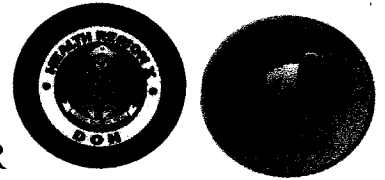
  
 Atty Grace R. Cid, MD, FPARM  
 Chair, Department of Rehabilitation

Approved by:

  
 Dr. Jose C. Chan FPOA, FPCS, MHA  
 Medical Center Chef II

Capitol Compound, Cagayan de Oro City\* Tel. Nos.: (088) 856-4147; (08822) 72-63-62 \* Fax Nos. (08822) 72-17-94; (088) 856-5490  
 Email Address: nmmc\_cdo@yahoo.com \* Website: [www.doh.gov.ph/nmmc](http://www.doh.gov.ph/nmmc)

"NMMC Alang Sa Tanan – Sukad Kaniadto Ug Sa Umaabot Pa Nga Siglo"



Lecture on Sports Rehabilitation

Program of Activities

EMCEE:	Ann Dominique Balandra, PTRP	
7:30-8:00	Registration	
8:00-8:20	Pre-test	
8:20-8:25	Prayer	
8:25-8:30	Pambansang Awit	Canned
8:30-8:40	Welcome Address	Canned
8:40-8:50	Introduction of Speakers	Atty. Grace R. Cid, MD
8:50-9:50	General strategies for prevention of illness in your team	James Erwin R. Bugtai, PTRP
9:50-10:00	SNACKS	Dr. Maria Luisa D Palabrica
10:00-11:00	Possible medical complication in athlete who exercise during an infective illness	Dr. Maria Luisa D Palabrica
11:00-12:00	What are Functional assessments?	Jonas B. Galla, MBA, PTRP
12:00-1:00	LUNCH BREAK	
1:00-2:00	How can Functional Testing help make return to play Decisions?	Jonas B. Galla, MBA, PTRP
2:00-3:00	Acute sideline assessment and the role of the SCATS	Dr. Maria Luisa D Palabrica
3:00-3:15	SNACKS	
3:15-4:15	Hands on with the SCATS (practical participation)	Genesis P. Peñaranda, PTRP
4:15-4:30	Questions and Answer	
4:30-4:50	Post-Test	
4:50-5:00	Closing Remarks	Dr. Maria Mercedes Barba