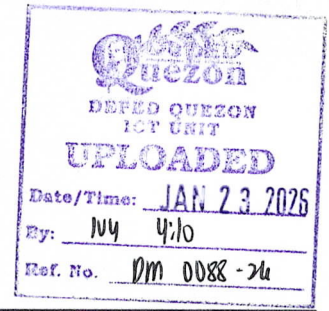




Republic of the Philippines  
**Department of Education**  
 REGION IV-A  
 SCHOOLS DIVISION OF QUEZON PROVINCE



23 January 2026

**DIVISION MEMORANDUM**  
**DM No. 0088, s. 2026**

**TECHNICAL WRESTLING WORKSHOP**

**To:** Assistant Schools Division Superintendents,  
 CID and SGOD Chiefs,  
 Public Schools District Supervisors,  
 Public and Private School Heads,  
 All Others Concerned

1. The Schools Division Office (SDO) Quezon, in collaboration with the Local Government Unit of Sampaloc, Quezon and the Wrestling Association of the Philippines, will hold a five-day Technical Wrestling Workshop at the Social Hall, Sampaloc Elementary School - Main, Brgy. San Roque, Sampaloc, Quezon on January 26-30, 2026.
2. The objectives of this training workshop are to:
  - a. develop a sustainable and nationally aligned wrestling program by strengthening the capabilities of teacher-coaches and sports coordinators, while ensuring standardized training for student-athletes;
  - b. identify potential student-athletes and prepare them for participation in the Municipal Meet and other higher-level competitions.
3. The following are designated as participants of the aforementioned activity:

NAME	SCHOOL	DISTRICT
1. Larry Joseph Salvania	Nagsinamo NHS	Lucban
2. Joseph T. Martillana	Paaralang Elementarya ng Lucban 3A	Lucban
3. Rolando A. Pasacsac	Liwayway NHS	Mauban North
4. Marvin Marasigan	Manuel S. Enverga Memorial School of Arts and Trades	Mauban North
5. Gio Dustin A. Taino	Dr. Maria D. Pastrana NHS	Mauban South

DEPEDQUEZON-TM-SDS-04-009-003



Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon  
 Contact No.s: (042) 784-0366 | (042) 784-0164 | (042) 784-0391 | (042) 784-0321  
 E-mail Address: quezon@deped.gov.ph  
 Website: <https://quezon.deped.gov.ph>



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6. Cris Raynold R. Rubia	Cagbalete Island NHS	Mauban South
7. Jennylyn A. Reyes	Pagbilao NHS	Pagbilao I
8. Venus Birguela Subala	Malicboy East ES	Pagbilao II
9. John Eric S. Alvarez	Polo South ES	Pagbilao II
10. Carl Edrim Sasa	Sampaloc ES 2	Sampaloc
11. Kathlyn Joyce Magnaye	Sampaloc ES Main	Sampaloc
12. Jane Carla M. Sales	Sampaloc ES Main	Sampaloc
13. Christian Rhoys Dayo	Caldong Resettlement ES	Sampaloc
14. Soleta A. Lincallo	Manuel S. Enverga Academy Foundation	Sampaloc
15. Marlon J. Romana	Sampaloc NHS	Sampaloc
16. Mark Angelo Alpay	Adela S. Torres NHS	Sampaloc
17. Jerry Mae Esguerra	Adela S. Torres NHS	Sampaloc
18. Ofelia N. Remolona	Sampaloc ES Main	Sampaloc
19. Christian Kenneth G. Villamiel	Quezon NHS	Sariaya East
20. Norman Tagbo	Quezon NHS	Sariaya East

- All concerned teaching personnel shall provide support activities for the subjects taught in their respective schools to keep their students engaged. Likewise, school heads concerned shall take responsibility in assigning competent teachers/s to handle the affected classes in compliance with teacher-pupils/students contact time.
- Travel expenses related to this activity shall be charged to other funding sources, in accordance with applicable accounting and auditing rules and regulations.
- Immediate dissemination and compliance of this Memorandum is desired.

  
**ROMMEL C. BAUTISTA, CESO IV**  
Schools Division Superintendent

cid-ims/jsa/01/23/2026

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Republic of the Philippines  
Province of Quezon  
MUNICIPALITY OF SAMPALOC



**SPORTS AND WELLNESS DEVELOPMENT PROGRAM**

January 19, 2026

To: **ROMMEL C. BAUTISTA**, CESO V  
Schools Division Superintendent  
DepEd - Quezon

Thru: **MR. JAY S. ALFARO**  
Division Sports Officer / EPS-MAPEH  
DepEd – Quezon

Subject: **Communication letter and coordination request for the upcoming  
Technical Wrestling Workshop**

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**Dear Mr. Bautista,**

Good day! The Local Government Unit of Sampaloc, Quezon respectfully seeks the support of the Department of Education – Quezon Division for the upcoming **Technical Wrestling Workshop** on **January 26-30, 2026**, a five-day national coaching program conducted in partnership with the Wrestling Association of the Philippines (WAP).

This initiative aims to establish a **sustainable, nationally aligned wrestling program** in Sampaloc and to form the **Official Sampaloc Wrestling Team** for future **DepEd, regional, and national competitions**.

In line with this, we respectfully request your **assistance in endorsing the identification of participating teachers** from the following:

- Six (6) teachers from the Sampaloc District
- Two (2) teachers each from nearby districts: Lucban, Mauban, Pagbilao, and Quezon National High School

Your support will greatly contribute to the successful implementation of this youth sports development initiative



Republic of the Philippines  
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MUNICIPALITY OF SAMPALOC



**SPORTS AND WELLNESS DEVELOPMENT PROGRAM**

Should your office require additional details, we would be pleased to provide the necessary information. Kindly contact us at: [sampalocsports@gmail.com](mailto:sampalocsports@gmail.com) / 0967-990-5320

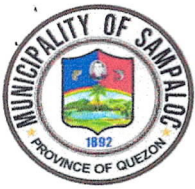
Thank you very much for your continued support.

Respectfully:

**CRIS EMMANUEL P. SAYAT**  
Municipal Sports Coordinator  
Sampaloc, Quezon

Noted by:

**HON. NICOLAS ANDRE T. DEVANADERA**  
Municipal Mayor  
Sampaloc, Quezon



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## SPORTS AND WELLNESS DEVELOPMENT PROGRAM

### CONCEPT PAPER

**TECHNICAL WRESTLING WORKSHOP:** *Foundation for Competitive Wrestling in Sampaloc, Quezon*

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#### I. BACKGROUND

The Municipality of Sampaloc, Quezon seeks to strengthen youth development through organized sports programs. **Wrestling, an Olympic sport, promotes discipline, physical fitness, mental resilience, and sportsmanship.**

Currently, Sampaloc has no formal wrestling program or certified coaches. To address this, the **Local Government Unit (LGU) proposes the establishment of the Official Sampaloc Wrestling Team** to represent the municipality and the Province of Quezon in local, regional, national, and future **DepEd-sanctioned competitions**. As a first step, the LGU will conduct a **Five-Day Technical Wrestling Workshop on January 26-30, 2026** in partnership with the **Wrestling Association of the Philippines (WAP)**, facilitated by at least two (2) national coaches.

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#### II. GOALS AND OBJECTIVES

##### General Goal:

- To establish a sustainable and nationally aligned wrestling program in Sampaloc.
- Specific Objectives:
- To provide standardized wrestling training for youth and student-athletes
  - To develop the capacity of local coaches, teachers, and sports coordinators
  - To identify athletes for municipal and provincial representation
  - To promote discipline, safety, and sportsmanship
  - To prepare participants for DepEd and regional competitions
- 

#### III. BENEFICIARIES

- Youth and student-athletes of Sampaloc
  - DepEd teachers and sports coordinators
  - LGU sports coordinators and local coaches
  - Youth athletes from nearby districts
- 

#### IV. PROJECT DESCRIPTION

A Five-Day Technical Wrestling Workshop conducted by WAP national coaches, covering rules and safety, fundamental techniques, coaching and officiating basics, supervised sparring, athlete evaluation, and program recommendations.



## SPORTS AND WELLNESS DEVELOPMENT PROGRAM

### V. IMPLEMENTING PARTNERS

- **LGU** – Sampaloc: Project coordination, venue, logistics, and support services
  - **DepEd**: Endorsement of participating teachers.
  - **WAP**: Deployment of national coaches, training curriculum, and technical supervision
- 

### VI. EXPECTED OUTPUTS AND SUSTAINABILITY

#### Outputs:

- Established Official Sampaloc Wrestling Team
- Trained athletes, coaches, and teachers
- Improved technical skills aligned with national standards

#### Sustainability:

- Regular training under LGU sports programs
  - Continued coordination with WAP for technical support and competition participation
- 

### VII. CONCLUSION

The Technical Wrestling Workshop will institutionalize wrestling in Sampaloc through a nationally guided and sustainable program, laying the foundation for competitive participation at the DepEd, regional, and national levels.

Prepared by:

**CRIS EMMANUEL P. SAYAT**  
Municipal Sports Coordinator  
Sampaloc, Quezon



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## SPORTS AND WELLNESS DEVELOPMENT PROGRAM

### TECHNICAL WRESTLING WORKSHOP

Capacity Building for School-Based Wrestling Programs  
January 26–30, 2026 | Sampaloc, Quezon

This workshop supports DepEd's mandate to strengthen school-based sports programs by equipping teachers with the competencies needed to safely implement wrestling, a DepEd-recognized sport, while promoting discipline, sportsmanship, and learner development.

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#### General Objective

To capacitate teachers and other participants with the knowledge and skills necessary to implement safe, standardized, and sustainable wrestling programs in schools.

#### Specific Objectives

- Demonstrate basic wrestling techniques aligned with national standards
- Apply safety and injury prevention protocols
- Conduct basic coaching and officiating
- Identify potential student-athletes for competitions

---

### 5-DAY WORKSHOP OUTLINE

#### Day 1 – Orientation and Safety

- DepEd context of wrestling and teacher roles
- Rules, scoring, safety, and injury prevention
- Fundamental stance, movement, and warm-up drills

#### Day 2 – Basic Techniques

- Offensive and defensive fundamentals
- Teaching progressions and drills
- Supervised partner practice

#### Day 3 – Mat Skills and Conditioning

- Pins, escapes, and reversals
- Wrestling-specific conditioning
- Controlled sparring and feedback

#### Day 4 – Coaching and Officiating

- Training session planning
- Basic officiating rules and signals
- Practice matches and athlete observation



Republic of the Philippines  
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## SPORTS AND WELLNESS DEVELOPMENT PROGRAM

### Day 5 – Assessment and School Application

- Skills assessment and demonstrations
- Athlete identification
- School-based action planning and evaluation

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### Expected Outputs and Sustainability

The workshop is expected to equip teachers with the skills to coach and officiate wrestling in line with DepEd and national standards, including proper techniques, safety protocols, and coaching methods. Teachers will develop school-based wrestling action plans to integrate training into PE classes, sports clubs, and intramurals, and will be able to identify student-athletes for participation in district and division competitions. This initiative will strengthen the implementation of wrestling as a DepEd-recognized sport, improve program quality, and ensure consistent, safe training. Sustainability will be supported through regular school-based sessions, ongoing coordination with the LGU and the Wrestling Association of the Philippines for technical guidance, and active participation of schools and student-athletes in DepEd-sanctioned competitions.

Prepared by:

**CRIS EMMANUEL P. SAYAT**  
Municipal Sports Coordinator  
Sampaloc, Quezon