



Republic of the Philippines
Department of Education

REHIYON V (BIKOL)

TANGGAPANG PANSANGAY NG MGA PAARALAN NG LUNGSOD IRIGA

DEPARTMENT OF EDUCATION
SDO-Iriga City RECORDS SECTION
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Office of the Schools Division Superintendent

June 16, 2026

DIVISION MEMORANDUM

No. 281, s. 2026

**AFTER-CLASS SPORTS HABIT AND SATURDAY TRAINING PROGRAM
(A Year-Round Training for Athletes and School Sports Club)**

To: Assistant Schools Division Superintendent
Chiefs ES, CID & SGOD
Education Program Supervisors/Specialists
Division Sports Officer
Asst. Schools Division Officers
OIC PSDSs & Sec. Lead Principal
School Heads (Elem & Sec)
District Sports & Club Coordinators
School Sports & Club Coordinators
Coaches & Trainers
All Others Concerned

1. In support of DepEd's thrust of promoting the holistic development of its learners, and in compliance with DO 24, s. 2022, the adoption of BEDP 2030, highlighting the Learners' Resiliency and Well-Being, and DepEd Order No. 22, s. 2025, re: Policy Guidelines on the Institutionalization of the School Sports Club in Public Schools, Division Memorandum No. 262, s. 2025, re: Co-Curricular/Extra Curricular Activities Safety Monitoring Mechanism and in support of the LGU Iriga City's Sports Program, this office, through the SGOD School Sports Division (SSD), strongly encourages the schools to develop further the skills of the Palaro Athletes and discover the potential of the Athletes from the grassroots by implementing the "Four O'Clock Sports Habit and Saturday Training Program. A daily habit of practicing every day after class, not earlier than 11:30 in the morning, and on Saturdays to hone and develop the skills of Athletes in different events to become competitive in any sports endeavor and prepare for the lower and higher sports competitions. This activity shall commence upon approval of this memorandum.

2. This training aims to:
- discover the athletes' potential from the grassroots;
 - develop and groom the athletes in different events;
 - improve the physical fitness levels of learners;
 - contribute to the holistic development and well-being (emotional, physical, social, intellectual) of learners;
 - enhance the athlete's skills and competence; and
 - prepare the athletes for the lower and higher sports competitions.



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3. The program shall generally be conducted within the school premises. However, for events whose training venues are located outside the school, the participation of learners and coaches shall be subject to the prior approval of the School Head. Appropriate safety and security measures must likewise be observed at all times. To ensure transparency and facilitate parental awareness, duly signed parental consent forms shall be secured. In addition, geo-tagged photographs or screenshots may be provided to inform parents/guardians of the learners' whereabouts during the training.
4. For training activities conducted on Saturdays, a Certificate of Appearance shall be issued by the school to trainers and coaches who render services during the training program. The issuance of the certificate shall be supported by the duly accomplished attendance sheet attached thereto as proof of participation and service rendered.
5. Moreover, school heads, event focal persons, district/cluster, and school sports coordinators are **requested to submit proposals on the conduct and implementation of the After-Class Sports Habits and Saturday Training on or before June 30, 2026**. Attached hereto as Enclosure No. 1 is the list of sports-focused by school.
6. The DSO, Asst. DSO for Sports Program, Technical Assistant I for SSD, Event Focal Persons, District Sports, and School Sports Club Coordinators will serve as Monitors of the implementation of the program. A **Certificate of Training** of the athlete will be required for participation in the lower meet to be attested by the Assistant DSO for operations.
7. All teachers/personnel involved in the activity are entitled to Service Credits per DepEd Order No. 53, s. 2003 and Compensatory Overtime Credits (COC) for the services to be rendered that fall on Saturdays, Sundays, and holidays per CSC and DBM Circular No. 2, s. 2004.
8. Expenses relative to the implementation of the Four O'clock Sports Habit and Saturday Training Program may be charged to the PTA/Sports Fund and Other available funds, subject to usual accounting and auditing rules and regulations.
9. For information, guidance, and compliance.

MBL

MARIA-MAGNOLIA F. BRIOSO, CESO VI
OIC-Schools Division Superintendent

Encl.: As stated

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

ATHLETE

COMPETENCE

SPORTS CLUB

TRAINING

sgod/ssd/06.17.26



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Enclosure No. 1 to Division Memorandum No. 28 s. 2026

SCHOOL FOCUSED SPORTS

ELEMENTARY AND SECONDARY SCHOOLS IN CENTRAL DISTRICT

School	Sports Events	School	Sports Events
Iriga Central School	Athletics	Zeferino Arroyo High School	Athletics
	Badminton		Arnis
	Basketball		Badminton
	Chess		Basketball
	Dance Sports		Gymnastics
	Gymnastics		Sepak Takraw
	Table Tennis		Softball
	Tennis		Swimming
	Volleyball		Taekwondo
San Nicolas ES	Gymnastics	Iriga City Science High School	Weightlifting
	Basketball		Archery
San Agustin ES	Chess		San Agustin Senior High School
	Dancesports	Chess	
	Taekwondo	Arnis	
Sta. Cruz Sur ES	Sepak Takraw	Iriga City Science High School	Athletics
	Volleyball B/G		Badminton
			Basketball (5x5)

ELEMENTARY AND SECONDARY SCHOOLS IN SOUTH DISTRICT

School	Sports Events	School	Sports Events			
La Trinidad ES	Badminton	Rinconada National Technological Vocational School	Archery			
	Dancesports		Arnis			
	Taekwondo		Basketball			
	Swimming		Billiards			
La Medalla ES	Athletics		San Antonio National High School	Dancesports		
Banao ES	Badminton			Football		
	Table Tennis			Futsal		
Sto. Niño ES	Athletics			San Antonio National High School	Sepak Takraw	
	Taekwondo				Volleyball	
San Vicente Sur ES	Badminton				San Antonio National High School	Arnis
	Basketball	Athletics				
Sta. Maria High School	Arnis	San Antonio National High School				Basketball (3x3)
	Dancesports					Sepak Takraw
	Table Tennis					
Salvacion Integrated School	Arnis					
	Athletics					
	Badminton					
	Sepak Takraw					



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ELEMENTARY AND SECONDARY SCHOOLS IN NORTH DISTRICT

School	Sports Events	School	Sports Events
San Rafael ES	Athletics	Perpetual Help National High School	Basketball
	Dancesports		Chess
	Volleyball		Table Tennis
Sta. Teresita ES	Athletics	Sagrada	Arnis
San Andres ES	Athletics	National High School	Badminton
	Badminton		Sepek Takraw
Cawayan ES	Arnis	Cristo Rey Integrated School	Arnis
	Dancesports		Athletics
	Volleyball		Volleyball
Sta. Isabel ES	Table Tennis	Sagrada ES	Arnis
	Sepak Takraw		Athletics-Throws



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