

# CARAGA's Rising Boxing Stars Shine in Palarong Pambansa 2023 Qualifying Round

Honey Grace Buyan



Photo: Domingo C. Nollora

*Caraga's fierce Pallares boxer (Red Corner) delivers punch to BARMM's Kamag (Blue Corner)*

**A**ugust 1, 2023 - Marikina City Hall hosted a thrilling boxing day as junior boys from various regions displayed extraordinary skill in the Palarong Pambansa 2023. The ring was set for fierce competition as young fighters stepped in to claim victory.

In the Junior Boys' Pin (44-46kg) category, the crowd witnessed an intense battle between Caraga's Lorenz Kit Pallares and BARMM's Rafsan Kamag. Both fighters showed remarkable skills, but Caraga's Lorenz Kit Pallares emerged triumphant, securing a unanimous decision from the judges.

The Jr Boys Light Fly (46-48kg) category saw an impressive face-off between NCR's Rafael Azarcon and CARAGA's Jevan Galanto. With determination in their eyes, the

young boxers gave it their all. However, CARAGA's Jevan Galanto proved to be the stronger contender, winning via a unanimous decision.

In the JR Boys Light Bantam Bout (50-52kg), the stakes were high as Caraga's Manuel Acedera faced off against Region 3's John Chris Guanga. Acedera's skillful performance led to an impressive victory for Caraga, securing the win via RSC (Referee Stops Contest).

Moving on to the Youth Boys Minimum (46-48kg) category, spectators were treated to a fierce showdown between Region 2's John Carlo Diego and Caraga's Brian Amparo Olaguir. The young fighters demonstrated their determination, but Caraga's Brian Amparo Olaguir emerged victorious.

Throughout the event, the fighters' coaches guided and motivated their

respective teams. Tournament Manager Bernard Puyo ensured the smooth conduct of the matches. Coach Butch Dedelis, Co-Coach Cresencio Escabosa, and Trainor Joevert P. Tabilo provided expert guidance to their fighters.

Not to be overlooked were the other talented trainers: Freggie "Wolverine" Dacera, Jerson "Smooth Operator" Mancio, and Michael "The Golden Boy" Tesoro, who also played pivotal roles in honing the skills of these young boxing talents.

The Palarong Pambansa 2023 boxing qualifiers have set the stage for even more excitement in the upcoming rounds. As young fighters from various regions showcase their determination and skill, the nation eagerly awaits to witness the emergence of future champions. Stay tuned for more thrilling updates from the sporting event of the year.

# Palarong Pambansa 2023 Opens Amidst Heavy Rain in Marikina City

Frengie G. Botoy

**M**ARIKINA CITY, PHILIPPINES - In a remarkable display of resilience and determination, the 2023 Palarong Pambansa was officially inaugurated yesterday despite the relentless downpour drenching Marikina City.

The opening ceremony, held at the esteemed Marikina Sports Complex, brought together athletes, performers, visitors and sports officials from across the nation who refused to let the rain dampen their spirits. At precisely 3 PM on July 31st, the much-anticipated opening program commenced, signaling the start of this prestigious sporting event. As the dark clouds loomed above, a heavy rain descended upon the venue, soaking the athletes in attendance. Undeterred by the weather conditions, the participants

proudly pushed forward, demonstrating their unwavering commitment to their craft.

Among the notable figures present was renowned sporting icon Allysa Valdez who added excitement and anticipation for the occasion. Moreover, the highlight of the day came when DepEd Secretary, Vice President Sara Duterte, took the stage to introduce the most influential person of the event – none other than the President of the Republic of the Philippines, Ferdinand R. Marcos Jr. President Marcos Jr., embodying true leadership, delivered an inspiring message to the athletes and the enthusiastic crowd.

Despite the rain pouring down upon him, he stood tall, unfazed

by the adverse weather. His words resonated with the audience, fueling their determination and motivating the athletes to give their all in the upcoming competitions. "As you take part in your chosen sport," remember, you are already a champion that represents your community competing with fairness, excellence and integrity" remarked President Marcos Jr.

The crowd at Marikina Sports Complex erupted in cheers, their fervor undiminished by the ongoing downpour. The athletes, performers, and sports officials, drenched from head to toe, wore smiles on their faces, embodying the true essence of sportsmanship. Despite the unfavorable weather, the opening ceremony continued with unwavering determination. From dances to jaw dropping vocal rendition, the performers showcased their talents.

## Caragold Volleyballers Crush Opponent: Rayco named Best Player of the Game

Pedro A. Tecson

**M**ARIKINA CITY – 2023 Caragold volleyball team elementary girls displayed an exceptional will to win as they dominated their opponents from Region III, 25-18; 25-22 at the Our Lady of Perpetual Succor College (OLOPSC), Marikina City.

Region III scored the first point, but the Caragold quickly turned the momentum around by scoring 11 of the next 14 points, courtesy of XYZ Ellen Rayco's spike and two aces.

Francis Dianne Ramos' served two aces, while Zafira Glaze P. Ruiz punctuated it with another ace raising the score to 12-5 in their favor.

The Caragold intensified their dominance with another Rayco

spike and Jhaniah Jandi E. Nagas's two consecutive aces for a commanding 21 to 11 lead in the first set.

In the second set, the Caragold set the tone by scoring first, and they never yielded the lead as they raced to an insurmountable lead, 23 to 16. But the volleyballers from Region III also displayed a spirited resistance with their flawless attacks and aces, threatening to close the gap by outscoring the Caragold 7 to 1 in that stretch.

But Rayco and her team would not be denied the victory as they sealed it with the score, 25 to 22.

According to Coach Lovina Amor Caga-anan, the team had trained rigorously since February of this

year. During school days, they would start training from 3:00 to 5:00 pm and daily from June 20 until July 28, 2023.

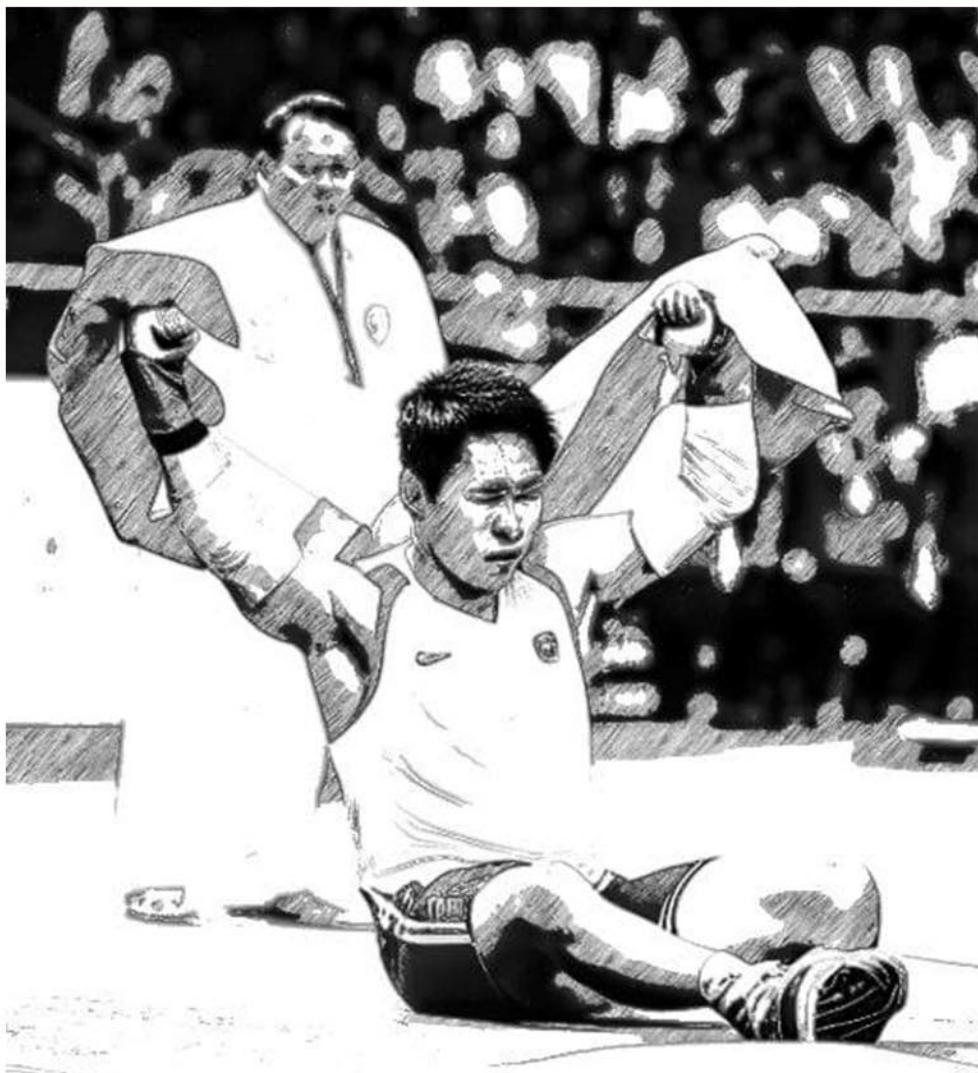


# ESSENCE OF COMPETITION

**V**ictory and defeat. Success and failure. These are the polarities of every human endeavor. In the context of the Palarong Pambansa 2023, these elements necessarily play out in shaping the competitor's character, insights, and capacity for personal growth. Winners naturally celebrate their victory, while losers wallow in the agony of defeat. But there is more to it than meets the eye.

Humanly speaking, it's impossible to celebrate defeat in its aftermath. However, defeat and failure have their own value and importance. As one anonymous writer says, "Embrace defeat with the same fervor as victory, for within its agony lies the seeds of growth and the triumph of resilience." In essence, every defeat contains the seed of victory, and failure is just a delayed success as encapsulated by what the famous basketball great Michael Jordan said, "I've failed over and over and over again in my life. And that is why I succeed."

Not everyone will win in these national games. That is an absolute fact. For those who lost, they must realize that their fortitude to enter the battlefield and give it their all is already a mark of greatness itself. Simply put, failing to garner medals does not diminish one's worth as a competitor; rather, it can provide an impetus for pursuing ambitions, igniting the fire within to obtain the desired success in the future. This is because the road to success is often



paved with hurdles and seeming impossibilities, and it is those who take the bull by the horn - or those who embrace the setbacks - and use it to fuel their drive to discover the true depth of their potential.

Remember, the journey is as important as the destination. Celebrate your progress, no matter how small, and use each experience to propel yourself closer to your dreams. Your dedication and hard work will undoubtedly yield rewards in due time.

To our Caragold athletes, know that our loved ones, your teachers, local government leaders, and all those who cared for you and provided for your needs are now standing beside you, cheering you on in every step you take. You are capable, resilient, and destined for greatness. The Palarong Pambansa adventure has begun, and the essence of competition assures you that the best will truly come.

By: Pedro A. Tecson

MARIKINA - HOST CITY



MARIKINA 2023  
PALARONG PAMBANSA

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# Caraga Taekwondo Athletes Impress at Palarong Pambansa 2023 Poomsae Competition

Glaisa A. Lloren



*In the photo: Athletes from Caraga Region performing Taegeuk 8 for the Semi-Finals of the Poomsae Competition*

**S**t. Scholastica's Academy in Marikina City became the battleground for an extraordinary display of talent and skill as the Taekwondo athletes from the Caraga Region showcased their prowess during the Poomsae Competition at the highly-anticipated Palarong Pambansa 2023 today, July 1.

With elegant and powerful moves, the athletes captivated the audience, leaving spectators in awe as they flawlessly executed the intricate Taegeuk 8 form. Their commitment to perfection and dedication to the art of Taekwondo were evident as they performed with passion and precision, embodying the spirit of the martial art.

Taegeuk 8, or "Pal Jang," is the final and most complex form in the Taegeuk series of Poomsae in Taekwondo. It consists of 32 movements, focusing on advanced techniques, balance, and precision. Practitioners display their mastery of Taekwondo principles as they progress through this challenging form.

Despite the intense competition, the Caraga Region athletes missed the

cut for the finals round. However, their spirits remained unyielding, and they carried themselves with pride for representing their region on such a prestigious national stage.

One competitor who left a lasting impression on the crowd was Prince Andre R. De Leon, a young athlete from Las Nieves, province of Agusan del Norte, securing the 9th place out of 34 participants in the fiercely contested Elementary Male category. In a humble yet determined tone, De Leon expressed his thoughts on his journey through the Palarong Pambansa 2023:

"I am excited for next year because I still have the last chance to play in this category," he said and added, "My performance was good considering the disparity of scores against the others. It made me happy."

The Palarong Pambansa 2023 Poomsae Competition not only showcased the talent and dedication of Caraga's Taekwondo athletes but also served as a platform for them to grow and learn from their experiences. Their

participation in this prestigious event exemplified sportsmanship, camaraderie, and the true essence of what it means to be an athlete. As the curtains fell on the Poomsae Competition, the Caraga athletes returned home with their heads held high, knowing that their performances have inspired a new generation of Taekwondo enthusiasts and further solidified their place among the nation's best.



*In the photo: Prince Andre De Leon lands top 9 among 34 players in Poomsae*

# DEPED-CARAGA DELEGATION:

## Inspiring Triumph at Palarong Pambansa 2023 Para-Games

Rodrigo H. Madelo Jr.

**P**roving that nothing is impossible when passion and perseverance meet, the learners of DepEd-Caraga have overcome immense challenges to compete in the extravagant national games, leaving an indelible mark at the Palarong Pambansa 2023 Para-Games.

The Palarong Pambansa 2023 has taken an inspiring step forward by organizing events for learners-athletes with Intellectual Disability (ID), visually impaired (VI), and orthopedically handicapped/ amputee (OH) under Special Education (SPED) classes. Para-Athletics, Para-Swimming, Bocce, and Goalball have become the arenas where these young athletes have showcased their remarkable abilities.

While facing unique hurdles, these learners have exemplified true sportsmanship and dedication to their craft. Their participation is not just a triumph over personal challenges, but also a testament to the unyielding support provided by the Department of Education (DepEd) in facilitating their inclusion in this annual multi-sport event.



DepEd has worked diligently to ensure a level playing field for all learners, fostering an environment of equality and opportunity. By creating space for learners with diverse abilities, DepEd has empowered them to chase their dreams and compete with their peers from across the nation.

Through tailored training and expert coaching, these learners have been nurtured and honed into exceptional athletes, proving their mettle on the national stage. The commitment of their coaches and mentors, coupled with the unwavering support of their families and communities, has been instrumental in guiding them towards victory.

The triumphs and accomplishments of DepEd-Caraga's delegation at Palarong Pambansa 2023 send a powerful message of inspiration and hope to everyone in the community. Their story resonates with the notion, "If they can do it, so you can!" These young athletes have proven that with determination and support, any obstacle can be overcome, and

dreams can be turned into reality. The spirit of inclusion at Palarong Pambansa 2023 has not only provided an avenue for these learners to excel in sports but has also instilled a sense of belonging and self-confidence. As their achievements echo through the nation, it is a call for society to recognize and embrace the unique talents and abilities of every individual.

In conclusion, the participation of DepEd-Caraga delegation in the Para-Games of the Palarong Pambansa 2023 is a tale of triumph over adversity and a testament to the power of inclusion. Their extraordinary feats inspire us all to break barriers, believe in ourselves, and embrace diversity. The Department of Education's unwavering support has laid the foundation for a more inclusive future where the potential of every learner can be unleashed. Let this extraordinary display of resilience ignite a flame of hope in every heart, reminding us that with determination, compassion, and unity, we can build a more inclusive and compassionate society for all.

