

Caraga's Padilla Clinches Gold and Bronze in Rope, Hoop Apparatus Elementary Gymnastics

Glaiza A. Lloren

Adrienne Dominique A. Padilla, an exceptional young gymnast from Butuan City, showcased her prowess at the 2023 Palarong Pambansa Elementary Gymnastics competition, securing the gold medal in Rope Apparatus and a bronze in Hoop Apparatus for Caraga Region on August 4.

In the Rope Apparatus event, Adrienne's performance was nothing short of captivating. With flawless execution and a perfect balance of grace and strength, she effortlessly navigated the routine, leaving the judges in awe. Her routine began with a dynamic display of jumps and spins, setting the stage for the mesmerizing performance that followed.

Photo credit: Dr. Frederick Padilla



In the photo: Padilla showcases her grace and precision in her performance using the rope apparatus



Photo credit: Dr. Frederick Padilla

In the photo: Adrienne with Coach Boston (center) bags the gold medal alongside Central Luzon (left) and NCR (right)

Adrienne skillfully maneuvered the rope, creating intricate shapes and figures in the air, perfectly synchronized with the rhythmic music. Her flexibility and precision were on full display as she executed daring tosses and seamless transitions with elegance.

The judges were unanimous in awarding her top marks for her technical skill, artistic expression, and overall performance, garnering a .633 difference from Central Luzon, propelling her to the top of the leaderboard and securing the gold medal for Caraga Region.

Meanwhile, Adrienne continued to shine in the Hoop Apparatus as she delivered an impeccable routine. With the hoop as her partner, she dazzled the audience with a series of fluid movements and impressive catches. Her routine showcased a harmonious blend of dance, flexibility, and acrobatics, leaving spectators spellbound.

Adrienne's unwavering focus and mastery of the hoop were evident as she executed each element with precision and finesse. Her captivating performance earned her a well-deserved bronze medal, adding another accolade to her already illustrious achievements.

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The Bittersweet Journey of Sports

As the curtains draw to a close on the Paralong Pambansa 2023, we find ourselves reflecting on the profound impact sports have on both parents and athletes, especially those representing the Caraga region. The journey of these young athletes, laced with hardships and triumphs, provides a bittersweet experience, yielding fruitful rewards that extend beyond mere medals and victories.

For parents, the path of supporting a budding athlete is not an easy one. Sacrifices are made, from financial investments to time commitments. The emotional rollercoaster that ensues is undeniable as parents watch their children endure injuries, setbacks, and disappointments. Yet, amid these struggles, there is a silver lining that emerges – the invaluable life skills that sports instill in these young souls. Dedication, resilience, teamwork, and discipline are just a few among

the many virtues they cultivate, which become the bedrock of their character as they grow into responsible adults.

For the athletes themselves, the world of sports presents a kaleidoscope of experiences. The Paralong Pambansa 2023 serves as a testament to their unwavering dedication and unyielding spirit. The sweat and tears shed during training and competitions bear fruit, not just in terms of tangible achievements but also in the intangible gains that define their personal growth.

In the Department of Education, sports play a pivotal role in nurturing holistic development. Beyond academic excellence, the platform of sports enables students to flourish physically, mentally, and emotionally. Participating in events like the Paralong Pambansa strengthens their sense of identity and belonging as they represent their region with pride and

passion. These moments foster camaraderie and sportsmanship, transcending mere rivalry, thus building bridges that unite athletes from diverse backgrounds.

The benefits of sports go beyond the individual level; they extend to the community and nation as well. As we witness the passion and dedication of our young athletes, they become role models for their peers, inspiring others to pursue their dreams relentlessly. Their achievements inspire collective pride, and their success shines a spotlight on the importance of investing in sports programs within the educational system.

However, amidst the celebration of triumphs, we must also be mindful of the pressures that come with the world of sports. Burnout, injuries, and the potential for exploitation are ever-present dangers that need to be addressed by providing comprehensive support systems for young athletes. Proper training facilities, expert coaching, and access to sports science resources are crucial in nurturing their potential without compromising their well-being.

The Paralong Pambansa 2023 exemplifies how sports can be both a bittersweet experience and a journey of growth for parents and athletes alike. The hardships endured on this path yield fruits that extend beyond the podium, nurturing strong, resilient, and disciplined individuals. As the Caraga region delegation, let us take pride in the achievements of our young athletes and pledge to continue fostering an environment that harnesses the transformative power of sports in the Department of Education. Together, we sow the seeds of greatness and reap the harvest of a stronger, united, and thriving community through the world of sports.

by Rodrigo H. Madelo Jr.



Boxing Update: Caraga Region Excels with Medal Wins

Honey Grace Buyan



Amparo dominates bout 125 securing his ticket to the gold medal round

Marikina City: In the latest update from the Palarong Pambansa 2023 Boxing competition, Caraga Region showcased their boxing skill, earning impressive victories and securing medals for their talented fighters.

In Bout 125 for Youth Boys Minimum Division 46-48kg, Brian Amparo, fighting from the Blue corner, represented Caraga Region against the formidable Region 4B opponent in the Red corner. The intense match went down to the wire, with both fighters giving it their all. However, after a hard-fought battle, Brian Amparo emerged victorious with a Split Decision in his favor, ensuring him the silver medal. With this remarkable performance, Amparo also solidified his position as a gold medal contender in the tournament.

Moving on to Bout 137 for Junior Boys Light Bantam Division 50-52kg, Manuel Acedera represented Caraga Region from the Red corner, facing off against Region 10's Christian Pador from the Blue corner. The match was filled with anticipation, but unfortunately for Acedera, he was met with a powerful body shot that led him to the canvas. Although Acedera had to settle for the Bronze Medal, his unwavering dedication and remarkable efforts throughout the tournament are commendable.

In Bout 133 for Junior Boys Light Fly Weight Division 46-48kg, Jevan Galanto from the Red corner battled against Region 10's Harleze Christian Jake Pores from the Blue corner. The match was closely contested, with both fighters displaying their skills and determination. Ultimately, the judges rendered a Split Decision

favoring Region 10, making Harleze Christian Jake Pores the winner. However, Jevan Galanto's outstanding performance throughout the tournament earned him the Bronze Medal, showcasing his promising potential in the sport.

Caraga Region's boxing contingent has undoubtedly made its presence felt at the Palarong Pambansa 2023, with their fighters proving their mettle and dedication to the sport. As the games continue, the boxing community eagerly awaits more thrilling matches and outstanding performances from these talented athletes.

Stay tuned for further updates as the Palarong Pambansa 2023 unfolds, bringing us more gripping moments of sportsmanship and excellence.

Overcoming Ourselves: Salon's Inspiring Journey to Wushu Glory

Rodrigo H. Madelo Jr.



In photo: Salon (blue) delivers a powerful uppercut to the opponent from CAR (red)

Caraga celebrates as Johnlie C. Salon secures the Bronze Medal in Wushu Secondary Boys - Category A 48kg at Palarong Pambansa 2023. Salon's outstanding achievement in the prestigious national sports event has brought immense pride to the region and serves as an inspiration to young athletes across Caraga.

Coach Jezah D. Pabayo, who has been instrumental in shaping Salon's skills and techniques, expressed immense pride in her student's accomplishments. "Johnlie's dedication and passion for Wushu have been evident from the very beginning. He is an outstanding athlete, and I am confident that he has a bright future ahead in this sport," she said.

Salon's journey into the world of Wushu was influenced by his elder brother, who inspired him to pursue the sport when he was in Grade 8.

The support and encouragement from his family and friends have played a significant role in his success. They have always been a pillar of strength, constantly reminding him to stay committed to his practice and training. When asked what advice he would give to other athletes aspiring to achieve greatness, Salon humbly shared, "An athlete must primarily defeat and overcome yourself and become the best you can be." This philosophy reflects the spirit of a true sportsman who understands that the key to success lies in self-improvement and continuous growth.

Beyond his personal achievements, Salon has set his sights on representing the Philippines internationally as a professional fighter in the future. His aspirations to bring glory to the nation serve as a testament to his patriotism and dedication to his sport.

As Salon approaches his 18th birthday next year, he has vowed to contribute to the development of Wushu in Caraga. He plans to offer his expertise and experience to train fellow athletes and support them in the upcoming Palarong Pambansa. This commitment to nurturing the next generation of athletes showcases his leadership qualities and dedication to giving back to the sport that has given him so much.

Salon's journey to the Bronze Medal at Palarong Pambansa 2023 is an inspiring story of determination, passion, and support from his loved ones. As he continues to excel in Wushu, Caraga eagerly anticipates his future achievements in representing the country at the international level. Salon's advice to his co-athletes serves as a guiding light for all aspiring sportspeople - to conquer oneself and strive to be the best version they can be.

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Coach Alfrie Ann D. Boston, beaming with pride, commented on Adrienne's exceptional achievements, saying, "She really showed her best because she wants to make a podium finish. This gymnast is really a perfectionist that's why she aims a perfect performance, and she really did great. She was able to perform her routine perfectly with very minimal deductions."

Amidst the celebration, Adrienne, who has been in the sport since 7 years old, took a moment to express her heartfelt gratitude and dedication to her parents and her trainer, "Coach Nikki", who handled them in Manila. Her

triumph in both the Rope and Hoop Apparatus events marks a milestone in her gymnastics journey and brings immense pride to Caraga Region. Her dedication, determination, and unwavering spirit have served as an inspiration to her peers and aspiring gymnasts nationwide.

Adrienne's journey in the world of gymnastics is far from over, and she remains committed to pushing her boundaries and achieving even greater heights in the sport she loves. The nation eagerly awaits her future performances and is confident that this young gymnast has a bright and promising future ahead.



In the photo: Adrienne performs her routine with a hoop apparatus

(from page 4... on Salon's Wushu Journey)



In the photo: Jezah D. Pabayo (left) and Johnlie C. Salon (right)

With his sights set on becoming a professional fighter representing the Philippines, Salon understands the immense responsibility that comes with being an athlete at the international stage. He is

determined to work even harder and stay focused on his goals, knowing that every step he takes will bring him closer to achieving his dreams.

Salon's journey to success is a testament to the power of family support and the impact of positive role models. His elder brother, who encouraged him to embrace Wushu, remains an integral part of his support system, and Salon hopes to be that guiding force for aspiring athletes in Caraga.

As next year marks his 18th birthday, Salon's commitment to giving back to the sport that has shaped his life is truly commendable. Training and supporting fellow athletes in the

upcoming Palarong Pambansa is a reflection of his gratitude towards the community that has nurtured him as an athlete.

In conclusion, Salon's journey to the Bronze Medal at Palarong Pambansa 2023 is a testament to his determination, hard work, and the support of his family and friends. His advice to other athletes to conquer themselves and strive for greatness resonates deeply with the spirit of sportsmanship. As he steps into the next phase of his career, Caraga remains confident that Salon will continue to make the region proud and inspire a new generation of athletes to dream big and reach for the stars.

The Unseen Heroes Behind The Athlete

Honey Grace Buyan



In photo: Nurse Kirie promptly attends to the medical needs of athletes warranting safety in the billeting

Amidst the fierce battlefield of the Palarong Pambansa 2023, where dreams and passions collide, lies a silent symphony of compassion and care embodied by the unsung heroes, Nurse Kirk Vincent Edward "Kirie" Abugho and the fearless medical team. Behind the athlete's daring stride, hidden from the spotlight, they stand ever-vigilant, ready to weave their healing magic in times of emergency.

In the heart of the sporting arena, where adrenaline surges and emotions run high, Nurse Kirie stands as a beacon of hope and a guardian angel in disguise. A seasoned Emergency Medical Technician (EMT) and a paragon of professionalism, he exudes a gentle aura. Yet, his hands possess the strength of fortitude, soothing the injured athletes with a tender touch.

The canvas of the battlefield is painted with hues of resilience, but amidst the warriors' indomitable spirit, accidents can occur, even the bravest. When the final whistle blows and the echoes of battle subside, Nurse Kirie and his medical team step onto the forefront, a ballet of empathy and expertise.

The air hums with the scent of compassion as Nurse Kirie assesses each injury with a trained eye, offering words of encouragement that blossom like flowers in a desert. Every athlete becomes a cherished bud in his care, their well-being his garden of devotion. With hands that pluck away pain and replace it with healing, he is a floral sculptor shaping the essence of recovery.

Amidst the pain, the tears, and the uncertainty, the medical team stands like a garden in full bloom. Their presence is a testament to the power of unity and support, like a bouquet of vibrant blossoms adorning the arena. In harmony, they dance to the rhythm of urgency, orchestrating the symphony of relief.

The sun may set on the Palarong Pambansa, but Nurse Kirie's light continues to shine as he nurtures the wounded athletes back to health. Their victory, as much as the athletes' triumphs on the field, becomes the sweet fragrance of accomplishment. The bond between the medical team and the athletes sprouts like a perennial flower, perennial in its care and unwavering support.

So, let the world know that behind the athlete, the true heroes bloom beneath the crowd's roar—the medical team. In their selfless dedication, they sow the seeds of hope, breathing life into the dreams of champions, one act of kindness at a time.



Keeping You in My Heart

By Dr. Maria Ines C. Asuncion, CESO IV
Regional Director DepEd Caraga



It's been a while since we have experienced sportsmanship, teamwork, and camaraderie through the Palarong Pambansa. I can see in your faces the excitement and pride of being a part of the delegation. You have reached this far because you won against your previous competitions, including the opponent that threatened our existence: the health crisis. Thanks be to God, we regained our lives back to normal.

The days of intense competition are behind us now, and we are getting ready to fight battles in the future. Nonetheless, this sporting event is part of your holistic education. The medals you proudly don recognize the success you have achieved. But more than success, attached to these medals is the collective

hope of the team. This hope emanates from the heart's deepest longing to live a meaningful life, something we all share.

This hope serves as your medal of victory as you journey through life. In a sense, this hope makes you all winners. Remember also that you did not win alone, nor lose alone. We are all in this together.

To the winners, enjoy the glory of your victory. To those who did not win, you will have another chance at winning in whatever way possible. The important thing is that you have learned and gained a better understanding of the situation, and you can use this understanding to make sense of your lives.

After every game, someone might ask, "How did you win it?" or "Why did you lose?" and so on. But a more important question that you, my dear athletes, should ask yourselves is this: "Have I become a better person because of my experience at the Palaro?" Of course, only you can answer it. Undoubtedly, the fraternal bonds and friendships established during this event will impact your future.

And so, my dear athletes, because you have given your all in every game and pushed yourselves to the limit, you deserve the full commendation from those around you, especially from me, because I always keep you in my heart.

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