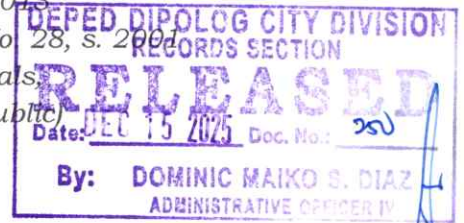


Division Advisory No. 250 s. 2025

December 11, 2025

(In compliance with DepEd Order No. 8 s. 2013
this advisory is issued not for endorsement per DO No. 28, s. 2001
but only for the information of DepEd officials
personnel/ staff, as well as the concerned public)
(dipolog.city@deped.gov.ph)



**CONTINUITY OF ATHLETES' TRAINING DURING THE TEMPORARY HOLD OF
THE ZANDIDAA QUALIFYING MEET**

In view of the temporary holding in abeyance of the ZANDIDAA Qualifying Meet, all concerned are hereby advised that the training of identified athletes shall continue.

This advisory is anchored on the principle of **reversibility** in sports training. Gains achieved through systematic training are not permanent and will be lost when training is stopped. If athletes discontinue training at this stage, the physical, technical, and physiological adaptations they have developed will gradually diminish, forcing them to return to the initial phase of the training program. This is not an ideal practice, especially when the competition is only days away.

To prevent loss of training gains and to maintain readiness, the following guidelines shall be observed:

1. Training Schedule
 - A half-day daily training shall continue for all concerned athletes.
 - Coaches are given flexibility in scheduling whether the half-day training will be conducted in the morning or afternoon, depending on what is most appropriate for their teams and circumstances.
 - School Heads, PSDSs, the Head Coach, and the Division Sports Office shall be furnished with the training matrix or specific training schedule for proper reference and monitoring.
2. Service Credits / COC
 - Teaching and non-teaching personnel serving as coaches, assistant coaches, chaperons, and trainers shall be entitled to half-day service credits or its equivalent Compensatory Overtime Credit (COC) for trainings conducted during Saturdays, Sundays, and holidays, subject to existing rules and regulations.
3. Monitoring and Supervision
 - The Division Sports Officer (DSO), Assistant Division Sports Officer (ADSO), Technical Assistant in Sports, and the Head Coach shall closely monitor the conduct of trainings and ensure that these are implemented properly, safely, and in accordance with the approved schedules.

All concerned are enjoined to give full cooperation to ensure that athletes remain prepared, conditioned, and competition-ready while awaiting further updates on the ZANDIDAA Qualifying Meet.

For information and guidance.

Adv.//SGOD//SPORTS/JLN
#____/Adv
Encl: None