



The SUPERSONICS BUZZ

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Gallano, panalong muli

ni Rose Ann B. Menieba



Sa tunggalian ng pabilisan sa paglangoy, muli na namang nakasungkit ng Bronzeng Medalya ang tinaguriang "small but terrible" na atletang manlalangoy ng Calbayog City na si Grazilda Gallano ng Bantian ES sa katagoryang 100 LC Meter Freestyle Elementary girls.

Kung matatandaan, kahapon ay naungusan ni Gallano ang kaniyang mga kalaban sa katagoryang 50-meter Butterfly. Sa harapang ito, ay napanalo niya muli ang Bronzeng Medalya.

Ito ang ikalawang Bronzeng medalyang nasungkit ni Gallano.

Samantala, bilang pagpupugay sa kaniyang panalo, pinarangalan siya ng 2,000 libong piso ng LGU Calbayog.

Determinasyon, bilis ng galaw, at tiwala sa sarili ang kaniyang naging puhunan.

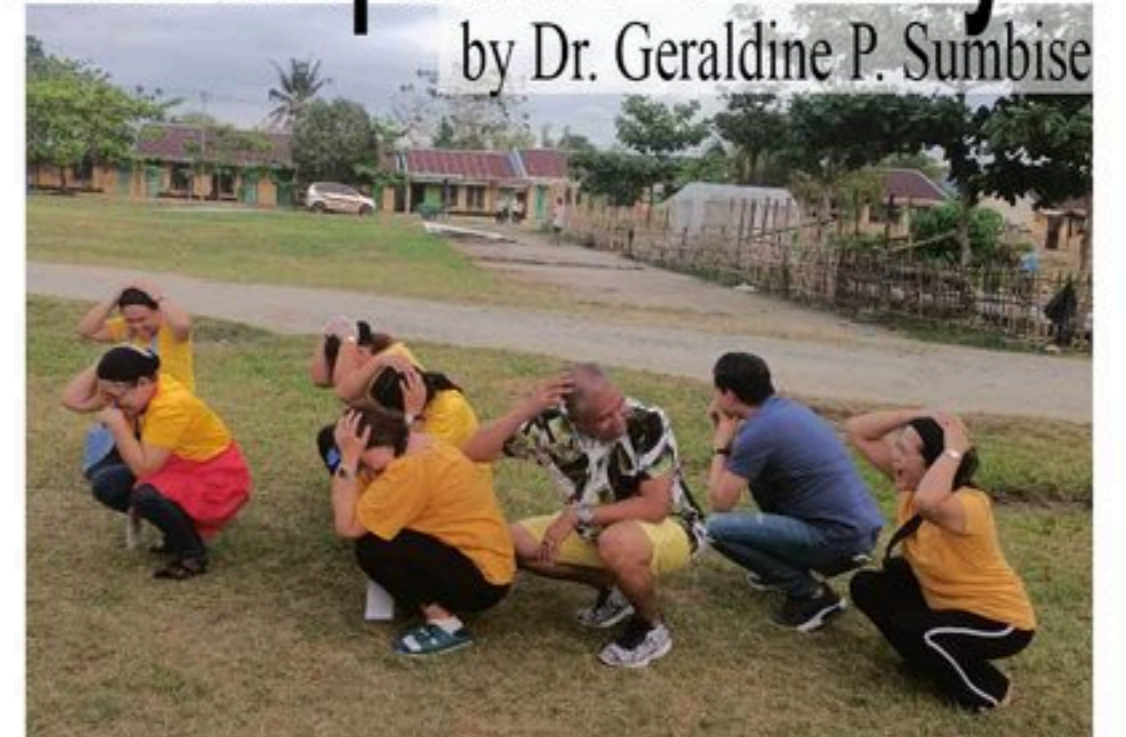


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Calbayog Delegation, PNHS-Earthquake Ready

by Dr. Geraldine P. Sumbise



In preparation for unforeseen natural disasters such as earthquakes and as a means of ensuring emergency preparedness in billeting schools for EVRAA 2023, an earthquake drill was conducted in Palo NHS yesterday, April 24, 2023 which was participated by PNHS personnel and students as well as the delegation from Calbayog City.

Organized by PNHS DRRM Team in Coordination with Mr. Eric Doroja, SDO Calbayog's Division DRRMO, the drill successfully elicited readiness of all who were in PNHS at the time. The start of the exercise was marked by the sounds of an alarm at 4:00 pm in which those who were indoors did the duck, cover, and hold routines and eventually vacated the buildings while swiftly seeking safety in the open fields. The participants were able to quickly and efficiently evacuate from the buildings, and the evacuation process was completed in a timely and organized manner.

R08 M&E Team Visits SDO Calbayog Delegation

by Dr. Avelina P. Tupa

The Regional Office 8 Monitoring and Evaluation Teams visited the SDO Calbayog City Delegation housed at Palo National High School on Monday, April 24, 2023. The teams were headed by Dr. Sonny Tayum and Ms. Eden Dadap. The focus of the visit was to ensure compliance of the delegation team and the host school as to billeting preparations and set-up requisites in order to ensure a safe and sound stay of all delegates. As the monitoring went on, findings tacitly expounded on sanitation and cleanliness, scarcity of water supply, and setting up of child protection desk which was deemed essential in case untoward incidents might occur. With the found prep deficiencies, the monitors immediately called up the PDRRMO to assist and respond to all the needs of the delegation team. Hence, the BFP increased the supplies of water from 2 to 4 times in a day and provided supplementary necessities to all the quarters.

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EVRAA 2023 Lawn Tennis: Puhante Shines in the First Game

by Ylrah May D. Salor



A 16-year-old lawn tennis, secondary (girls) player, Nicole S. Puhante from Calbayog City National High School, Calbayog City Division reigned in the first game over Biliran City last April 24, 2023 at Tacloban City Tennis Club during the 2023 Eastern Visayas Regional Athletic Association (EVRAA) Meet.

With presence of mind and focus in the game, Puhante clinched the first win for game 1 as she showed her winning techniques and striking powers - top spin, chop, forehand and backhand stroke.

"Actually, she is good at playing because she has that focus and concentration in every game", said Jim Contridas, her coach.

"She was able to win the game through her slice stroke which was intended for placing and a strong top spin that an opponent failed to defend," he added.

Puhante secured the triumph with 6-1 score over the opponent in the single match, bracket A. She sets a good start which motivated the team to level up, win another games and bring success for Calbayog City Division.

Sepak Takraw Supersonics, wagi laban sa Siglaro Elites, 2-1

ni Normel Carabaña Galias

Napanagumpayan ng Calbayog City Supersonics Sepak Takraw Team ang kanilang laro laban sa Ormoc Siglaks Elites sa ginanap na Game 2 ng Sepak Takraw Elementary Boys.

Ito ay ginaanap sa Leyte Sports Development Center.

Sa unang set pa lamang ay ipinamalas na kaagad ng team ang kanilang determinasyon at hangaring manalo. Bentahe man sa court nabigo ang Supersonics dahil nalamangan sila ng Ormoc Siglaks Elites sa iskor na 17-21.

Pagpasok ng ikalawang set ay agad na bumawi ang kanilang koponan sa iskor na 21-18.

Tuluyang tinambakan ng Supersonics ang Siglaro Elites sa huling set at sunod-sunod na pinaulanan ng mga solidong tappings at selyuhan ang laro, 21-19.

Nagmula ang koponan sa Basud Integrated School na binubuo nina: Alden Jake M. Cano, Alve B. Derio, Renz Vill E. Manota, Jake B. Mission at ang kanilang tagapagsanay na si Bb. Marites A. Porlares.

Sustitudo bags Floor Exercise SILVER in Men's Artistic Gymnastics

by Cristian L. Senolos



Jhon Carlo B. Sustitudo nailed his floor exercise routine and scored a breakthrough on Monday as he struck silver in his pet event floor category in the 2023 Eastern Visayas Athletic Association Meet in Leyte National High School, Tacloban City.

Sustitudo is a Grade 3 gymnast from

Tinambacan Central School who joined the Team of Men's Artistic Gymnastics Elementary for Calbayog City delegation for EVRAA 2023 together with Enrico Guardarama of San Policarpo Central Elementary School and Teddy Cabanatan of Capocan Elementary School under the care of their hands on coach Mrs. Leah Labonite.

The 9-year-old silver medalist wowed the judges with a flawless, elegant routine highlighted by a two twist to front single pike, a double full side pass, a one and a half twist to gain the second highest score of 8.870.

Sustitudo held on for the top spot after finishing with his score, but dropped to second place after Joshen Nazario of Ormoc City Division garnered an impressive 9.800 to formally take home the gold for MAG - Cluster 1 category.

The gymnast guns for two more silver or even gold medals when he competed in the vault and single bar finals on Tuesday, April 25.

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The delegation however was commended on setting up of laundry area, visibility of all the delegation official, conspicuous placing of daily game results and medal tally, immediate release and distribution of daily news gazette, management of records, medical staffing and response on-emergency instances, maximizing the use of social media in gathering of result thru on-line submission and the delegation's over-all preparations in general.

The RO M&E team suggested the delegation's conformity on the placement of a Learners Rights and Protection Desk at the most conspicuous place so as to make athletes aware on their rights and protection on sports matter. Further, the team commented that there should have been segregation of athletes' quarter based on gender where all male athletes should occupy a separate building apart from the female athletes. To ascertain that comments and suggestion were taken care of, the monitoring team will be visiting again before the sports meet ends.