



**CALABARZON**  
THE HEROES GI LAS MALING BIRING

**#PalarongPambansa2018**





President Duterte graces the Palarong Pambansa once again as he delivers an inspirational message to more than 12,000 delegates.

## Palarong Pambansa 2018

# Pres. Duterte urges student-athletes to start role in nation-building

Text by: Patrick Kenneth T. Coquilla Trece Martines City NHS Photo by: Gene Ross Jose Silva, San Pablo City SHS - Stand Alone

In front of more than 12,000 delegates, President Rodrigo Roa Duterte has challenged the young athletes to start their role in nation-building as he formally declared the 2018 Palarong Pambansa open on Sunday in a colorful opening ceremony.

In his speech at the Elpidio Quirino Stadium, Bantay, Ilocos Sur, Duterte challenged this year's Paloro players to do their best as it is just the start of their role in nation-building.

"The [Palarong Pambansa] serves as a training ground for future leaders and nation builders, whose values and principles are founded on perseverance, discipline, teamwork, integrity, and love of country," he said as he congratulated the young athletes for their determination and excellence in their chosen sports.

"Being a delegate is just one of the many 'first' in your journey towards success. You all need to enhance your skills for your future role in building the nation," Duterte added.

He also encouraged the young athletes from the 17 regions all over the country to enhance their skills for this is the start of their greater participation in

nation-building as he looked forward for their most significant contributions in the society in the days to come.

Duterte, moreover, said that his administration remains steadfast in promoting physical education, encouraging sports programs and supporting athletes, especially as they compete in international events.

The Chief Executive also reminded the athletes that they need to balance their academics and sports as he emphasized that this ability and their other interests measure their aptitude for skills such as multi-tasking, time management and decision-making.

"You need to excel in your studies as well as this will be used as you take on greater responsibilities in the future," Duterte added as he encouraged the parents to support their children in discovering and exploring limitless possibilities for their growth and development.

The President also emphasized the importance of involving the youth in sports to "divert" them from illegal drugs and criminality.

"We in government continue our campaign to eradicate these social

ills to ensure a safe and progressive tomorrow for you and for the next generations," he said as he assured that the administration will never stop in working hard to make the Philippines a better nation.

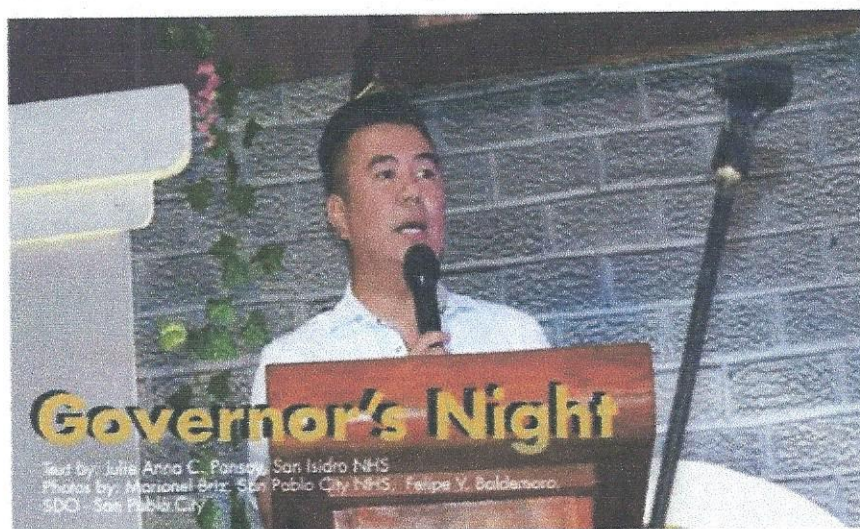
"The government could not solve all the problems alone so I ask for public's participation in making the administration's plans and programs tangible," Duterte added.

The President was accompanied by Executive Secretary Salvador Medialdea, Special Assistant to the President Christopher Lawrence "Bong" Go and Education Secretary Leonor Briones.

This year's Paloro is the 61st edition of the annual multi-sporting event for Filipino student-athletes with the country's 17 regions competing in different sporting events and discipline.

To recall, NCR ranks 1st with 98 gold medals in last year's edition of the Palarong Pambansa held in Antique followed by CALABARZON in 2nd place with 41, Western Visayas in 3rd place with 38 medals, Negros Island in 4th place with 26 and SOCCSKSARGEN in 5th place with 26 medals.





Coaches, officials and honored guests were in the "relax mode" as the Governor's Night unfolded.

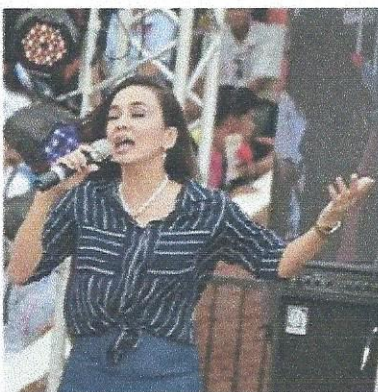
Governor Ryan Luis Singson of Ilocos Sur, the host province, took the opportunity to mingle with the coaches and officials and share his relief to the successful opening program of the Palarong Pambansa 2018.

Through a sumptuous dinner, star-studded program, rock-and-roll mode of entertainment and not to forget the showering give aways, the generous governor made the guests feel the thankfulness he would like to extend the Ilocano way.





# PLAYERS,



# GAMES



# LET THE



# BEGIN!!!



# A Girl of Pure White

Text and Photo by: Arlene Dela Costa, Tanza National Comprehensive HS

VIGAN CITY—She has hair and eyelashes resembling a snow. When exposed to sunlight, her smooth and rosy skin is brightly shining comparable to a lovely fairytale character. Conversely, sunlight is her foe as she barely sees images and partially recognizes colors during daytime. Akinna M. Castulli, 16, is an albino—a state of albinism having congenital disorder characterized by partial absence of pigment in the skin, hair and eyes.

Akinna, a six-time Palaro sprinter, is one of the Special Education (SPED) athletes who will compete in athletics event representing Division of Cavite City for this year's Palarong Pambansa.

The pride of Sangley Point National High School won gold medal in Long Jump and 100 meter sprint and earned silver medal in shot put event last year in Antique Province.

Akinna is the youngest child of Mayumi Castulli and Ronillo De Guzman.

Genial manner and likely coyness make Akinna affable. During an interview, she responded briefly to questions but answered queries with respect and politeness, making her character more likeable.

According to Akinna, her experience in Palarong Pambansa made her sociable and improved her self-esteem, reckoning that the national tournament dramatically changed her introverted character.

"Masaya po ako kapag nasa Palaro kaya po ginagawa ko po ang best ko para po manalo kasi po marami po akong nagiging kaibigan. Dati po kasi hindi po ako masyado nakikipagkaibigan pero ngayon marami na po akong friends," Akinna said.

"Ang gusto ko po sa Palaro eh yung nakakapunta po ako sa iba-ibang lugar. Dahil din po sa Palaro, nakapunta po ako sa Dumaguete City, Laguna, Davao, Bicol, Antique at ngayon po dito sa Vigan," she added enthusiastically, enumerating the Palaro venues for the past years.

## Likes and Dislikes

Homebody Akinna likes to listen to Ed Sheeran songs, mostly ballads and love songs, and prefers studying her lesson in school during spare time.

"Sa international po favorite artist ko po eh si Ed Sheeran sa local po si Moirah Dela Torre," Akinna shared, asking about her favorite artists and song genre.

"Hindi po ako masyado lumalabas ng bahay mas gusto ko po makinig ng music, minsan po nakikipagkwentuhan kina Mama at kina ate," Annica added.

She dislikes dinuguan [chocolate meat] and everything cooked with laman loob [internal organs] from livestock as she prefers fish and vegetable.

Akinna is a living proof of one who is aware of what one must truly value—simplicity and satisfaction. Asked if she has one thing she would like to change about herself, Akinna finally answered, "wala po, kasi ito po yung binigay ni God, lahat naman po ng tao ay may purpose sa mundo."







CALABARZON batter readies himself to hit a flyball attempt during the game. 1 baseball event

## CALABARZON batters run rings around Central Visayas, 8-3

Text by: Paolo Manuel C. Fule, San Jose NHS | Photo by: Gene Ross Jose I. Silva, San Pablo City SHS - Stand Alone

Team CALABARZON baseball elementary boys powered their way to a convincing 8-3 victory over Central Visayas region for their opening salvo in 2018 Palarong Pambansa held at Motorpool area, Tamag, Vigan City yesterday.

CALABARZON pride Liam Alexei De Vera and Ray John Del Rosario finished three homeruns apiece for the team.

"We worked on our defense. We practiced a lot especially on our

batting," said Ray John about their performance on their first game for this year's Palarong Pambansa.

CALABARZON players changed hands in keeping the bat on their hands resulting to eight runs and repulsed their Central Visayas opponents with only three runs.

Asked about the team what they consider as their biggest threat in this year's Palarong Pambansa, Liam Alexei responded "I think it will be Central Luzon. They are this year's

defending champions."

"It was the result of our trainings. We also had a good defensive scheme but I think we should focus more on our batting" quipped Alvin George Holt, baseball coach of CALABARZON

Team CALABARZON baseball elementary boys is composed of 11 players from Tanauan City division and 1 player from Laguna division. Their next opponent will be Northern Mindanao and MIMAROPA.

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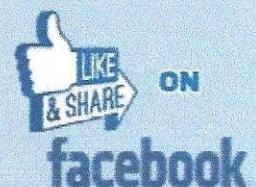
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For more updates and photos,

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CALABARZON kicker fires a block responding to Region I Tekong's attack during the game 1 best in regu battle

## CALABARZON IV-A dominates Region I

### *Caponpon, Gonzales rule in Game 1 Best of Regu*

Text by: Arlene Dela Costa, Tanza National Comprehensive HS | Photo by: Mark Laurence Topas, Cebuano Integrated NHS

**VIGAN CITY—CALABARZON** 4-A Julius Caesar Caponpon and Justine Gonzales saved the day for their team after banking on attacks to dominate tough rival Region I, 2-1, in 2018 Palarong Pambansa Sepak Takraw Secondary held at Immaculate Conception School of Theology yesterday.

Caponpon fired 13 attacks from roll spikes while Gonzales gathered 8 points marking an early win in Game 1 Best of Regu to propel to the next game and to pull off a 2-1, 2-0, 2-1 victory.

The third regu triumvirate brought the house down and turned the table.

The third Regu team, however, started the opening on poor defense, as Tekong John Mark Mallorca committed countless service errors while Kenshin Puntay performed faultily on offense forcing the coach to call for an early substitution by Vince Alyson

Tormo and ended the set with a dismal 15-21 output.

"Sa totoo lang po kabado talaga po ako, kasi po nasimulan po agad ng errors pero hindi naman po ako napanghinaan ng loob," Mallorca said.

The team suddenly found their rhythm in the second set from start to finish as they posted a big advantage after curving out a six-to-nothing run in the opening and hacked out a four-to-nothing blitz in the closing set resulting to a stunning 21-9 marker.

Region I, on the other hand, finished with 9 points from setter Gian Cabannag and striker Jether Guido coming off from blocks and attacks. The regu team, in contrast, played on poor receives.

Mallorca, though fell short in the first set, then, pulled through in the third set, after exhibiting a series of aces

aiding the team to erect a four-point advantage during the crucial moment of the game, 15-10, to trim an early deficit, 11-10.

Star player Caponpon showcased skills on attacks to counter Cabanag. The two had exchanges of counter attacks and thrown back-to-back blocks.

"Thankful po ako kasi naging ok po ang result ng game and sana po magtuloy-tuloy na po," Caponpon said during the post game.

Region I Michael Casil committed a forced error that sent the game to match point, 20-14, which then followed by an attack coming off Caponpon that sealed the match, 21-14.

Earlier, Gonzales executed sharp attacks all throughout the match in the second regu event closing the set with a 21-13 marker.