

Maria Christina Recto, a gymnast from Cavite Province, shows her magical stunt during the Floor Exercises – Cluster 2 Gymnastics. | Photo by Jonathan V. Rosario

PUNTO CAVITE sports



*If you're a true warrior, competition doesn't scare you.
It makes you better.*



Cavite Province snatches 1st win vs. Team Imus

Angelo C. Marabot *Feliciano Cabuco Elementary School*



As the heat builds up from the softball on the Elementary women's side, Team Cavite defeated their opponent from the Team Imus, 10-0 during the fourth game of this year softball competition at the Imus Track Oval, December 5, 2018.

Both team start the game and play as if it is their last just to win the game. Both team gave their best shot to the crown but Team Cavite leave Team Imus behind by scoring 6-0 respectively on the first and 2nd inning of the game. Despite the bad weather and sticky field, Kimberly Santos, team captain of Team Imus hits a nomentum base and tied up the score with Team Cavite, 6 – 6 on the third inning.

The crowd went wild and screams for each point made by their supported team however, the heat of the sun is not hindrances to stop the game but they continue until the

game end up the match.

The heat of the game does not decreases as Team Imus seems to bring their luck and gain 5 more consecutive points in the fourth inning to have the total of 9 points. But still Team Cavite remained composed and made their score a single point lead over Team Cavite 12 – 9 .

Team Imus believe on their luck and strive harder to win the game but no one on each team gain another point until the officials formally ended the game as Team Cavite snatches this game 4 softball won the game.

Caviteñas place second in overall individual contest

Jonathan V. Rosario | Dominic Z. Marasigan *Luis Aguado National High School*

Sophia Nicole Abdan, Maria Christina Recto and Danica M. Versoza sizzled in their respective individual floor exercises for elementary and secondary girls to boost Cavite Province to the second place of overall ranking in the 2018 Cavite Cluster Meet – Gymnastics in Barangay Postema, Tanza, Cavite last December 5, 2018.

The 11-year old Abdan shocked the crowd after topscoring the elementary girls with a powerful 19.45 output behind excellent executions and perfect landings in a winning effort.

Abdan managed to dethrone the queen from Dasmarinas City, Chloe Jane Darimas, after displaying a double cartwheel in the opening course of Cluster 1.

Recto, on the other hand, saved the best for last, posting a 17.62 total execution and difficulty points to join the podium as the second placer.

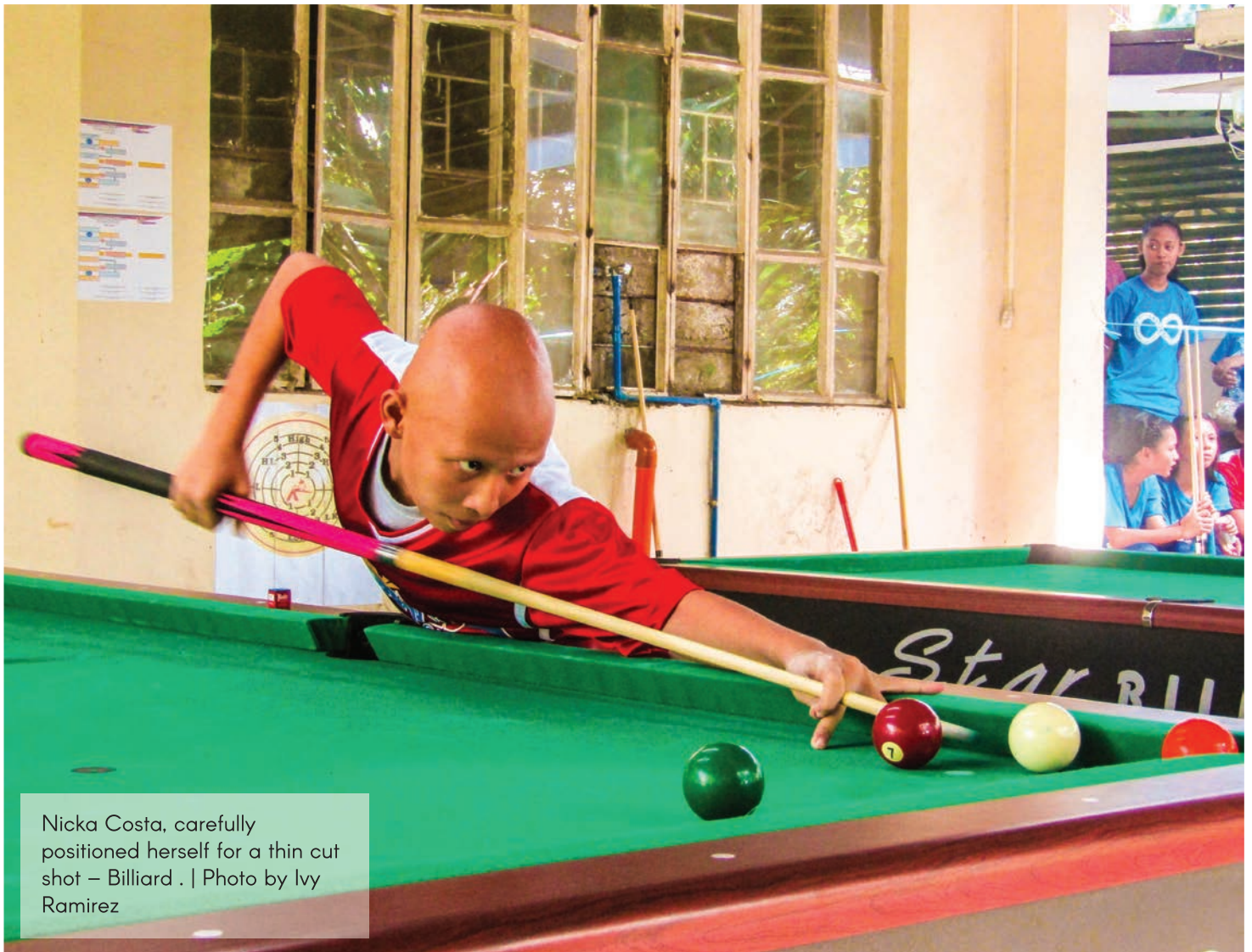
Recto imposed her will down low, dismantling former national qualifier, Lady Lin Ormuste, behind impressive landings and a triple back flip serving as her main weapon.

Meanwhile, Grade 5 gymnast Recto avoided a huge meltdown in the opening part, displaying a cartwheel and a combo of aerowalker and handstand after eluding a crucial front-flip miscue.

Chasing the leaderboard in secondary level, Versoza fell short to top the helm behind scoring 15.85 output as compared to Cavite City's blistering 23.33 performance.

Versoza pulled off a combo of aerowalker and scissor kicks, followed by handstand and a double front flip in a winning cause.

Cavite City went on a rampage, clinching the first spot in secondary level of 20.57 and 23.33 output after showing perfect landings and great execution all throughout the routine.



Nicka Costa, carefully positioned herself for a thin cut shot – Billiard . | Photo by Ivy Ramirez

Costa makes quick work of Arlas, leaps to Cavite Cluster Meet's next round

□ Joylyn Coquilla / Neo Doroteo *Trece Martires City National High School*

Cavite Province cue artist Nicka Costa moved to the next round of Cavite Cluster Meet following a 5-2 drubbing of Dasmariñas' Jackie Lou Arlas in their 9-Pool Group A Billiard Sport Competition at Comedor, Trece Martires City, December 05.

Costa crushed her foe via a seven-rack finisher to move a win shy of booking a next round encounter.

Caviteno Costa took turns in punishing Arlas' erratic show as she limited her rival to a total seven fouls, while she tallied only two that capped off her momentum since then.

The Caviteno pride Costa won four of the first five racks against the veteran Arlas in their race-to-five encounter, before Liu took the sixth rack to cut Centeno's lead to 4-2.

After a mistake by Arlas on the 7th rack, Centeno did not waste the opportunity as she closed out the match after collecting 1-9 balls and inched closer to the next round held at the Division Office of DepEd Cavite Province, respectively.

"Bawat error niya, ginagawa kong advantage, I capitalized

on her errors that sent me to a much comfortable scoreboard," Costa said in a post-game interview. "That was the key for me to win the match."

Costa raced out to a 3-0 lead before Garcia could get on the board, and the deficit was too much for Arlas to make up. But Arlas got to as close as 3-2 before Costa shut the door in their Group A tiff.

Costa looked no doubt to end the match quickly, nailing the next two racks with no fouls en route to improve her 3-2 advantage into 5-2 triumph, convincingly to enter Cavite Cluster Meet's next round.

"I was able to switch strategy to outplay her [Arlas], as she became disoriented on flicking the ball, and that kept my momentum rolling to advance to the next round." Costa quipped.

Are you a good sport?

OPINION

Angelo C. Marabot *Feliciano Cabuco Elementary School*

Sportsmanship is not only seen in games but in the classroom as well. A good sportsmanship includes shaking hands, to help an opponent who may have fallen over, encourage everyone to cheer, clap or give hi-five and be respectful to everyone including teammates, the opposition, parents and officials.

Through the different competitions, exhibition, and tournaments we have joined, we were able to prove that we were really good, getting better year after year, from one batch to another if we have to participate and cooperate with our team or other's team. We have to have their game to show we are behind them, by all means.

Being a good sportsman often includes treating others as you would also like to be treated, cheer for and good place, accept responsibility for your mistakes and keep your perspective. To accept responsibility for your mistakes will entail not placing the blame on other people.

Sportsmanship is not whether you win or lose it's how you play the game.

Having a positive environment in your sporting team will therefore create good sportsmanship from the individuals. Having positive leadership by the captains, coaches and supporters would

encourage to have positive sporting environment.

Sportsmanship attitudes and behaviors are learned in a like manner. Therefore, being involved in sports alone is not sufficient to ensure that participants will learn sportsman like attitudes and behaviors.

No matter how much we would like to deal with it. After a hard fought game in which everything was left on the field of play in a losing effort, it can very difficult to look your opponents in the eye and tell them "good game" or "good job."

FEATURE

SINO ANG TUNAY NA GYMNAST?

Jonathan V. Rosario *Luis Aguado National High School*

Ang gymnastics ay isang sport ng dedikasyon at determinasyon. Ang mga gymnast ay nagsasanay nang husto upang mapanatili ang kanilang lakas, balanse at kakayahang umangkop. Sila rin ay hindi lamang nag-aani ng mga gantimpala kapag sila ay nananalo sa kumpetisyon, ngunit umaani rin sila ng mga benepisyo para sa pisikal at mental na kalusugan.

Sa ginanap na gymnastics competition sa Cavite Cluster Meet 2018, kitang-kita ang determinasyon ng bawat manlalahok mula elementarya hanggang sekondarya. Habang nag-aabang na sila ay tawagin, ang iba ay hindi mapakali at sabik na sabik. Ang iba naman ay halatang kabado, ngunit kapag oras na ng pagtatanghal, hindi rin naman sila nagpakabog.

Manghang-mangha ang mga manunuod sa kanilang napapanuod na tila ba ay hindi kumpetisyon ang kanilang nasasaksihan. Talagang nakakabilib ang ipinakita nila.

Kung tutuusin, ang pagiging gymnast ay hindi madali. Ang ilan sa mga nakasalamuha naming gymnasts sa nasabing kumpetisyon ay nagsimula na mula pa noong sila ay nasa unang baiting pa lamang. Kailangan itong pag-aralan at kapag naaral na, ay kailangang isapuso pa rin at patuloy napag-aralan.

Kung tayo ay humahanga na sa mga pinapakita ng mga gymnast, paano pa kaya kung makilala natin kung sino talaga ang tunay?

Ang tunay na gymnast, MALAKAS

Isa sa mga katangian ng pagiging isang manlalaro ay ang pagkakaroon ng bandehadong lakas. Sa gymnastics, kinakailangan ito, dahil kung hindi, madali kang matatalo. Kailangan kaya moang sarili mo — kaya mong buhatin.

Parang sa buhay, may mga kilala tayong malalakas, hindi lamang sa pisikal ngunit kahit sa iba ang aspeto. Ang mga tunay na nagwawagi sa dulo ay yung mga hindi alam ang salitang "pagsuko". Sila ang mga malalakas, dahil kahit anong harapin nila, ay kaya nila itong lampasan.

Ang pinakamahalaga sa lahat, kapag malakas ang iyong pananampalataya, aba'y uwian na dahil ikaw na ang nanalo.

Ang tunay na gymnast, MARUNONG BUMALANSE

Sa gymnastics, importante rin na alam mong bumalanse. Kapag wala ka nito, hindi mo mapapaniwala ang mga hurado na ikaw ang ipapanalo.

Sa madaling salita, sa buhay upang magtagumpay, kailangan matalino mong nababalanse ang mga bagay-bagay. Hindi pwedeng one-sided ka parati. Sa pagdedesiyon, dapat din ay marunong ka sa pagtitimbang. Parang sa pg-ibig lang din yan, kapag di marunong gumamit ng weighing scale, talo ka. Nakakastress minsan lalo na kapag marami kang iniisip, maraming dapat iprioritize, naraming dapat unahin, maraming dapat gawin. Makakatutulong ito para kahit papano ay gumaan ang mga iniisip natin.

Ang tunay na gymnast, UMAANGKOP

Ang bawat galaw o kilos sa gymnastics ay higit pa sa mahalaga. Ang pagiging angkop nito ay nangangahulugang perpekto.

Kung ihahalintulad ito sa buhay ng tao, ang pagiging "angkop" ay may iba't ibang mukha. Una, ang salita at kilos ay kinakailangang laging nasa lugar - may inaangkupan itong tagpuan. Pangalawa, ang ating inaasal ay may lugar din. Ikatlo, ang pagpili ay depende sa kung ano ang hinihingi. Minsan, ang desisyong ito ay makabubuti, minsan ay hindi, kaya dapat ay iangkop sa sitwasyon.

Ngayon, ikaw ba ay tunay na GYMNAST sa labas ng kumpetisyon?



Velardo resists slow start, thwarts De Tomas in thriller finish

Joylyn Coquilla / Neo Doroteo *Trece Martires City National High School*

Cavite Province smasher Kyla Dennice Velardo snatched victory from jaws of defeat as she successfully battled back from first set defeat to dispose General Trias' bet Kimberly Shane De Tomas via a three-set beating, 7-11, 11-9, 11-6, in the 2018 Cavite Cluster Meet Table Tennis Secondary Girls in Trece Martires City National Highschool at the Social Hall, December 05.

Velardo bucked a first set meltdown to defeat de Tomas en route to an early lead in the Secondary Girls (Singles).

Both individuals showed heart and exchanged furious rallies, but it was Velardo who proved to have too much firepower and emerged victorious.

"Naghanap lang ako ng weaknesses niya at the same time I took the time powering my defensive stand para macounteran ang opensa niya, ayun, naging successful naman." Velardo

But De Tomas managed to steal the first set from the get-go to take an early lead over Velardo.

Despite this, Velardo is not pushing the red button just yet.

"Maganda na kahit papano natatalo ako ng isang set,

nag-grow at umangat ako. Mas nagiging consistent kasi may thrill, mas challenging." Velardo stressed.

De Tomas displayed better floor and net defense in the second frame, allowing her to execute better offense and burying Velardo into 4-8 hole.

With her consistency in defense, Velardo scored three consecutive points and made a 6-0 run to cut the four-point deficit to one before a game-sealing forehand smash to escape with a second-set win.

Fueled by her late surge in the second set, Velardo breezed through the last frame, cancelling De Tomas' offense by forcing the Gentri smasher to commit errors consecutively.

Plagued by errors and net violations, De Tomas couldn't get out of her funk despite making a 4-0 blast in the third frame as Velardo took home the victory.

Cavite province clinches silver medal in Aerobics

Jonathan V. Rosario | Dominic Z. Marasigan *Luis Aguado National High School High School*

The mixed gymnasts of Cavite Province secured the second spot after exposing elegance down the stretch, tallying a 19.60 points in the 2018 Cavite Cluster Meet 2018 – Aerobics Mixed Elementary and Secondary in Bienvenido B. Fojas Memorial Elementary School, Brgy. Postema, Tanza, Cavite last December 5, 2018.

Coming off a rigid training, the delegates of Cavite Province came out hot after flashing a masterful performance with the lively music adding more flavors in order to capture a 9.8 execution and 9.8 difficulty.

The secondary group spearheaded the outing, flaunting double cartwheel and route to handstand that lasted for almost a minute then finished the course on a high note.

Cavite team ended the final course with a blistering minipyramid after showing tumbling and scissor kicks to maximize the winning chance.

Dasmarinas, however, rose to the occasion

after leading the group competition with a commanding 21.35 output.

Once again, the delegates from Dasmarinas City never failed to spring some surprises as the elementary and secondary mixed up smoothly, flaunting a somersault – half twist combo.

The Dasmarinas-based squad put the game away from anyone's reach as they combined aerowalker and ballet movements in the deciding moments of their performance.

Imus City, moreover, bagged the third spot in the podium after obtaining 15.45 points.

So, pinataob si Basilio sa badminton Elimination

Jocelyn Maala *General Mariano Alvarez Technical High School*



Ipinamalas ni Nicole So ang kanyang mahusay na porma sa pagtira upang makamit ang unang panalo – Badminton . | Kuha ni Jocelyn Maala

Umaapoy ang court ng Badminton sa pagitan nina Alessandra Nicole So, manlalaro ng Cavite Province na nanggaling sa paaralan ng Trece Martires City National High School at Joanne Marie Basilio, manlalaro ng Cavite City sa una nilang salpukan sa court sa Single A- Secondary sa Cavite Cluster Meet na ginanap sa Lungsod ng Imus noong ika-06 ng Disyembre.

Umabot sa tatlong set ang laban ng dalawang manlalaro na kapwa ayaw magpaawat sa pag-smash ng bola upang maungusan ang isa't-isa. Sa iskor na 21-8 ay nanguna si So laban kay Basilio.

Sa Unang set ay naghari si Basilio laban kay So at agad naman bumawi ang dehadong manlalaro sa ikalawang set.

Kapwa pagod at umiiyak na ang dalawang manlalaro sa tagal ng kanilang paglalaban. Bawat hampas ng bola at bagsak ng paa sa pagtalon ay kapwa sila na makikitaan ng pagkapagod.

Pagdating ng ikatlong set ay lumayo na ang iskor ni So laban kay Basilio. Ganunpaman ay hindi kinakitaan ng panghihina ng loob si Basilio at pilit na humahabol na maka-iskor.

Ayon kay coach Jay-Ar Racal ay naging determinado si

So na manalo, kaya kahit pagod na pagod na at naiiyak na sa hirap, go pa rin siya. "Akala ko nga final na ang laban nung dalawa, kasi ang galing nila parehas at kapwa ayaw magpatalo," dagdag pa ni Racal.

Nanaig din sa kanilang mga kalaban ang ibang manlalaro ng Cavite Province tulad ni Hiroki Baldorado mag-aaral ng St. Augustine sa pagsasanay ni coach Ralph Gregor Rosul sa Single A- Boys Secondary at Manuel Luna III mag-aaral ng Paloc Elementary School-Mendez sa Single A- Boys Elementary sa pangangalaga naman ni coach Valery Escover. At sa ikalawang araw ng Meet ay mapalad na lalaban sa Final.

Ang iba namang manlalaro ay pinalad na makakuha ng isang panalo dahil walang kalaban at inaasahang mananalap sa haharapang kalaban sa ikalawang araw ng labanan.