



ALWAYS IN THE GAME. HS Volleyball Girls play against each other at the Individual High Pass E-Tournament initiated by the Integrated School Sports Office. Photo from Ms. Imee Mendoza



Online sports event at De La Salle Lipa prove that sports knows no limit

by Mikaela Eunice C. Guerra

Last February 20 and 27, and March 6, different online sports tournaments were held through Google Meets. The e-tournaments were used as a way of evaluating how well De La Salle Lipa's student athletes improved in their skills after taking part of the Work-Out From Home Program (WOFH), an ongoing project that allows the school's varsity players to train and hone their skills while they are still under home-quarantine.

The E-Tournaments, which were hosted by the teams' coaches, pitted the players against each other to see the individual skills of each player and were focused on one specific skill that the athletes have been practicing during the synchronous and asynchronous training sessions of the WOFH.

The online tournament held on February 20 was the Badminton E-Tournament, which was hosted by coach Reymundo Nista. The HS Football Girls' E-Juggling Tournament and HS Volleyball Girls' Individual High Pass E-Challenge were both held last February 27 and were

hosted by coaches Miriam Merlin and Imelda Mendoza, respectively. On the last Saturday of the event, March 6, the HS Table Tennis Ball Tapping and HS Basketball Boys' E-Tournaments were held, hosted by coach Jayson Trofeo and Michael Gonzales, respectively. The following is the list of the winners per event:

1. Badminton E-Tournament

High School Boys:

Champion – Rafael Tisalona
1st Runner-Up – Dustin Elpedes
2nd Runner-Up – Johansen Sanga

High School Girls:

Champion – Jeanette Go
1st Runner-Up – Bea Mora
2nd Runner-Up – Giana Macasaet

Grade School Boys:

Champion – Daniel Camaganacan
1st Runner-Up – Salvador Mora III
2nd Runner-Up – Franz Angeles

Grade School Girls and New Members:

Champion – Mhariela Hernandez
1st Runner-Up – Carl Caspe
2nd Runner-Up – Zsofia Pernez

2. HS Football Girls' E-Juggling Tournament

Division 1:

Champion – Cristina Christma V. Parallon
1st Runner-Up – Phea Bianca B. Dela Pena
2nd Runner-Up – Precious Ann B. Casapao

3rd Runner-Up – Kaycee A. Nanola

Division 2:

Champion – Andrea Amaro
1st Runner-Up – Marian Velasco
2nd Runner-Up – Louis Angel S. Rosales
3rd Runner-Up – Princess Ann B. Casapao

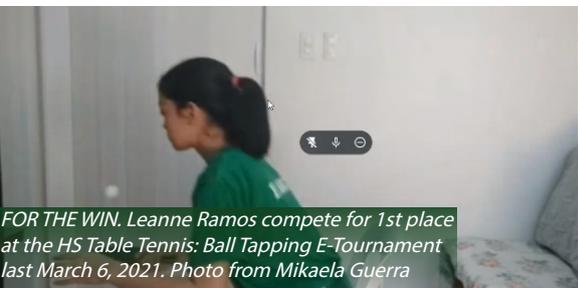
3. HS Volleyball Girls: Individual High Pass E-Tournament

Division 1:

Champion – Krystal Lyka D. Hernandez
1st Runner-Up – Mary Juliana Lauren N. Suan
2nd Runner-Up – Kimberly D. Adajar
3rd Runner-Up – Gabriel Therese B. Reyes

Division 2:

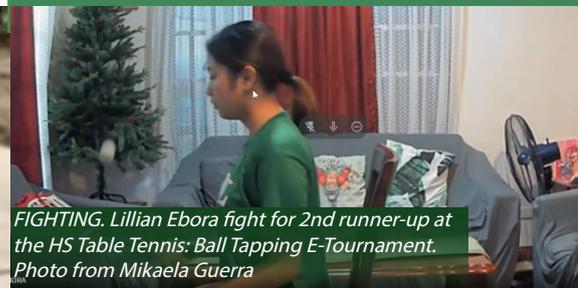
Champion – Margaret V. Caponpon
1st Runner-Up – Sophia Aldrae H. Las
2nd Runner-Up – Emmanuela Rain D. Gonzalbo
3rd Runner-Up – Yannah Ysabel Lique



FOR THE WIN. Leanne Ramos compete for 1st place at the HS Table Tennis: Ball Tapping E-Tournament last March 6, 2021. Photo from Mikaela Guerra



NON-STOP. Ezykiel Bautista runs for 2nd place at the HS Baseball: Base Running E-Tournament. Photo from Ms. Imee Mendoza



FIGHTING. Lillian Eborra fight for 2nd runner-up at the HS Table Tennis: Ball Tapping E-Tournament. Photo from Mikaela Guerra

1 SPORTS

4. HS Table Tennis: Ball Tapping E-Tournament

High School Boys:
 Champion – Elijah John Kyle Chua
 1st Runner-Up – Inno Cedrick Calub
 2nd Runner-Up – Aldrin Dimaano Jr.
 3rd Runner-Up – Raul Miguel Perez
 High School Girls:
 Champion – Leanne Laurelle Ramos
 1st Runner-Up – Dona Cherlaine Baril
 2nd Runner-Up – Lillian Margaret Eborá
 3rd Runner-Up – Cate Jazzytne Sarmiento

5. HS Basketball Boys: Behind the Back Dribbling E-Tournament

Champion – Jhon Ken Atienza
 1st Runner-Up – Jerome Emanuel Olan
 2nd Runner-Up – Ian Vincent San Jose
 3rd Runner-Up – Hans

Otto Hohlmann
 All players were also given participation awards.

After the contest proper and awarding ceremony, coaches would ask their players for feedback, insights, and recommendations about the e-tournament. The athletes often mentioned how much they enjoyed competing against one another or how their competitive spirits were revived through the competition.

Sometimes, they mention feeling pressured and unfocused on the task, causing them to make mistakes. Other times, they would comment on the e-tournament and give suggestions on how to make it better.

Coaches, on the other hand, would commend their athletes and give them some advice on how to play better, how to stay calm during a game, and how to get in the

right mental zone while playing.

Overall, the e-tournaments can be considered successful, especially when we consider the fact that it's

the first time these types of events were held. They also proved that sports knows no limit, as it is still possible for athletes to stay active, fit, and competitive, despite all the challenges



STRIVING. Coach Miriam Merlin leads the HS Football Girls: E-Juggling Tournament last February 27, 2021. Photo from Ms. Imee Mendoza



COMMITTED. Coach Raymundo Nista umpires Jann Maxine Cueto at HS Badminton Girls E-Tournament. Photo from Frederich Angeles



SCREENS AREN'T BARRIERS. Coach Raymundo Nista briefs HS Badminton players on upcoming Badminton E-Tournament. Photo from Frederich Angeles

Off the Field, yet Still in the Game

by Sean Queja

With the Green Stallions, the pride of De La Salle Lipa, now off the playing court, they still train with their hardest efforts while adapting into their home field. Exploring different methods created by their coaches and the Sports Development Office (SDO),

let us dive deep into the responsibilities of a student athlete outside their playing field.

The SDO introduced the Green Stallions to the Workout From Home (WOFH) program, which uses Canvas courses

specifically prepared for every sports varsity team of both Integrated School and College communities. These courses contain workout modules provided by their respective coaches to hone their sports skills.

“When the online school started, the Sports Office has conducted Saturday live workouts to ensure that we maintain our current skill set and performance, and Tuesday meetings to [maintain] constant communication with the coach and with one another”, explained Andrea Antig of the DLSL Swimming team.

However, given the standards arrayed for the varsity students, some of them expressed their own views and voices regarding

the WOFH program, including disadvantages and setbacks such as laziness, limited space, and inadaptable training environment.

“I think it is much more beneficial for us athletes to train face-to-face instead of online and training face-to-face makes given to me.” emphasized mid-blocker Margaret Caponpon of the High School Volleyball Girls.

Between the regulations, the details and the expressed disadvantages, these athletes are battle-ready for on-field training and future sports competitions to come once the pandemic has passed.

2 SPORTS



VICTORS. From left to right: Ezykiel Bautista 1st runner-up Baseball Boys: Baseball Throwing and Base Running, Dona Baril 1st runner-up Table Tennis: Ball Tapping and Franz Angeles 2nd runner-up Badminton: E-Tournament. Photo from Frederick Angeles and Ms. Imee Mendoza

A Student-Athlete's Pandemic Playbook

by Maria Alyssandra De Veyra

Life has always been a delicate balancing plate for student-athletes, never more so than nowadays. In times like this where adversities are ubiquitous, the key is to harness the ability to adapt and balance an overflowing plate. However, there lies the real question—how do they do it?

The COVID-19 pandemic has upended the sporting industry and has deprived student-athletes their potential try-outs, daily trainings, summer seasons, tournaments, and a whole bunch of other activities they have been long anticipating. For young athletes who are yearning for their endeared sport while grappling with academic responsibilities and other personal challenges, it can be an especially exigent time. However, transitioning to the online-based learning framework catered alternatives that allowed the continuity of the student-athletes' sport and life performance.

In the recently conducted meeting with Ms. Imelda Mendoza and coach J. Rex Atienza, they provided a deeper insight on the school's initiative. According to their data, with 21 coaches overall, the program aims to benefit 26 teams with 246 members in the high school department and 82 members belonging in the grade school community.

"De La Salle Lipa's WOF (Workout from Home) is designed to run from Tuesdays to Saturdays, before or after the student's online classes, excluding Monday to give way for their academic priorities." Ms. Mendoza says. "Tuesdays are allotted for the discussion of objectives and conditioning of character formation, while Saturdays are devoted for real-time training online where the athletes have the opportunity to stay connected with their teammates and get direct feedbacks from their coaches," she adds. However, she also noted that for the students' academic and personal lives not to be compromised, a self-paced learning approach is greatly upheld. It advocates for better time management and flexibility which assists the youngsters to balance school, sports, and other aspects in life. The young athletes are not encouraged to go out to comply with the quarantine protocols, therefore, they are

expected to fulfill the objectives under the safety of their homes.

As it is a weekly integration program, the weekly self-monitoring assessment serves as the evaluation of the student-athletes' engagement and progress to ensure its effectivity. "Student varsities are also required to send a one-minute video every month that serves as one of the bases of their grade," they claimed. The program also promotes the incorporation of values formation, albeit its emphasis on physical conditioning and skills training. "During video conferences, verbal reflections (sharing) are conducted and graded reflections are submitted once a month, along with a special module devoted for a prayer service, that cultivates Lasallian values altogether," coach Atienza says.

When they were asked by a fellow participant on how they ensure that student-athletes are really able to balance sports and school, they responded that coaches are committed to ensure "Kamustahan" sessions with the different teams regularly which also assist them in monitoring the learner's engagement and progress in the program, as well as to ensure that they are able to accomplish their academic requirements. "The facilitation of the session allows every member in the team to have an open dialogue and give them the opportunity to be heard, give feedbacks and suggestions for everyone's improvement, and raise their concerns," they emphasized. Related to this, they added, "Rest assured that student varsities get an active rest during the Summative Assessment completion week and take a break from training for them to have ample time in accomplishing their academic-related tasks."

Life has always been a delicate balancing plate for student-athletes, never more so than nowadays. In times like this where adversities are ubiquitous, the key is to harness the ability to adapt and balance an overflowing plate—well, hopefully through the help of the WOFH Program, they can be able to fit their loads in their plate and manage it more easily.