



# POC Online

The official weekly online newsletter of the Philippine Olympic Committee

Excellence • Respect • Friendship

August 8, 2009 Vol. 1 No. 5

## POC Athletes Commission (2009 – 2012) formally introduced to the POC General Assembly

by Dina Bernardo



Members of the POC Athletes Commission grace the POC General Assembly. From left to right: Timmy Chua (Swimming), Marcus Valda (Wrestling), Geraldine Bernardo (Vice Chairperson), POC President Jose Cojuangco Jr., IOC Representative Frank Elizalde, POC 1st Vice President Manuel Lopez (Chairperson), Maristella Torres (Athletics), Harry Tanamor (Boxing) and POC Secretary General Steve Hontiveros

**T**he POC Athletes Commission Batch 2009 – 2012, represented by Olympians Harry Tanamor (Boxing), Maristella Torres (Athletics) and Timmy Chua (Swimming), made their first formal appearance at the POC General Assembly last July 29, 2009.

The IOC formed the Athletes Commission in 1981 as it recognizes that National Olympic Committees (NOCs) and National Sports Associations must share the responsibility in assisting Athletes manage the transition from elite sport to life after sport -- through guidance, education and other means of communication. As such, the Commission embodies the views, rights and interests of the Athletes.

The composition of the POC Athletes Commission is the culmination of the nomination and selection process initiated by the POC among the National Sports Associations last February 18, 2009, in compliance with the provisions found in the IOC Guidelines Relating To The Creation Of An NOC Athletes Commission. The guidelines ensure that the Commission will comprise adequate representation and participation of active and recently retired National Athletes “at all levels in the sports movement...”

In all, the POC Athletes Commission garnered 16 members: 10 from Olympic sports, 5 from non-Olympic sports and 1 Paralympic Athlete. Both sexes were also adequately represented with 60% of the membership being male.

Though the POC Athletes Commission was revived in 2005 in accordance with the IOC guidelines, the current batch will have the right to two votes in the POC General Assembly, in the person of Tanamor and Torres, and representation in the POC Executive Board, in the person of Chua.

Completing the POC Athletes Commission are Mr. Manuel Lopez (1st Vice President of POC) and Ms. Geraldine Bernardo, Chairman and Vice Chairperson. Also included are Vittorio Barba (Equestrian), Marielle Benitez (Football), Noelle Zoleta (Soft Tennis), Carla Denise Ong Dionisio (Gymnastics), Marcus Valda (Wrestling), Jul-Omar Abdulhakim (Pencak Silat), Noelle Wenceslao (Dragon Boat Racing), Ms. Adeline Dumapong (Paralympic Powerlifting), Rick Jayson Senales (Judo), Metodio Suico (Sepak Takraw), Joy Lanting (Softball), Ridgely Balladares (Sailing), Louie Fredric Chuaquico (Bowling).

## **POC to hold tribal games**

As proof that it cares about protecting our natural heritage, the Philippine Olympic Committee (POC) is linking up with the ASEAN Centre for Biodiversity (ACB) and the Mangyans, Aetas and Dumagats (MAD) for the holding of the first ever POC-ACB MAD Tribal Games.

The unique meet is being spearheaded by the Philippine Soft Tennis Association led by its president Col. Jeff Antonio DL Tamayo Jr in cooperation with the POC, the ACB, and MAD. It is a concrete effort to focus on the importance of the country's "katutubo" tribes who are considered as the guardians of our natural biodiversity.

Representatives of the Mangyans, Aetas and Dumagats recently paid a visit to the residence of POC President Jose Cojuangco in Dasmariñas Village in Makati to talk about the coming meet, while at the same time showing their skills in bows and arrows.

POC spokesperson Joey Romasanta initially made a similar presentation with the help of Tamayo during the holding of the Olympic Day Run last June.

The regional event will be kicked off by the Aetas on August 21 at the Clark Picnic Grounds in Angeles City, followed by the Mangyans in Mamburao, Occidental Mindoro on Sept. 18, and by the Dumagats on October 16 in Quezon Province.

"This could really be a very significant event once we get started with it," said Cojuangco.

"We want to go deeper in our awareness campaign. We want to bring the students, the young people on a personal encounter with the katutubos to get first hand information on how to enhance and appreciate the environment," added Tamayo, who is also a member of the POC environment committee.

All regional winners will then see action in the POC-ACB-MAD Tribal Games at the Clark Picnic Grounds on November 6.

The Tribal Games is going to be held in conjunction with the Aetas Annual Festival, which highlights among others, the Miss Aeta Pageant.

"The ACB has become a regional center for excellence working to enhance regional cooperation, capacitate various stakeholders, promote awareness for biodiversity conservation, and maintain a regional biodiversity database," said ACB executive director Rodrigo U. Fuentes, who is the Civil Service Commission's Forester of the Year awardee.

Organizers of the Tribal Games are going to invite students to witness cultural presentations and competitions such as tribal archery and sibat, barefoot contests and indigenous boat races as part of its Olympism advocacy.

The Mangyans, Aetas and Dumagats will then relate to the students their experiences on protecting the environment.



Left to right at table: POC Spokesperson Joey Romasanta, Philippine Soft Tennis Association President Col. Jeff Tamayo, POC President Jose Cojuangco, Asian Center for Biodiversity Executive Director Rodrigo Fuentes, and ACB Officer Rolly Inciong



Tribal Games 2 caption: Four Mangyans are Ricky of Team BUNG-OY, Pilo of Team ANGIN, Jimmy of Team APOY, Omay of Team LANUM.

## PHILSPADA participates in two major international meets

THE next two months will be busy ones for the Philippine Sports Association for the Differently Abled (PHILSPADA) as it participates in two major international meets - the 5th ASEAN Para Games on August 12-20, followed by the Asian Youth Para Games on September 11-13.

The ASEAN meet is set in Kuala Lumpur, Malaysia, while Tokyo, Japan will be the site of the Asian Youth tilt.

On both occasions, PHILSPADA is looking to send a lean but mean fighting delegation, according to its president Mike Barredo.

“Quality over quantity. We’re going to send a lean delegation but capable of winning medals for the country,” said Barredo, a one-time PSC commissioner.

For the ASEAN Para Games, the RP delegation will be comprised of 65 athletes and 20 officials competing in nine events. For the Asian Youth Para Games, the RP contingent will total 12 athletes and officials.

The number of the delegation for the ASEAN Para Games is down by 27 percent from the 116 athletes and officials that saw action in the 2007 edition of the Games held in Nakhonratchasima, Thailand. The Filipinos won a total of 17 golds there and finished at fifth place.

Despite a relatively small delegation, Barredo expressed optimism the athletes would do well. “We hope to maintain that fifth place finish or probably better than that,” he said.

The ASEAN Para Games is held every two years. Laos is this year’s SEA Games host, but in the absence of facilities and technical people to run the meet, organizers will be holding it in Malaysia.

The country will be fielding entries in athletics, swimming, table tennis, chess, sailing, wheelchair basketball, wheelchair tennis, wheelchair badminton and powerlifting.

Old reliables such as as powerlifter Adeline Dumapong, table netter Josephine Medina, and chesser Sander Severino are again at the forefront of the country’s bid for glory.

“Actually, si Adeline will also be competing in the discus throw. Yan kasi ang nangyayari ngayon sa Para Games. May mga cross over athletes na rin, like yung some of our basketball players are also competing in athletics,” said Barredo, who will be accompanied to the Games by other PHILSPADA officials such as Butch Webber and former swimming great Ral Rosario.

All 65 athletes for the ASEAN meet have been undergoing intensive training and conditioning sessions since May.

Taekwondo

## RP Jins prepare for World Championships and SEA Games

UNDAUNTED by setbacks in two big international meets in the past, the Filipino taekwondo jins are raring to kick their way to the top.

A month-long training in Korea this August caps the jins' preparation for the coming 2009 World Taekwondo Championships and the 25th Southeast Asian Games.

The Philippine Taekwondo Association (PTA), under its president Robert Aventajado, is looking forward to the twin tournaments with a mound of optimism despite coming up short in both the 2008 Beijing Olympics and the 2007 SEA Games in Nakhonratchasima, Thailand.

In last year's Olympiad, both Mary Antoinette Rivero and Tshomlee Go failed to make it to the medal round, while Go accounted for the sport's lone gold medal during the SEA Games two years ago.

"We want to be in the best shape of our careers, that's why we have to prepare hard for these two tournaments," said national women's coach Dindo Simpao.

And to be in their best shape, 44 athletes and five coaches will be leaving for Korea, for what Simpao referred to as a "three-week intensive training."

The training will be from August 9-29 shortly after the jins return from their stint in the 1st Asian Asian Martial Arts Games in Bangkok, Thailand.

Comprising the delegation are 10 men and 10 women members of the national squad, 15 junior athletes and nine pomsae (form) bets.

The jins will also be competing in the Korean Open set on August 15.

"We will be busy training there. We'll be going around in the best martial arts schools there and go to the different gyms para iba-iba naman ang maging ka-sparring ng mga bata," he said.

The outcome of the jins' training will be the basis for their inclusion in the RP team competing in the World Championships slated on Oct. 14-18 in Copenhagen, Denmark.

"Six men and six women jins are going to make up our team in Denmark," said Simpao.

Two months later, in December, the jins shift their focus to the SEA Games in Laos, where only eight athletes (4 men, 4 women) will be competing.

"The remaining months of the year is really a busy one for us, that's the reason why we really have to be in very good shape," added the RP team coach.