



UNIVERSITY OF THE PHILIPPINES MANILA
The Health Sciences Center

23 May 2023

MEMORANDUM NO. CCDP-2023-145

TO : All UP Manila Central Administration Employees
THROUGH : Directors/Heads of Offices
SUBJECT : 2023 UPM-CAD Sportsfest

As part of our ongoing efforts to promote teambuilding and wellness among our Central Administration (CAD) employees, the 2023 UPM-CAD Staff Development Activities Committee has organized a sports festival with the theme "*Pinagkaisang Adhikain sa Ikaunlad ng Kakayahan ng Lingkod-Bayan Alay sa Bansa (PASIKLABAN)*," which will be held on **1 June 2023**, at the **UPM Sports and Wellness Center**.




All CAD employees are urged to actively participate and support this initiative. The sportsfest is not only designed to promote physical well-being but also aims to create avenues for networking and building lasting relationships with colleagues. It is an excellent opportunity to showcase collective spirit and dedication to a healthy work environment.

The sportsfest will feature a variety of sports and recreational activities, providing an opportunity for CAD employees to engage in physical activity while promoting camaraderie and teamwork. Teams will be formed from different departments within CAD, allowing employees to interact and collaborate with colleagues from various units.

The directors/heads of offices are enjoined to inform and encourage their respective staff members to participate in this event.

Attached is the program detailing the specific activities planned for the sportsfest.

For your information, guidance, and compliance.


Carmencita D. Padilla, MD, MAHPS
Professor and Chancellor  

UP Manila Central Administration (UPM-CAD) Sports Festival

Date : 01 June 2023
Time : 8:15 AM – 5:00 PM
Venue : UPM Sports and Wellness Center
Theme : *Pinagkaisang Adhikain Sa Ikauunlad ng Kakayahan ng Lingkod-Bayan Alay sa Bansa (PASIKLABAN)*

Objectives:

1. To foster camaraderie and teamwork among the UPM-CAD employees;
2. To promote unity and growth within the organization and increase work productivity;
3. To promote physical, social, and overall health among UPM-CAD employees.

Mechanics:

1. The UPM-CAD will be divided into teams with assigned uniform colors
 - a. Team 8th Floor - Maroon
 - b. Team Joaquin Gonzales – Green
 - c. Team UPM – Yellow Gold

Coordinators:

- a. Team 8th Floor- Noel Jaybee Palenzuela and Robelyn Barlizo
- b. Team Joaquin Gonzales – Dustin Daniel Palacio and Kathlin-Kaye Hidalgo
- c. Team UPM – Rommel A. Delgado

2. Program:

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|----------------------|---|--|
| 8:15 AM | – | Assembly at the Joaquin Gonzales Compound |
| 8:15 AM – 8:45 AM | – | Parade from the Joaquin Gonzales Compound to the SWC to be led by the Drum and Bugle band and with the teams with respective muses and escorts |
| 8:45 AM – 9:AM | – | Opening Ceremonies
Prayer
National Anthem
Welcome Remarks – VC Arlene Samaniego
Welcome Message – Chancellor Carmencita D. Padilla |
| 9:00 AM – 9:10 AM | - | Presentation of the muses and escorts |
| 9:10 AM – 10:00 AM | - | Zumba Session |
| 10:00 AM – 12:00 NN- | - | Cheering Competition
Each team will prepare a 3-minute Cheer with a minimum of 15 minutes.
The criteria for judging: <ol style="list-style-type: none">a. Adherence to the theme – 40%b. Clarity and execution – 30%c. Audience Impact – 15%d. Team members participation – 15% |
| 12:00 NN – 1:30 PM | - | Lunch break. Each office will assign a point person for distribution of the food |
| 1:30 PM – 1:35 PM | - | Warm-up |
| 1:35 PM – 3:00PM | - | 1 st Game |
| 3:00PM – 4:30 PM | - | 2 nd Game |
| 4:30 PM | - | Closing
Closing Remarks – Director Richard Javier
UP Naming Mahal |

**Wear light and comfortable sports attire.*

**Light breakfast, lunch, and afternoon snacks will be served.*