

PRESS RELEASE

DepEd watches closely athletes' health as competition heats up

The Department of Education is keeping a close watch on the health of athletes as the competition in the 53rd Palarong Pambansa heats up to a feverish pitch.

Sporting events are held across Tarlac even as the El Nino phenomenon continues to be felt in various games venues. Games start as early as 7:00 am and end as late as 10:00 pm. Considering the health of young athletes from the country's public and private elementary and high schools, DepEd sports officials did not schedule any outdoor game between 10:00 am and 2:00 pm.

"While we encourage our athletes to give their best even in tough situations, we also put importance to their well being given the sweltering weather condition," Valisno added.

As of April 12, reports from the medical committee showed that most of the 36 medical cases brought to their attention, were game related – sprains, muscle pains, leg cramps, fracture, abrasion and exhaustion caused by too much physical exertion.

"With athletics, baseball, basketball, gymnastics and soccer tournaments in full swing, some very competitive athletes overexerted themselves. A few suffered sprains while some fainted from releasing too much energy particularly in track events," said Dr. Aileen Mangahas of DepEd Tarlac and head of the Palarong Pambansa Medical team.

She added that they have not encountered any case where too much heat has affected the athlete. "The medical cases that we treat are still manageable."

Moreover, she assured the delegates and the public that provincial health officers and Red Cross volunteers are on hand to oversee the health of the players. Red Cross chapters throughout the province also committed their ambulances for the event.

Rocena Chua, an athlete of Region IV-A CALABARZON, said that "the hot weather did not affect her performance in this year's Palaro. Our coach anticipated the hot temperature so in preparation she trained us under a similar weather condition."

Chua's events include 100 m and 400 m hurdles and high jump.

Meanwhile, DepEd Spokesperson and Assistant Secretary Jonathan Malaya expressed thanks, in behalf of the Secretary and the DepEd family, to the provincial government of Tarlac under the leadership of Governor Victor Yap for the effort of the Tarlaqueños in the preparation and conduct of the Palaro.

"It has been my father's dream to host such a prestigious national event here in Tarlac," enthused Governor Victor Yap, son of the late Congressman and former

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governor Jose “Aping” Yap. “That is why every Tarlaqueño gave their best in hosting this event.”

Local governments also extended their full support to the delegations. Most of those who came from outside of Luzon were provided air conditioned transportation and in-house cooks ensuring that the competitors are well fed.

The Palarong Pambansa opened last 11 April 2010 and will close on 17 April 2010.

Game results, schedules, and roster of participants are available online at <http://depeditfss.wikispaces.com>.

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