



NCR reasserts supremacy in SCUAA 2015 Olympics

By 'SCUAA Updates' News Team

National Capital Region (NCR) captured the overall championship anew at the closing of the National State Colleges and Universities Athletic Association (SCUAA) 2015 Olympics Friday at the Cagayan Sports Complex in Tuguegarao City, Cagayan.

Flaunting their supremacy in 15 of 39 events, NCR players snatched a total of 101 gold medals on top of 67 silvers and 37 bronzes in the six-day competition among top student athletes from 16 regions of the country.

To extend domination of the SCUAA Olympics, the champion region turned back Region 3 (Central Luzon) and Region 4 (Southern Tagalog), who finished 2nd place with 63 golds, 60 silvers and 66 bronzes, and 3rd place with 42 golds, 58 silvers, and 59 bronzes, respectively.

NCR amassed very precious points when it prevailed in Arnis (men and women), baseball, basketball (women), beach volleyball (men), chess (men), dancesport (Latin and Standard), lawn tennis (women), sepahtakraw, softball, swimming (women), table tennis (men and women), volleyball (women), and athletics (women). (See complete tally on pages 2 and 3)

Region 6 (Western Visayas), who won in body building (men), boxing, football and Pencak Silat (men and women), wound up fourth with 43 golds, 37 silvers and 37 bronzes.

Emerging champion in swimming (women), CARAGA finished 5th with 31 golds, 14 silvers and 17 bronzes. (See overall medal standing below)



PASUC Executive Director Dr. Herbert Glenn Reyes (5th from left) and CSU President Dr. Romeo Quilang (5th from right) pose with this year's Olympic winners. (Inset) Dr. Reyes hands over the championship trophy to an NCR sports official. (Photo courtesy of Virgil Vaughn Pico)

Worth mentioning is the record set by titleholders Region 9 in Karatedo (women), and ARMM in lawn tennis (men) and in volleyball (men).

Region 5 (Bicol) and Region 8 (Eastern Visayas) earned substantial points when invited judges declared their bets Mr. and Ms. SCUAA 2015, respectively.

Five regions participated in this year's demonstration sports which included futsal, archery and body building. They were Region 3 with 13 golds, Region 6 with one gold, Region 4 with nine silvers and four bronzes, Region 2, the host region who landed 10th in the overall medal standing, with four silvers and four bronzes, and Region 9 with five bronzes.

Dr. Lourdino Vergara, sports director of the Philippine Normal University, said that NCR's feat is dedicated to all the institutions that make up the region including their school heads, to the athletes who gave their best in the completion and to "our Almighty who is the giver of wisdom and strength."

Asked about what secret did they employ to maintain supremacy in the Olympics since the inception of SCUAA, the sports director responded: "The secret maybe is the passion of our athletes to play with all their hearts, and the discipline and determination to win the game."

Some 5,000 delegates and officials from 112 SUCs took part in the multi-sport event

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National Olympic Games 2015
February 8-15, 2015
MEDAL TALLY

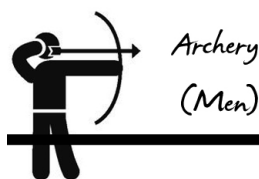
OVER-ALL RANKING

Congratulations!

| Rank | Region | GOLD | SILVER | BRONZE |
|------|--------------------------------------|------|--------|--------|
| 1 | NATIONAL CAPITAL REGION | 101 | 67 | 37 |
| 2 | CENTRAL LUZON | 63 | 60 | 66 |
| 3 | SOUTHERN TAGALOG | 42 | 58 | 59 |
| 4 | WESTERN VISAYAS | 43 | 37 | 37 |
| 5 | CARAGA | 31 | 14 | 17 |
| 6 | AUTONOMOUS REGION OF MUSLIM MINDANAO | 15 | 13 | 15 |
| 7 | WESTERN MINDANAO | 9 | 17 | 22 |
| 8 | CENTRAL VISAYAS | 8 | 15 | 19 |
| 9 | NORTHERN MINDANAO | 6 | 23 | 26 |
| 10 | CAGAYAN VALLEY | 5 | 4 | 23 |
| 11 | BICOL | 5 | 3 | 13 |
| 12 | EASTERN VISAYAS | 4 | 6 | 16 |
| 13 | CORDILLERA ADMINISTRATIVE REGION | 2 | 2 | 14 |
| 14 | ILOCOS | 0 | 5 | 8 |
| 15 | DAVAO | 0 | 0 | 1 |
| 16 | SOCCSKARGEN | 0 | 2 | 6 |

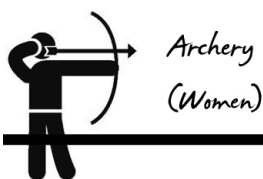


National SCUAA 2015 Olympic Games Results



Archery
(Men)

Champion: Region III
1st Runner-Up: Region IV
2nd Runner-Up: Region II



Archery
(Women)

Champion: Region III
1st Runner-Up: Region II
2nd Runner-Up: Region IV



Arnis
(Men)

Champion: NCR
1st Runner-Up: Region III
2nd Runner-Up: Region VI
3rd Runner-Up: Region VII



Arnis
(Women)

Champion: NCR
1st Runner-Up: Region VI
2nd Runner-Up: Region VII
3rd Runner-Up: Region IV



Athletics
(Men)

Champion: Region III
1st Runner-Up: NCR
2nd Runner-Up: Region IV
3rd Runner-Up: Region V



Athletics
(Women)

Champion: NCR
1st Runner-Up: Region II
2nd Runner-Up: Region IV
3rd Runner-Up: Region X



Badminton
(Men)

Champion: Region III
1st Runner-Up: NCR
2nd Runner-Up: Region IV
3rd Runner-Up: Region V



Badminton
(Women)

Champion: Region III
1st Runner-Up: Region X
2nd Runner-Up: Region IV
3rd Runner-Up: Region VII



Baseball

Champion: NCR
1st Runner-Up: Region III
2nd Runner-Up: Region IV
3rd Runner-Up: Region II



Basketball (Men)

Champion: Region III
1st Runner-Up: NCR
2nd Runner-Up: Region I
3rd Runner-Up: Region VIII



Basketball (Women)

Champion: NCR
1st Runner-Up: Region VI
2nd Runner-Up: Region III



Beach Volleyball
(Men)

Champion: NCR
1st Runner-Up: ARMM
2nd Runner-Up: Region III
3rd Runner-Up: Region II



Beach Volleyball
(Women)

Champion: Region III
1st Runner-Up: NCR
2nd Runner-Up: Region V
3rd Runner-Up: Region VI



Body Building (Men)

Champion: Region VI
1st Runner-Up: -
2nd Runner-Up: -
3rd Runner-Up: -



Boxing

Champion: Region VI
1st Runner-Up: Region III
2nd Runner-Up: NCR
3rd Runner-Up: CARAGA



Chess (Men)

Champion: NCR
1st Runner-Up: Region VI
2nd Runner-Up: Region VII
3rd Runner-Up: Region II



Chess (Women)

Champion: Region III
1st Runner-Up: NCR
2nd Runner-Up: Region X
3rd Runner-Up: Region III



Dancesport
(Latin)

Champion: NCR
1st Runner-Up: Region VI
2nd Runner-Up: Region VI



Dancesport
(Standard)

Champion: NCR
1st Runner-Up: Region III
2nd Runner-Up: Region III



Football

Champion: Region VI
1st Runner-Up: Region X
2nd Runner-Up: CAR
3rd Runner-Up: Region III



Futsal

Champion: Region III
1st Runner-Up: Region IV
2nd Runner-Up: IX



Karatedo (Men)

Champion: Region IV
1st Runner-Up: Region III
2nd Runner-Up: Region IX
3rd Runner-Up: Region IV & VII



Karatedo (Women)

Champion: Region IX
1st Runner-Up: Region III
2nd Runner-Up: CARAGA, NCR
3rd Runner-Up: NCR



Lawn Tennis
(Men)

Champion: ARMM
1st Runner-Up: Region I
2nd Runner-Up: Region II, X



National SCUAA 2015 Olympic Games Results



Lawn Tennis
(Women)

Champion: NCR
1st Runner-Up: Region VIII
2nd Runner-Up: Region III, VII



Mr. SCUAA 2015

Champion: Region V
1st Runner-Up: Region III
2nd Runner-Up: NCR
3rd Runner-Up: CAR
4th Runner-Up: Region I



Miss SCUAA 2015

Champion: Region VIII
1st Runner-Up: Region IV
2nd Runner-Up: Region VII
3rd Runner-Up: Region V
4th Runner-Up: Region III



Pencak Silat
(Men)

Champion: Region VI
1st Runner-Up: Region IX
2nd Runner-Up: ARMM



Pencak Silat
(Women)

Champion: Region VI
1st Runner-Up: NCR
2nd Runner-Up: Region IX



Sepak Takraw

Champion: NCR
1st Runner-Up: Region VI
2nd Runner-Up: Region III
3rd Runner-Up: Region X



Softball

Champion: NCR
1st Runner-Up: Region IV
2nd Runner-Up: Region VIII
3rd Runner-Up: NCR



Swimming
(Men)

Champion: Region IV
1st Runner-Up: CARAGA
2nd Runner-Up: Region III
3rd Runner-Up: NCR



Swimming
(Women)

Champion: CARAGA
1st Runner-Up: Region IV
2nd Runner-Up: ARMM
3rd Runner-Up: Region VII



Table Tennis
(Men)

Champion: NCR
1st Runner-Up: Region III
2nd Runner-Up: Region VI



Table Tennis
(Women)

Champion: NCR
1st Runner-Up: Region IV
2nd Runner-Up: Region X



Taekwondo
(Men)

Champion: Region III
1st Runner-Up: Region IV
2nd Runner-Up: Region X
3rd Runner-Up: Region VIII



Taekwondo
(Women)

Champion: Region III
1st Runner-Up: NCR
2nd Runner-Up: Region VI
3rd Runner-Up: Region IV



Volleyball
(Men)

Champion: ARMM
1st Runner-Up: Region XII
2nd Runner-Up: Region III
3rd Runner-Up: Region VIII



Volleyball
(Women)

Champion: NCR
1st Runner-Up: Region III
2nd Runner-Up: Region II
3rd Runner-Up: Region IX

NCR reasserts.. from page 1

hosted by Dr. Romeo R. Quilang of Cagayan State University in cooperation with Cagayan Governor Alvaro Antonio and Tuguegarao City Mayor Engelbert Caronan.

The Philippine Association of State Universities and Colleges headed by Dr. Ricardo Rotoras supervised the event, which was thrown full support by the Department of Education, whose city schools were made as billeting quarters of the delegations, Philippine National Police, Department of Health and Bureau of Fire Protection.

CARAGA swimmers hook 15 golds

With total of 42 events in both Men's and Women's division, CARAGA proved its might after earning 15 gold medals in the Swimming Competition, Feb 10-12.

Region 4 (R4) landed as the 2nd highest in Gold Medal count with a total winning of 12, followed by

Region 3 (R3) with 6 Golds, 5 Golds for Autonomous Region of Muslim Mindanao (ARMM), and both Region 8 (R8) and Region 10 (R10) earned 1 Gold each.

17 out of the 42 Silver Medals was grabbed by the R-04 tailed the 9 Silvers of National Capital Region (NCR), 7 for CARAGA, 3 for R3, 3 for ARMM and Region 9 (R9) and 1 each for R6 and R7.

The 42 Bronze medals were divided among winners from NCR (11), R3 (8), R4 and CARAGA (7 each), R6 (3), ARMM and R9 (2 each), and 1 for R7 and R8.

In terms of total medal count, R4 got the highest at 36, followed by 29 of CARAGA, 22 of NCR, 17 of R3, 9 of ARMM, 4 of R6 and R9, 2 for R7 and R8 and 1 for R10.

By Aldrin Bitamog



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What good-looking Mr. SCUAA does, thinks and hopes

By Melou Darilag

The whimsical charm and riveting demeanor are two of Leonard's strongest characters. Those undeniably marked a footnote among his other traits.

However, Leonard Mateos, an AB English student, is not all that he appears to be! Mr. National SCUAA 2015 is but a simple student who loves to be engaged in networking. He seldom talks, but he frequently communicates through cyberspace. This 20-year-old Bicol University's pride admitted that he had been repeatedly exposed into pageants. The gradual steps he has trodden helped him to become more comfortable and geared on his journey.

The unexpected reality

Never in his life did he expect to see himself in a national pageant. In fact, he had never had an ample preparation. He humbly said in an interview that he had a hard time competing with the region's cream of the crop. Indeed, this is one of the toughest he did in his life, yet best of reward he received from God. Never in his journey had he thought he could be able to whip the rivals, for he's the shortest and smallest among his fellow male contenders.



Mateos: "I dedicate the crown to those who never stop believing in me..."

On his journey to the crown!

"...While walking on the ramp, I was thinking of the Tuguegaraoenos. It seemed that I have with me all the People of Bicol who were then present. I dedicate the crown to those who

never stop believing in me: to the whole Bicol family and to the province who embraced me even in just a short time."

Inspiration

The unwavering people's twits, photo news, messages over the cyber space compound Leonard's desire to become Mr. SCUAA. "It's hard to carry the name of my school, but this becomes easier when everyone is supporting you. And if you feel that everybody is into it, you should have the passion."

When asked what his message was to the people who continue to believe in him, with a smile on his face, he said "Go for your dreams. Don't give up. Don't feel less of yourself. I am the smallest and the shortest also, but despite my imperfection, I feel like I am perfect because when people believe in you, you become more confident, when you become more confident you become yourself."

Unforgettable lessons. Aside from learning how to become culturally competitive, this darling of crowd cultured the core values of Cagayanos: to be hospitable, appreciative, and sociable.

Why do people distance themselves from the losing team?

By Kristine Joyce L. De Leon

Competition, as believed by many, is a vehicle for youth development and enjoyment thus subservient to higher goals. But how well are these nominal aims put into practice? How do athletes and coaches adhere to fair play? How often do teams really believe and act that

outplayed or out-talented? Being out-played means that that your opposition planned and prepared better than you did. And being out-talented means you were beaten by someone who possessed a superior athletic talent. But authors say that sporting loses due to being out-talented are very, very rare.

In the course of the game, we attract followers or fans. Sports fans, when their teams win, say "we" won, be "we", they don't mean themselves, personally. The closer your identity with your team the more you are likely to

share their glory. On the other, hand, after a big loss some fans want to distance themselves from "their disgrace" as much as possible. It's not "we", who lost, it's "them"!

The reason behind this distancing of fans from the losing team is the refusal or fear to "lose face". In sociological terms, the "face" would mean prestige, honor or dignity. The sociologist Erving Goffman introduced the concept of "face" into social theory in his article, On Face-work: An Analysis of Ritual Elements of Social Interaction. According to him, the face is a mask that changes depending on the audience and the variety of social interaction. People strive to maintain the face they have created in social situations. They are emotionally attached to their faces and they feel good when their faces are maintained. Loss of face results to emotional pain. Some authors believe that since people are human, they

have to care for their face- without it they lose human dignity.

In competition itself, the athletes' performance is the athletes' face. Hence when the athletes win, they have maintained their face. But when they lose, they experience face loss.

So what about those who cheat their way to the gold? Authors say, that the elemental goal in sport is self-overcoming. Competition is what draws from the self - whether an individual or collective self - a level of performance better than its previous best, since each team is lifting its level of play in response to the other. Each team, then, is driving the other team to perform better than it otherwise would - or could. So, in this light, competition provides no incentive to cheat. Fair play is built into the process. The team has not really succeeded in its end if it wins not by raising its game to a new level but by cheating.

Competition then is essential to athletics and when its proper role is fully appreciated, as authors claim, it provides no incentives for bad sportsmanship.



"if you've played your best, you can leave the field with pride, win or lose?"

Some literatures that are critical to youth sports view competition as inevitable corrosive of good values, pitting team against team and athlete against athlete in a zero-sum contest. To avoid fostering conflict -as competition does - and to teach "humanistic" and "caring" values, it is better, as authors say, to involve children in "cooperative" games where they must help one another to succeed. However, critics concede that athletic competition can be understood as a means to "mutual striving for excellence."

But at the end of the day, one would emerge a winner despite mutual effort for success. In the sports industry winning and losing is inevitable. When a person loses, it is natural to look for reasons "why". Literatures say that a critical aspect in understand the "losing process" is to find the answer to this - were you

'SCUAA Updates' writes 30 today

Who says putting out a daily newsletter for the National Olympics is easy?

Just imagine covering six days of action-packed battles in 39 varied sports by over 5,000 skillful, well-trained student athletes hailing from 16 regions, and played in more than six venues all over the city.

We reiterate, it isn't easy; nonetheless, the newsletter team made it look easy even with its writers' back against the wall, deprived of complete rest and sleep.

So, how did the team manage to put out the paper and distribute it on the dot? Of course, we have to recognize the brains and hands behind it. On top of the editorial team is a man of brilliance, the Executive In-Charge of Production/Chief Editor, Dr. Ian Roger Francisco, ably assisted by journalism and

NCR nets Women's Volleyball cup

By Erma Joy J. Diciano

National Capital Region (NCR) lady spikers clobbered Region III (Central Luzon Region) yesterday, 3-1, to add a medal in NCR's gold column during the National SCUAA Olympics 2015 Volleyball Women Competition at the Cagayan Sports Complex Court 1.

Kristle Madrinico, NCR's captain ball and setter, led the team as she initiated her team's offense through her proper setting of the ball in the entire duration of the game.

Central Luzon heated up early holding off NCR to 16 points in the opening set, 26-16.

NCR netters bounced back with their

amalgam of formidable spikes, well-executed plays and imposing blocks to steal the next set, 25-13.

With the game tied, both teams fought hard in every possession in the third set resulting to a deuce; however, NCR's team communication coursed them to snatching the set, 26-24.

Sensing victory, NCR rode on an attack mode in the fourth set to seal the victory, 25-13.

"Training lang lagi...making sa coaches," Madrinico said in a post-game interview.

"We are the champions," the players exclaimed after their pictorial.

NCR, R7 claim gold in Team Kata

By Aldrin Bitamog

After being proclaimed as Bronze Medalist in Kata Individual Demo, the National Capital Region (NCR) did not settle for third best the second time around as it nailed gold in Team Kata Demonstration.

Despite ending the elimination at the 2nd spot with 22.6 behind Region 4A's 22.7 points, NCR pleased the judges in the Final showdown

to hand R4A the silver medal.

Meanwhile, Western Mindanao and Western Visayas shared the 3rd spot for the bronze medal.

For Female category, Central Visayas and Eastern Mindanao received 22.3 points apiece in the elimination round to advance to the championship face-off but it was Region R7 presenters who got the judges nod for the gold finish.

Region 4A and Region 9, on the other hand, landed at third place.

NCR notches first in High Jump

By Erma Joy J. Diciano

Jumping high over a raised bar, Richard Ramos of National Capital Region (NCR) captured gold medal, soaring as high as 1.90 meters in the high jump competition during the National State Colleges and Universities Athletic Association (SCUAA) Olympics 2015 held at Cagayan Sports Complex today.

With the gradual setting of the sun, Ramos started to rise above his rivals with a .5 meter gap against leaper John Dexter Martinez of Western Visayas

Martinez leaped 1.85 meters, just a .5 meter short of Ramos' record, to be this year's silver medalist while Jaymar Morales of Central Luzon bagged bronze.

Moreover, Alvin Caasi of Region I (Ilocos Region), Jack Ace of Region II (Cagayan Valley Region), and Michael Ringor also an athlete from Region II placed 4th, 5th and 6th respectively.

Quebral, Tungcul receive surprise awards from CARAGA

By Janilete R. Cortez and Gilbert C. Magulod Jr.

Two leading officials involved in the CSU Working Committees received plaques of appreciation for generously hosting the CAGARA delegation billeted at the Cagayan National High School (CNHS) since day one of the National State Colleges and Universities Athletic Association (SCUAA) 2015 Olympics.

In a fellowship dinner held at the CNHS Old Library, Dr. Dolores C. Quebral, Campus Executive Officer of CSU Lasam, and Dr. Erlinda Tungcul, principal VI of CNHS, were awarded the plaques before the delegates who come from Agusan del Sur State College of Agriculture and Technology (ASSCAT), Caraga State University, Surigao del Sur State University (SDSSU) and Surigao State College of Technology.

Dr. Juarlito V. Garcines, PASUC Regional President and ASSCAT President, led the gathering.

He thanked the CNHS Family and CSU Family for the warm welcome and accommodation extended to the delegates.

Dr. Ariston O. Ronquillo, SDSSU Campus School Administrator and Prof. Antonio A. Casia Sr., also said the same words of thanks and appreciation to the two and their staff.

Surprised, Quebral and Tungcul expressed



On behalf of CSU Administration, Dr. Dolores Quebral receives the plaque from CARAGA sports officials, while Dr. Linda Tungcul (on background) looks on. (Photo courtesy of authors)

their joy of hosting and accommodating the delegation.

Earning a loud applause from the audience, Quebral told the delegates: "This delegation is the most disciplined, most behaved and most thoughtful."

The gathering was highlighted by the awarding of incentives to players who displayed excellent performance in the Olympics, intermission numbers and parlor games with prizes made at stake.

'SCUAA Updates'.. from page 4

language heavyweights, Prof. Chirbet Miguel, Mr. Michael Lavadia (the resident sports writer-editor), and Ms. Patianne Padua (all three took charge of the news operations), the unbeatable authority in photography and video procedures, Prof. Ferdinand Soriano, and CSU's caliber social science scholar, Prof. Kristinne Joyce Lara-De Leon, who scribbled must-read articles.

Interviewing, watching, running, writing and fighting under the face of adverse conditions are students (English, MassCom, IT) from Carig and Andrews Campuses. Let us also not forget the Technical Group led by Ms. Jackie Lou Zinampan, IT giants Peter Paul Valdepenas, Vaughn Virgil Pico and Rolando Palattao, who dexterously managed the live streaming activity on our website, and pagemakeup design guru, Rowbie Lopez.

The team's line-up wouldn't be complete had it not been for the initiative of CSU President Dr. Romeo R. Quilang and Atty. Honorato Carag, who both okayed the release for free, and Dr. Rolando Tugade, the very active university sports director.

This space is not enough to list all names, who rolled their sleeves up for the successful documentation work, for there are too many of them to mention here. Anyway, our biggest and loudest 'thank you' to all of them.

After six issues, all printed by CSU Andrews duplicating officers, Mr. Bernabe Pattugalan and Mr. Juanito Ancheta, (with some copies duplicated by Carig through the help of CEO Archimedes C. Articulo), the 'SCUAA Updates' now signs off. The team hopes that the official mouthpiece of the Olympics has given you what meets your gaze and that you have enjoyed reading through the pages of the newsletter.

Oops, just a reminder, e-copies of all of our issues can be read in and downloaded from our website: www.csu.edu.ph.

Mabalo nicamu. Thank you for following us.

- Editorial Team

We would like to thank our major partners and sponsors who helped us make

National SCUAA Olympics 2015

a success.



Mabalo ta suporta nu!