R3 hoopers are 2015’s Basketball Kings

By Michael Lavadia, Efren Reyes Jr.,
Denmark Orita, Janice Joy Balanza,
Susette Vicente, and Rochell Nera

If the NBA had San Antonio Spurs as 2014 Season’s champion and the PBA had San Miguel Beermen as Philippine Cup winner, the National State Colleges and Universities Athletic Association (SCUAA) 2015 Olympics just had Central Luzon hoopers as hardcourt kings.

After falling a game short for a championship trip in last year’s SCUAA, Central Luzon has not only proven once more that they are legit basketball contenders but exceeded expectations instead as it dispatched ring darlings National Capital Region (NCR), 101-93.

Last year’s semi-finalist shot a crazy 72 per cent from downtown, missing only three shots out of 11 attempts (8/11) over a sub-par 4/14, shooting from highly-favored NCR squad.

A Chess Superstar on the Rise

By Xandra Louise E. Rabanal

Born to be a chess wizard, Cagayan Valley Region’s Mark Lester Asejo proved that he can be a very competent chess master in the near future.

“This is the first time that I joined the National SCUAA in my college years,” he said in an interview.

Mark Lester started playing chess at the age of 9, he was only grade 4 way back then. He first won an official chess tournament when he was second year high school at the Cagayan National High School.

A third year Civil Engineering student of Cagayan State University Carig, Lester showed...
NCR champs lawn tennis

National Capital Region (NCR) ended superior in the National SCUAA Olympics 2015 Lawn Tennis Championship game Singles and Doubles category in Women’s Division when it stuck past Eastern Visayas, Feb. 12.

With special strategies and techniques, Mary Grace Melchor of NCR got away from her opponent Elgy Dasian of Region 8 in single’s category, 6-5. Melchor won through her faultless smash that made it difficult for Dasian to send back ball in the last set.

Meanwhile, in Doubles category, Frances Maybelle Espinosa and Ma. Elmira Pagot of NCR overpowered Dasian Elma and Noreen Berongoy of Region 8, ending the game with a score of 6-4.

Espinosa and Pagot ruled the court when the duo mixed up their shots to make it difficult for their rivals to counter.

According to Espinosa and Pagot, they played the game with their best movement and determination.

“Talagang sinigurado naming handa kami, babad sa training na din na mahusay kaya hindi ayos ang kalaban,” Pagot said.

The singles player of ARMM, Ahmad Armama, impressed the audience with his skills and energy after defeating his rival, Reynald Pioquinto of R01.

In an interview, Armama said that being humble is his key for winning.

When asked about his feelings in winning the game, he said: “Okay lang, masaya kasi kami yung nangalan.”

Also in the doubles division, Stephen Vosotros and Noel Salupado showed no chance for R1’s doubles players, Rron Aldwin Canillas and Ronnie Dela Cruz, with their defensive volley moves.

Vosotros gave his opponent a dink that faked them to go back to court, and the clever move made them win the game.

Both teams came through pressure in delivering the goods for their regions.

During the quarter finals of the first game played between R02 and R03, the latter knocked off the former by winning the first singles, 6-1 and second singles, 6-5.

Furthermore, in the second game between R4 and R1, Ilocos Region ruled over Southern Tagalog with a score of 6-4 in the first singles and 6-1 in second singles.

Next was the clash between NCR and ARMM where the Autonomous Region of Muslim Mindanao dominated the National Capital Region marking their score 6-2 in doubles and 6-1 in second singles.

In the fourth game played between R10 and R13, the former nailed the latter by winning the game 2-0, first singles 6-1 and doubles, 6-3.

Also, R1 clashed R2 by getting the game, 2-0 scoring 6-5 on the first singles and 2-6 in doubles.

R4, 9 best Karatedo individual

Competition by 11 representatives from all over the country. Region 10 took the lead in securing 1st and 2nd in Karatedo Men’s Individual recording 23.8 and 23.4 points, respectively, followed by 23.2 points of Region 3 and National Capital Region’s 23.1.

R4 finished 3rd, Region 3 landed 2nd and third places, respectively, and in women’s division, Region 3, NCR, and Region 5 bagged the gold, silver, and bronze, respectively.

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his analytical prowess as he challenged the chess men’s division board no. 2.

"It was already a losing game and I don’t have the interest anymore to play because we cannot catch up for a team place anymore, I just played along and I won,” he stated with a smile on his face.

Aseo always uses the D-4 opening move in every tournament that he is joining. Never did he show any picture of nervousness whenever he joins a chess game.

Many would say that playing chess is only for the nerd and unexciting individuals, but for Lester, he finds it okay and enjoyable because of the thrill the game puts on him and the friendship he was able to establish within the team.

On the 13th round of a robin tournament during the National SCUAA 2015 Olympics, Aseo got one lost and two draws, making him bag the precious gold medal.

Lester Aseo’s present coach, Mr. Jesus Anustacio, told the ‘SCUAA Upadates’ that he was Aseo’s coach and trainer since he began joining chess tournaments.

“Lester really has a potential. And I call him as the CSU chess superstar,” he declared.

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separated them from R3.

Shana Marie Costillas of NCR said that they are overwhelmed and thankful for bagging the championship, adding that their goal of playing is to win the title and much to their delight, they did.

When asked how they overcame their first few assignments from elimination to semi-finals, Costillas said that their team has a good communication, and they have presence of mind.

Meanwhile, after defeating the Region 09, 3-2, Region 02 landed in the third place as bronze medalist.

ARMM completes lawn tennis quest

Autonomous Region of Muslim Mindanao brought home the bacon in the National SCUAA 2015 Olympics, Lawn Tennis Men’s Division Championship game at court 2 CSU-Carig, Feb. 12.

The game lasted for almost an hour, with the unstoppable rally by the players, in the first set of the game that made both of them score 40-40 to force a sudden-death situation that eventually favored ARMM.

With a couple of rally for 40 and 30 seconds, the audience howled with smiles on their faces because of the thrilling performance of the players.

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“Lester really has a potential. And I call him as the CSU chess superstar,” he declared.
Western Visayas ruled three events during the championship game in the National State Colleges and Universities Athletic Association (SCUAA) 2015 Olympics in Women's Pro Active Arnis League, Feb. 9.

R6 ranked first in Individual Solo Baston (ISB), Team Solo Baston (TSB), Team Double Baston (TDB) categories.

R6’s Crystal AJ Bartonico seized the spot in the ISB category over contenders from R10 and R12 who finished off 2nd and 3rd, respectively.

Bartonico, too, garnered 1st while teaming up with Fly Weight Ferbie Ann Ramos and Feather Weight Jenny Shainty Guarin in TSB and TDB categories.

Bartonico also took bronze in Pin Weight Division with CARAGA Arnisador Jessa Mae Abalos.

Ramos brought home the gold medal in Fly Weight Division as well.

Welter Weight Jennifer Gumboc grabbed silver and Heavy Weight Angelica Fulgecio received bronze.

Light Weight Cherubin Vallejo ended up at 3rd rank with Edralyn Joy Apurado and Joanna Marie Fontiveros in Team Sword and Dagger Category.

**R6 tops 3 events in women’s pro active Arnis league**

By Racquel Taguiam

Why do people join contact sports despite the violence and the possibility of getting hurt?

By Kristine Joyce L. De Leon

Contact sports such as boxing and wrestling are areas of interest under sports violence. There have been several studies on this linking gender relations and notions, and masculine identity. According to these, the explicit focus on masculinity comes not only as a response to critiques that gender relations have often been absent or implicit within work examining boxing, but also because the sport is so intimately linked to certain forms of masculine identity. The work environment such as the gym or the boxing arena was believed to be a heterosexual male preserve, that is it is a space mainly reserved for ‘real’ men. Based on literatures, there is a perceived ‘naturalness’ accompanying these notions of ‘realness’, which provides justification and legitimation for certain violent practices. Moreover, norms and values that dominate in the boxing area were associated with a tough masculine style that symbolically matched traditional working-class values.

Ethnographic studies on contact sports reveal the boxers’ belief that there was a biological explanation for their enjoyment of boxing violence. As such, the simulated nature of their training was believed to turn a potentially socially negative, biological need to engage in some form of aggressive physicality, into a socially negative, biological need to engage.

“Bag works” and sparring enabled opportunities to generate significant emotional and sensuous experiences. These experiences, according to researches, are intertwined with social significance. The pleasure, enjoyment, meaning and significance of these was structured by pervasive notions connected to masculinity, class and boxing traditions. Other studies show that the punching bag enabled the men to generate express aggression. This loosening of control over the production of usually unacceptable emotions was thought to be a key component of their enjoyment. Grunts, grimaces and other bodily displays of emotion were regular occurrences and tended to be described as an enjoyable opportunity to release frustration and experience the ‘buzz’ that was thought to accompany this ‘cathartic’ release. Furthermore, such emotional displays were produced in conjunction with physically enjoyable experiences. Acts of learning, “letting loose” on the bag and ‘timing’ a punch were physically rewarding. Feelings of power transferring from one body to the bag and sensations of speed and timing elicited markers that were enjoyable.

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Region 3 stormed an early 36-10 dominant first period exploiting NCR’s full-court press and playing the passing lanes on the other end of the court in which they stole the ball 11 times as against NCR’s solitary swipe.

R3 sustained its rampage in the second quarter to seat at a comfortable lead heading to the second half, 53-28.

With great sense of urgency, NCR launched a threatening 65-48 second-half turn around but came short in overhauling a 25-first half deficit.

NCR ballers also could not capitalize on their free throws as they missed 17 of their 36 attempts.

Big man Abraham Crisostomo led R3’s charge with 20 points and 11 rebounds while forward Kenneth Reyes delivered 15 points, 10 boards and 3 dimes.

Crowd idol and Center Dominic Fajardo chipped in 14 markers, 6 boards and 5 steals; Paul Vincent De la Cruz added 15 points, and 6 steals while Den De Leon contributed 18 points off the bench including two critical charity baskets to put the icing on the cake.

Meanwhile, Kerr Bangeles scored a team-high 19 points for NCR.

Michael Are, Ronie Mayayo and Riva Storm added 14, 13 and 11 points respectively.

In a post-game interview, Coach John Verdel of Central Luzon expressed his joy about the outcome of the game and extended his thanks to the Cagayanos.

“Solid talaga kami. I’m happy kasi most of my players are graduating students at gana pa ang naging outcome. Salamat sa mga taga-Cagayan sa pag-welcome sa amin dito. Maganda talaga ang lugar,” he said.
Western Visayas, as had been predicted by the game’s officiating officials during its first game, ended as the best team, beating all football contenders. The no-loss team defeated its anticipated strongest opponent, Region 10, which leveled itself to the victors during the first half of the championship game, 1-1. Central Mindanao (R10) forced a handful of goals yet came short because of Western Visayas’ goalkeeper, Paolo Carballe, player number 13. Diomar Caruscay edged R10 when he kicked a goal during the second half, tailing the team’s first point from midfield John Elton Dearce. Region six’s right inside spiker found his groove and effectively blocked and countered the attacks of Magsilang to give their squad a commanding 15 to 7 lead. But the NCR boys kept their cool and sparked a flurry of their own, tying the score at 18 apiece and eventually winning the set, 21-19. In the second regu, NCR’s Gonzales stole the show as he won over the crowd with dazzling cartwheel strikes that paved the way for an easy 1st set win, 21-12. Region 6 gained momentum in the next set with a much improved defense that set up their own offensive attack. Western Visayas started to widen the gap, 17-11, but NCR fought their way back into contention and force a deadlock at 20-all. With the 2-point advantage rule in play, NCR leaned on Gonzales anew as he buried the championship points in the pavement to seal away the victory. During the awarding ceremony, NCR bagged all the awards led by Gonzales who clutched the Most Valuable Player (MVP) and Best Spiker award, Best Tekong for Encabo, Best Setter for Rudolph Alvarez and Best coach for Coach Romulo Ruedas, leaving the other teams nothing but their places as 1st runner up for the Region 6, 2nd runner up for the Region 3 and Region 10 as the 3rd runner up. When asked how Coach Ruedas maintained NCR’s standing in Sepak Takraw, he said that his players’ ability and discipline that led them to capturing the gold. With report from Sarah Jane Redoble and Manases Lacambra.

Why do people join... from page 3 for the men. The elements of carnal pleasures and sensuousness of participation, according to one author (Wacquant), is observable in sports violence. These sensual and emotional significances are central elements in the enjoyment and function of boxing for men.