

MESSAGES

SCHOOLS DIVISION OF BAIS CITY

Leading our delegation to the 2025 Central Visayas Regional Athletic Association (CVIRAA) is a tremendous honor for me. It gives me great pleasure to be of service to Baisanon athletes.

To all the athletes, coaches, trainers, management team, and working committees, your presence here adds to the significance and excitement of the occasion.

Dear athletes, let sport teach you how to maintain balance, when to cheer on others, when to take the initiative, and when to let others go first and be the best version of yourselves. If you stumble along the road, refuse to let it stop you from getting back up and finishing the journey; have faith in your ability to succeed. This convergence develops athleticism, cooperation, and the spirit of constructive rivalry.

As your mother, I pray you observe and honor your commitment, diligence, and willpower while winning more friends. We shall all be triumphant together as a team! DASIG Bais!

DR. BERNADETTE A. SUSVILLA, CESO VI
SCHOOLS DIVISION SUPERINTENDENT

My most vibrant greetings to one and all!

According to Helen Keller, "Alone we can do so little, together we can do so much." The 2025 CVIRAA truly embodies this spirit of collaboration and unity.

The entire delegation of the Schools Division of Bais City takes pride in joining the 2025 CVIRAA because of the full support of our local government unit, headed by our chief executive, Mayor Luigi Marcel T. Goni, who never failed to support us in all our educational endeavors.

Guided by the brilliance and dynamism of our Schools Division Superintendent, Dr. Bernadette A. Susvilla, from planning up to our participation, the entire delegation collaborate for the success of our institution.

This event is an opportunity to strengthen our relations as one big educational family for this is not for us, it is for every learner and athlete within our reach, kay sa SDO Bais City, ang mga tinun-anan atong priority! DASIG Bais!

DR. NILITA L. RAGAY
OIC-ASDS

MESSAGES

LOCAL GOVERNMENT UNIT

In the coming days, we will all witness our athletes fighting for victory in the 2025 CVIRAA. I have seen them train themselves by waking up early and building their stamina and endurance until sunset. That's the measure of their resolve, and I am proud of them.

As they strive to bring honor to the People of Bais, all Baisanons come together to wish them well. Whatever the outcome of this competition, they have already brought pride to their beloved city. They will forever be the young heroes that generations of athletes to come will look up to.

Good luck, Atletang Baisanon.

And to all the coaches, trainers, support team members, and the entire DepEd-Bais, thank you for your selfless love for our athletes.

God bless Bais. God bless us all.

HON. LUIGI MARCEL T. GOÑI
CITY MAYOR

At the outset, allow me to congratulate our athletes, coaches, and trainers for bravely participating in this year's CVIRAA. Your dedication and unwavering commitment to bringing honor and pride to the City of Bais are worth emulating.

Thank you for all your efforts. May you all succeed and be victorious.
May God bless you all.

HON. MERCEDES T. GOÑI
CITY VICE-MAYOR



VOLUME I, NO 1.

CVIRAA 2025—SPECIAL EDITION

MARCH 2025

Bittersweet start: NegOr and Siquijor's last CVIRAA 2025

The Bayawan City-NORSU Sports Complex fills with color as the 20 Schools Division Offices of Central Visayas gather for this year's regional meet in Bayawan City, Negros Oriental. Dr. Salustiano Jimenez, regional director of DepEd-7, announces that around 17,000 participants have registered for this year's Central Visayas Regional Athletics Association Meet. [See page 2](#)

Dr. Salustiano Jimenez

Mayor Jack: 'enjoy and make friends'

Bayawan City Mayor Jack Raymond reminded athletes to enjoy the games and meet new friends at this year's regional meet.

Mayor Raymond said they have done everything to make their stay worthwhile.

"Just be proud, enjoy the game, and make new friends," he said. "You are not against each other but playing the game that you love," he told the athletes.

Aside from enjoying the games, he reiterated the city's strict waste segregation policy, with violators facing fines.

"We started a few years ago with our children so that they will educate their parents," he said.

The delegation has put up measures, through its clean and green committee, to ensure that the city's waste segregation policy is strictly followed.

Since this year is the last CVIRAA for Negros Oriental and Siquijor with the rebirth of the Negros Island Region, he asked the athletes to maintain good relationships with athletes from Cebu and Bohol. Next year, he said, Negros Oriental and Siquijor will join Negros Occidental in

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Solidarity Meeting sparks ambition

In a proactive move to unify efforts and boost morale ahead of the Central Visayas Regional Athletic Association (CVIRAA) 2025, the Bais City Delegation holds a Solidarity Meeting on Monday, March 10, 2025, at Enzo Nicolai T. Teves High School.

The gathering brings together coaches, working committee members, and representatives from the Local Government Unit to celebrate their collective achievements and outline strategies for the forthcoming event.

Rolin Obina, special disbursement officer and representative of the LGU, reassures the active collaboration and support of Mayor Luigi Marcel T. Goñi and

the Local School Board.

Dr. Nilita Ragay, OIC-Asst. Schools Division Superintendent, who leads the meeting, emphasizes the crucial role of teamwork and the need for a collaborative approach as the delegation prepares for the regional sports meet.

"Our athletes have shown tremen-

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Athletes ready to shine at CVIRAA

The excitement is profound as the full delegation from SDO Bais City arrives at Enzo Nicolai Teves High School (ENTHS) in Bayawan City on Monday, March 10, 2025, to participate in the 2025 Central Visayas Regional Athletic Association (CVIRAA) Meet.

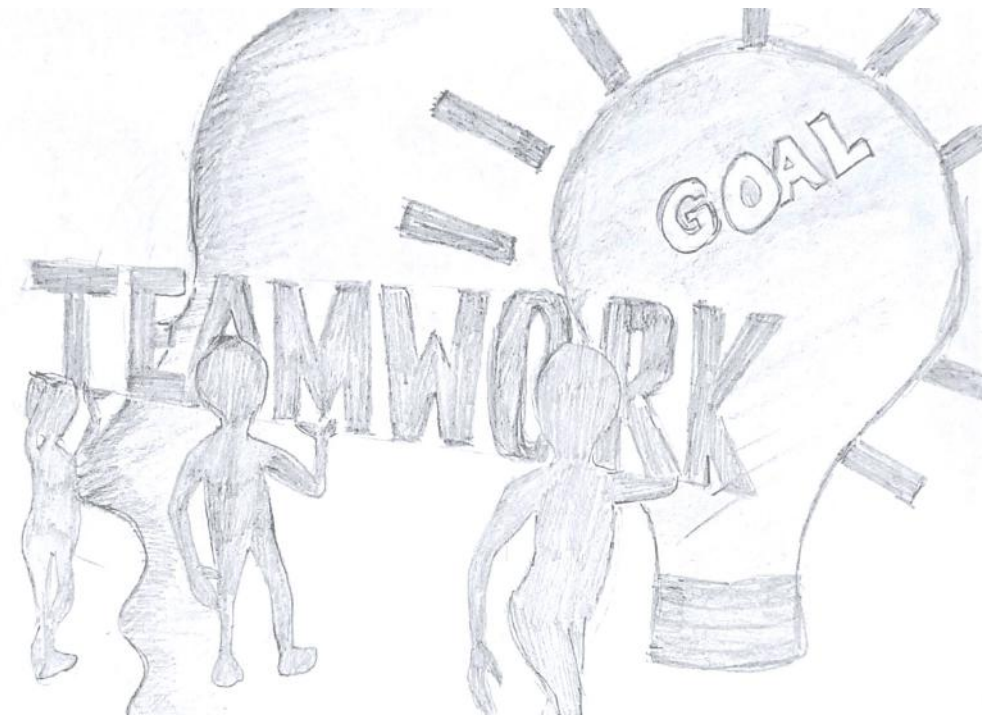
Comprising 435 delegates, including student-athletes, coaches, trainers, and working committees, the contingent arrives in full force, marking the start of a highly anticipated week of intense athletic competition and memorable regional solidarity.

The arrival of the Bais City delegation is met with enthusiastic cheers from the ENTHS school community and local supporters, headed by their school head Dr. Abgel Lalamunan, who warmly welcomes the team and expresses their unwavering support for the upcoming events.

The atmosphere is morale-boosting, reflecting the collective pride and anticipation for the games ahead.

Dr. Bernadette Susvilla, Schools Division Superintendent, says SDO Bais City athletes, having undergone rigorous training

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Teamwork and the 'you' mindset of success

Since time immemorial, experts have identified five essentials for effective teamwork in any undertaking, including sporting events.

The 5 Cs of teamwork are globally recognized for fostering camaraderie and sportsmanship.

The first element is communication, which pertains to the dissemination of information related to tasks. The second is coordination, or the approachability and ability of involved personnel to exhibit good interpersonal leadership. The third is complementarity, or the responsiveness of members to the needs of teammates and aligning efforts to achieve specific goals.

The fourth is confidence, which breeds independence. Lastly, individual and group commitment motivates the team to work together towards their united goal. This might seem complicated, but the focal element, which serves as a springboard for others, is the clarity of communication. Author E. B. White said, "The whole problem is to establish communication with oneself."

...NegOr and Siquijor's last CVIRAA 2025

Though bittersweet, Dr. Jimenez reminds participants to maintain good relationships with everyone, as Negros Oriental and Siquijor leave the region to form the rebirth of the Negros Island Region, along with Negros Occidental.

"This is our last CVIRAA. I am praying that whatever happens, we are united as one!" the director emphasizes.

Bayawan City Mayor Jack Raymond shares the same sentiments, emphasizing that despite the "split," Negros Oriental and Siquijor will remain as "one Bisaya."

"It is sad that this will be the last CVIRAA that Bayawan City or Negros Oriental will be joining. Because next year,

Ultimately, effective communication in the context of the Central Visayas Regional Athletics Association (CVIRAA) 2025 meet emanates from a clear vision of its leaders from the Local Government Unit and the leaders of the different schools division offices in the region.

When one aspires for victory, everyone in the team should believe in that vision, a psychological mindset that surely leads to success. Though not immediate, proper mindset is a good start towards success. Legendary golfer Tiger Woods is on point when he said, "The biggest thing is to have a mindset and a belief that you can win every tournament going in."

We now see that teamwork starts from self-awareness and a unified mindset, adopted by the team towards its goal. So, to answer the question of what it means to have teamwork, the answer is: you!

Negros Oriental and Siquijor will join the NIRAA," the mayor says.

"But this might just be in sports. We will stay as 'Bisaya.' We will still be together," he adds in Bisaya.

The mayor already considers regional meet qualifiers as winners and reminds them that CVIRAA is an avenue to showcase skills in the "sport that you love the most." "Start the champion in you," he says.

Dr. Jimenez encourages student-athletes to develop and celebrate the unbreakable spirit of the Bisaya player.

"It is not just a competition. It is a



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...Mayor Jack: 'enjoy and make friends'

the Negros Island Regional Athletics Association (NIRAA). The mayor visited the delegation to ensure that their billeting area has enough water and is secure, as the regional meet starts on Tuesday afternoon with an opening ceremony.

He was received by Rolin Obina, the representative of Mayor Luigi Marcel T. Goni, and Dr. Nilita Ragay, OIC-ASDS, representing SDS Dr. Bernadette Susvilla. The mayor has known Dr. Ragay since her time at DepEd Negros Oriental and his time as a 3rd district board member.-*rejs*

demonstration of courage, hard work, and relentless pursuit of greatness," Dr. Jimenez says. "Remember, this is your moment!"

Present at the opening ceremony are Governor Chaco Sagarbarria of Negros Oriental and Governor Gwendolyn Garcia of Cebu.

The governors of Siquijor and Bohol respectfully send their representatives.

Negros Oriental 2nd District Representative Manuel Sagarbarria and 3rd District Representative Jocelyn "Josy" Lim-kaichong are also present.-**Ryan Christophehr J. Sorote**

Athletes ready to shine at CVIRAA

and preparation, are eager to showcase their skills and determination in their respective sports.

Over the years, she says, Bais City's sports program has made significant progress, nurturing talented, disciplined, and resilient athletes who consistently represent the city with pride at the regional level.

This year's participation in CVIRAA 2025 is seen as an opportunity to further elevate the city's standing in the regional sports community, she adds.

Dr. Nilita Ragay, OIC-ASDS, says that beyond winning, the athletes aim to foster camaraderie, teamwork, and sportsmanship among participants. Dr. Ragay says the event promises to be a celebration of

athleticism and unity, bringing together young athletes from across Central Visayas. With the guidance of their experienced coaches and trainers, coupled with their unwavering determination, the athletes are poised to bring home accolades.

Rodigo Estores, division sports officer, says that as the games officially commence, Bais City's athletes are ready to demonstrate the fruits of their hard work, dedication, and passion for their respective sports.

Estores says the entire Bais City community stands confidently behind their team, eagerly praying and cheering them on as they represent their hometown at this prestigious regional athletic event.-**Maria Vanessa Teves/rcjs**

Solidarity Meeting sparks ambition



dous dedication, but it is essential that we, as coaches and committee members, stand united. Every member of our delegation plays a vital role in our success," says Dr. Ragay.

She encourages each coach to share useful tips, challenges, and lessons learned from past CVIRAA experiences to improve this year's performance. The agenda include discussions on athlete welfare and mental health, emphasizing the importance of a balanced approach to training by Michelle Larena, JD. "Physical training is only part

of our job; we must also support our athletes' mental and emotional well-being," says Larena, who leads the Learner's Protection Program Committee. Dr. Bernadette Susvilla, SDS, says the delegation is poised to make a significant impact at the upcoming CVIRAA, showcasing the talent and dedication of its athletes on a regional stage. Dr. Susvilla adds that the focus remains not only on winning medals but also on nurturing the next generation of athletes who embody the spirit of resilience and collaboration.-Luna Fe T. Esler/rcjs

LGU backs CVIRAA 2025

Mayor Luigi Marcel T. Goñi, represented by his wife, Catherine, and his mother, Vice-Mayor Mercedes Goñi, visited Bais City's billeting area at Barangay Malabugas ahead of Tuesday's opening ceremony at Bayawan City-NORSU Sports Complex.

They were welcomed by the dancers of Enzo Nicolai T. Teves High School and their school head, Abgel Lalamunan.

In a brief message, Vice-Mayor Mercy reiterated the city's constant commitment to prioritizing education and supporting programs, projects, and activities that develop the Baisanong youth. This commitment is evident in the P15-million annual Special Education Fund allocated by the Local School Board to DepEd Bais City. With the city's full support, the Vice-Mayor encouraged students to enjoy their games and offer them to God. "Do your best and God will do the rest," she said.

First Lady Catherine, speaking on behalf of her husband, Luigi, echoed this sentiment. "Let's have fun," Catherine emphasized. "When we play, let's not be too serious because if we don't win, we might cry," she quoted the mayor as saying in Bisaya. The First Lady reminded student-athletes to take care of their health by staying away from the direct heat of the sun and by always hydrating. "We wish you luck, God bless, and enjoy!" she concluded. Aside from the first family, members of the City Council are also present, showing the city's full support for the delegation at this year's regional meet./

FEATURE

Be the home of champions

By: Dr. Elisa C. Sevilla, EPSvr-English

It is not the win that brings us victory. It is not failure that drags us down.

The real score of joining a competition is the lesson that it brings. Exposure, camaraderie, and insight are priceless gifts borne from the CVIRAA experience. Thus, sums up this year's CVIRAA theme of SDO Bais City: Champions in Spirit, Strength, and Sportsmanship.

Since the start, the local government of Bais City has been supportive of both the academic, co-curricular, and extracurricular endeavors that involve our Bais learners.

With the Special Education Fund, calendared activities that involve competitions are properly aligned and given budget priority. Shouldering either the learner's registration for a competition, travel, or food allowance is something that Baisanong is thankful for. Who doesn't work hard for excellence with all these perks of joining competitions?

Indeed, exposure enhances the self-esteem of our learners in sharing talents. Competition is not only an avenue for them to grow but also to boost confidence. Consequently, constant exposure to competition leads to developing interpersonal skills and building socialization. This, too, enhances camaraderie, prompting them to behave well and take consideration of others' feelings. Then comes the insight brought from constant exposure and camaraderie.

With cultivating valuable insight, reflective learning fosters critical thinking of ideas and improves future performance, consequently allowing them to learn from the past. All these packages bring a holistic Baisanong equipped with a competitive edge.

With exposure, camaraderie, and insight that the Central Visayas Regional Athletic Association brings to Baisanong athletes, these avenues not only balance their cognitive but social, academic, spiritual, cultural, and physical aspects.

Champion in strength is developing in athletes how to deal with life's challenges and be an individual sport ready to accept defeat or victory.

After all, joining a competition is not all a matter of winning or failing but overcoming challenges and developing good sportsmanship. This is what Baisanongs stand for... be the home of the champions!