



The SUPERSONICS BUZZ

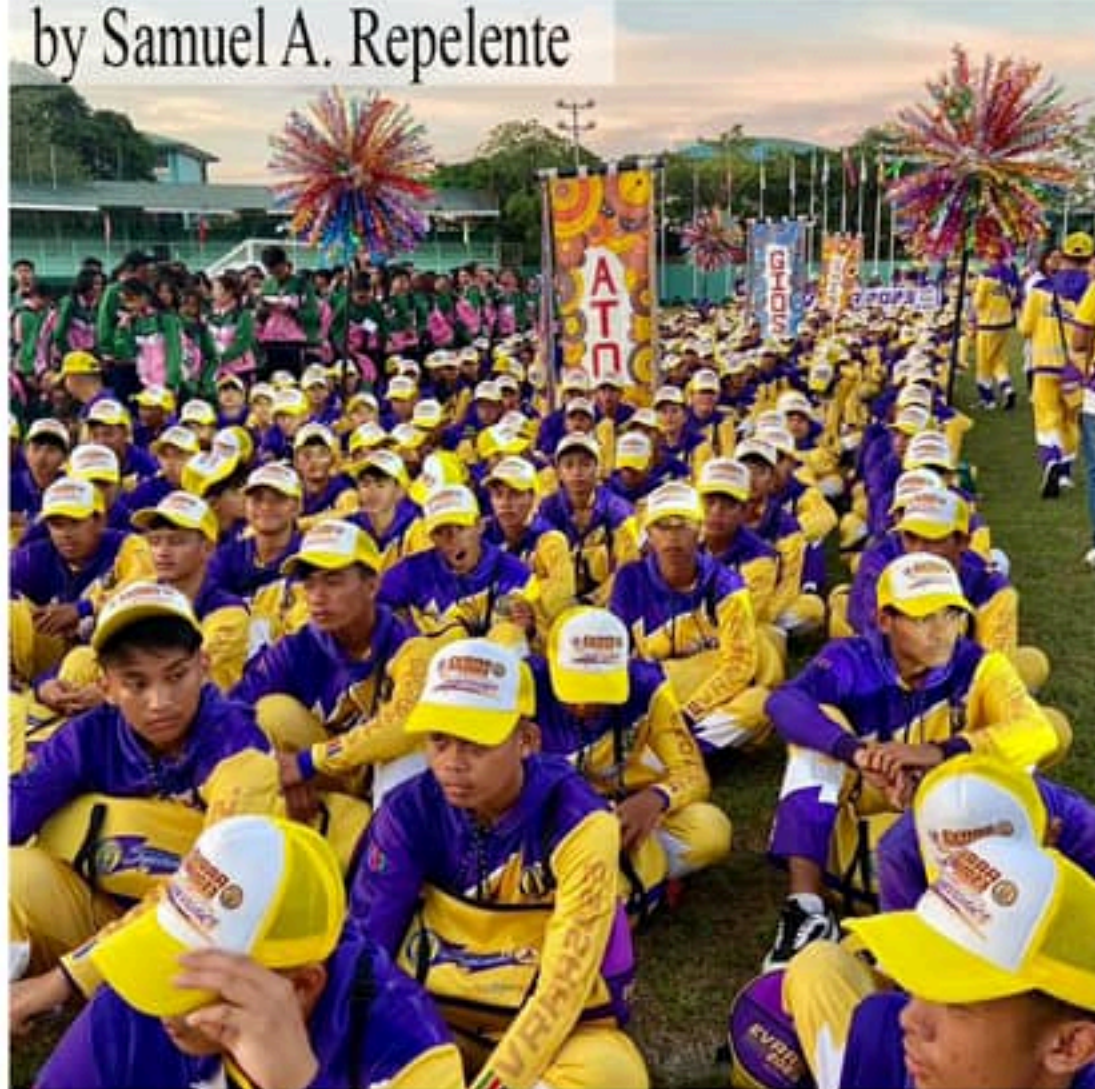
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EVRAA '23 concludes, Calbayog City covets Most Disciplined plum

by Samuel A. Repelente



June 27, 2023- Deafening claps and cheers signaled the culmination of the 2023 Eastern Visayas Regional Athletic Association (EVRAA) Meet, with a mammoth crowd witnessing the ceremonial lowering of Division and EVRAA banners and Philippine flag, formally concluded the regional sporting event, Leyte Sports Development Center, Tacloban City, 4:00 PM.

"I am very much elated to witness and experience my first EVRAA, and everything went beyond my expectations," delivered ARD Firmo. Amidst short-term preparation and inevitable mishaps, this year's edition of the regional sporting event is rated successful considering the

overall facets. "Thank you for your understanding and cooperation," he added.

Dr. Evelyn Fetalvero, Regional Director, expressed her overflowing gratefulness to the people who backboned the activity from the preparation up to the actualization. She commended the divisions that hosted and co-hosted EVRAA 2023 even with scarce time and resources. She also added that this activity will not come into fruition without the support of all the division personnel, LGUs, teachers, parents, and athletes.

Ormoc City Delegation sacked another Top 1 finish in both elementary and secondary levels catapulting them to the overall highest spot. This also drove them to once again accept the hosting opportunity of the 2024 EVRAA Meet.

With no expectations at the side, Calbayog still handled to have a good standing having been proclaimed overall 9th placer with 8 gold, 12 silver, and 14 bronze medals, respectively. In the elementary medal tally, athletes garnered 3 gold, 9 silver, and 5 bronze medals putting them in the 9th position. The secondary athletes claimed the overall top 8 place with 5 gold, 5 silver, and 11 bronze medals.

Breaking the history, Calbayog City Athletic Association (CCAA) Supersonics clutched its first-ever Most Disciplined Delegation Award,

stealing it from the unbeatable winner Southern Leyte, which seemed to have been so elusive for the division to achieve for decades now, proving that nothing beats oneness in action, decision, and preparation.

Calbayog City contingent stunned 12 other divisions in the traditional Saludo during the opening ceremony with the festive props showing the city's Ato, Gios, Shine Calbayog cheer, yellow-purple EVRAA uniform in complete display, and consistent queue all throughout the rite. Above all, players and coaches' exemplary demeanor superseded other divisions, which was practiced and reiterated since the onset of concentration training. Calbayog's daily limbering reciprocated positive repercussions as each one was reminded of responsible and active EVRAA participation, that it is not in winning that makes the delegation winners, but in the cohesiveness and unity that all delegation members demonstrate in the entire conduct of the sporting event.

SDS Moises D. Labian and Division Sports Officer Marilyn S. Tahil humbly accepted the award bringing with them the positive light to upsurge the ranking and notch any top 3 placement in the 2024 edition of EVRAA Meet. Dr. Labian expressed his appreciation to everybody, and that he posed a challenge to use this as fuel to work better and win with pride and honor.

LGU Calbayog goes all-out to back Supersonics delegation in EVRAA Meet 2023

The local government unit of Calbayog City has extended its full support to the delegation of athletes and officials in representing the SDO and the city in the 2023 EVRAA Meet in Tacloban City. Although the series of sports events were competed from April 23-27, 2023 in the different playing venues in Tacloban and Palo, Leyte, the preparations and partnership of the city and the SDO were evident even prior to the tilt as the athletes and coaches were housed for their concentration training from April 9-19, 2023 at Oquendo National High School and Oquendo Central School. To ensure that the delegation had everything they need during the concentration training and in the actual athletics meet, the LGU allocated a substantial budget for the delegation's expenses to cover food, trainers, transportation, complete sets of uniforms, and other needs of the athletes, coaches, and delegation officials.

Aside from the financial and training support, the local government officials and department heads also attended the opening ceremonies held in Leyte Grandstand and the various games to show their support to SDO Calbayog Supersonics athletes and inspire them in pursuing their passion



by Dr. Geraldine P. Sumbise

for sports. No less than the City Mayor Raymund C. Uy, Vice-Mayor Rex Daguman, and the chairperson of Committee on Education Councilor Florencio Enriquez led the city officials in the city's participation in the EVRAA events. They visited the athletes, coaches and various committee members in the billeting quarters at Palo National High School, Brgy. Cavite West, Palo, Leyte. Their presence in the weeklong sports event encouraged and motivated the athletes at doing their best to make the division and the city proud. The LGU's all-out backing is a testament to its commitment in promoting sports and physical fitness among young Calbayognon athletes.

Calbayog Taekwondo Jins rip medals in EVRAA

by Carlo Doinog

Calbayog Supersonics TKD team reaped medals at the 2023 EVRAA MEET Taekwondo tilt at the Robinson's Abucay on Thursday, April 27.

After a stiff competition, Evol Louise Millares and Keona Manalo won gold medals at the Poomsae Event, the exhibition of various fundamental stances, blocks, punches, and kicks while Marc Ivher Julaton, Kendra Ajos and Kate Debuton took home silver medals.

"Madiretso ak sa gym para mag training kan Sir Val pag-uli sa Calbayog" Millares answered when asked about her next move after EVRAA Meet.

Supersonics team got some boost in the presence of Venice Jerine Lasaca and Brandt Dura to remain during the final Taekwondo matches. Lasaca champs over Ormoc with a whopping 19-4, and Dura finishes silver with 13-3 mark.

Calbayog Supersonics is a consistent medal reaper in Taekwondo tourney.



Calbayog 3x3 Basketball Secondary Girls, nasungkit ang Gintong medalya



ni Rina Aboganda

Nagbunyi ang buong Calbayog Supersonics matapos na lampasuhin ng Secondary Girls ang Ormoc Siglaro Elites sa kanilang Championship Game na ginanap kahapon, Abril 27, 2023 sa Tacloban Astrodome, sa iskor na 7-4.

Muling ipinamalas ng koponan na sina Gwen Gale G. Acuin, Riza A. Cruda, Shallemar B. Mancol, at Korin Annya D. Tarrayo ang kanilang bilis sa pagtakbo, konsistensi sa pagdribol, at eksaktong pagtarget sa pagshoot ng bola. Mas pinainit nila ang bawat kilos upang masigurong wagi sila laban sa Ormoc.

"Happy to go home na may maibibigay kami na medalyang ginto sa aming mga magulang", saad ng koponan.

"We will prepare for Palaro. Need pa ng rigid training kasi nahirapan nga kami na Ormoc palang ang kinalaban namin, ano pa kaya kung ibang rehiyon na", dugtong pa nila.

At sa kanila ngang pagbabalik ay naghihintay rin ang pagkilalang igagawad sa kanila ng LGU Calbayog. Pagkatapos ay magsisimula na ang kanilang puspasang pagsasanay kasama ang kanilang coach na si Erma Salomon katuwang ang tagapagsanay na si Andy S. Pacheco, mga guro ng Calbayog City NHS.

Lady Sonics Grip 3rd Podium Finish in EVRAA Volley Tourney

by Samuel L. Repelente

Supersonics Volleybelles proved 'History repeats itself' to be true as they secured another bronze medal punctuation in EVRAA 2023 Secondary Volleyball Girls tournament, April 26, CEO, Tacloban City, after kneeling down from their arch-rival Baybay City Squad.

Baybay lady spikers might have been Calbayog juggernauts' penultimate kryptonite in the tournament for two years now, but the zest and vigor lady sonics embody enflamed them to put up a good fight in the very crucial match that determined who would be battling against the top one seed Ormoc in the championship round.

Crizel Morales, Calbayog Supersonics' main gunner, orchestrated 17 points coming from all departments- attack, block, ace-making her a force to reckon with in the entire regional league.

"Karuyag ko maging memorable akon first evraa bilang player san Calbayog," revealed Morales as she showed no mercy in all her front and back row attacks.

Lady supersonics gained their momentum right at the onset of the game, 7-6, as they fired successive down the line and crosscourt bombs. Their lead added texture to the offensive blocks of the team courtesy of



Ostulano and Labradores. However, in the succeeding runs, Baybay came back with a better game plan, manufacturing more points in dropballs and soft spins, 16-20. This continued until the opposing squad claimed the set, 19-25.

Second set shifted its complexion as Baybay inched away from Calbayog with an eight-point marker. This ballooned to a bigger lead nailing lady supersonics to just 15 until the opposite reached the match point.

They might have not discovered the antidote to ice the ailing and distant separation, Calbayog supersonics still upheld their composure and left with another bronze to account in the medal slew.

"Mabalik kami na stronger ngan mas palabán," punctuated Morales as she won the heart of the crowd.

prevented injuries by following proper training regimens and avoiding overexertion.

The Calbayog City delegation's tagline "Ato! Gios! Shine! Calbayog" became a rallying cry for the team as they showed their exemplary discipline at the EVRAA 2023.

Collaboration, ideation, action, and inspiration are some of the ingredients that the team had which truly works. In fact, this year's SALUDO is far distinct from the usual as it is more associated with celeritas in all aspects. The preparations which commenced last April 9, 2023 showcased arts, culture and discipline of the entire team.

The Special Events Committee of EVRAA 2023 recognized the team's outstanding performance, awarding them the Most Disciplined Delegation award. The team's exceptional commitment and discipline were key factors in their success at the event.

Supersonics' success at EVRAA 2023 is a testament to the power of discipline in sports. They demonstrated that by remaining committed, focused, and disciplined, athletes can achieve their goals and inspire others to do the same. The team's example serves as a valuable lesson for aspiring athletes and teams everywhere, proving that success in sports is achievable with the right mindset and habits. Additionally, the recognition of the Special Events Committee highlights their important role in promoting sportsmanship and excellence in the EVRAA event.

Key players behind the "Champions of Discipline"

by Dr. Joy Saldana & Joey Catampo

Discipline is a vital component of success in sports, and the Calbayog City Supersonics have proven how commitment and dedication pay off at this year's Eastern Visayas Regional Athletic Association (EVRAA) 2023.

The Supersonics, a team of talented athletes from Calbayog City, showcased exceptional discipline both on and off the field. They adhered to strict rules and regulations, stayed focused on their goals, and pushed through challenging times, inspiring other athletes and teams to strive for excellence.

The team's success was not due to a secret formula or shortcut, but rather their unwavering commitment and dedication to their sport and training regimen. They showed that discipline is not just about following rules, but about developing the mindset and habits necessary for success.

The Supersonics led by example, demonstrating the power of discipline in team sports. They inspired and motivated their teammates, creating a positive team culture and enhancing performance on the field. They also

