

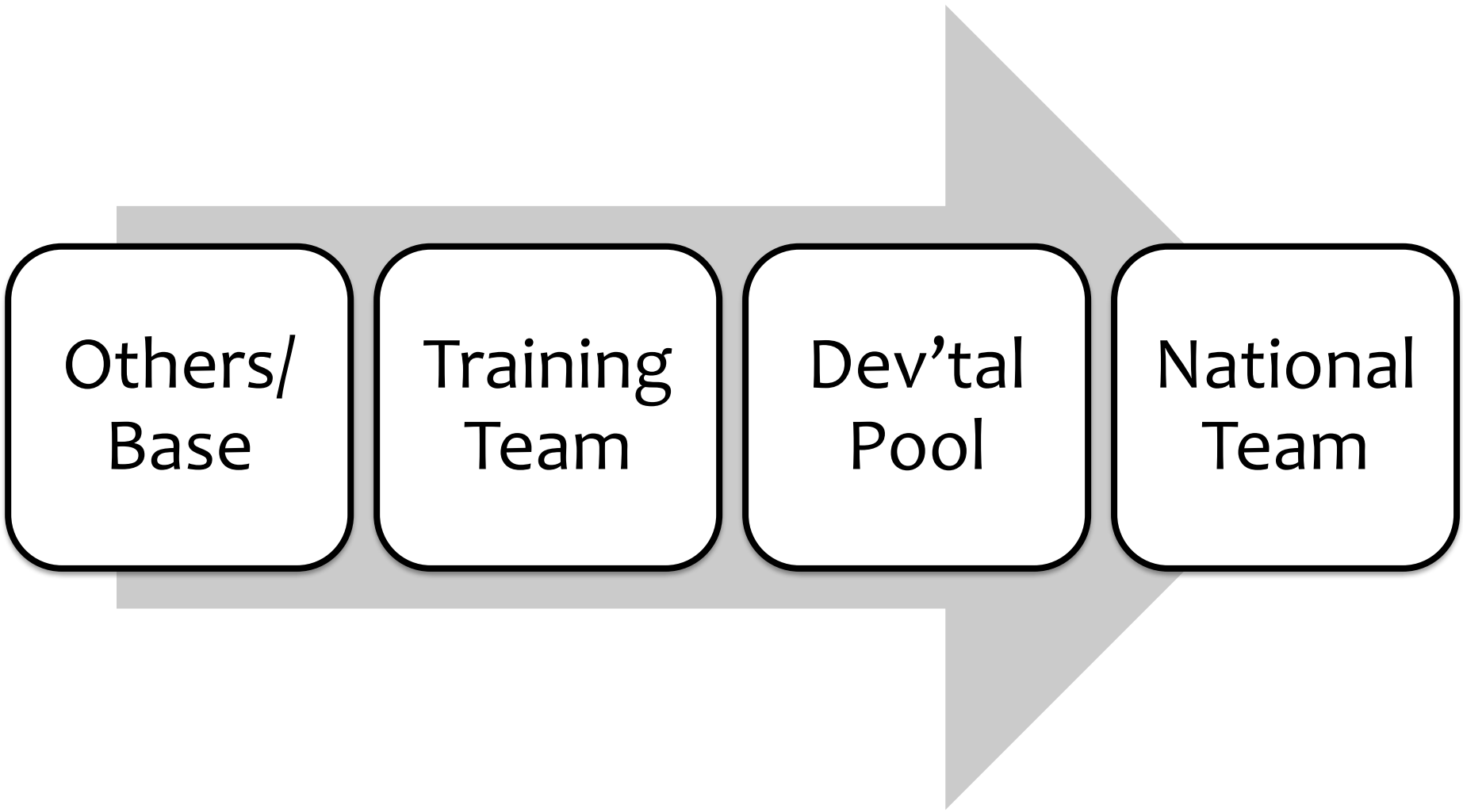


2nd Athletes Meeting

Via Zoom, 8:00 p.m.

Wednesday, March 4, 2021

4 Levels



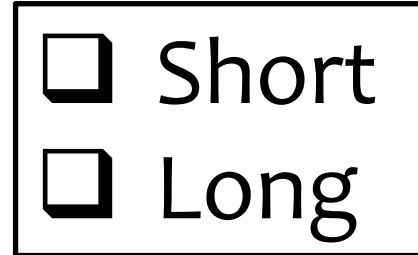
Others/
Base

Training
Team

Dev'tal
Pool

National
Team

National Teams by June 2021



ASEAN PARA-GAMES



How to be a Member: 3 Tracks

Local Qualifying Races

Performance in Local Races

POSF Choice

Point System

- 4 Qualifying Races (elite category)
- Point System for every Discipline/
Sub-Discipline
- Athletes may join as many
Disciplines/ Sub-Disciplines
- **Goal:** Obtain lowest accumulated
points

Point System

QR	Champ/ 1st Placer	2nd Placer	3rd Placer	4th and up
QR1	5	6	7	8 up
QR2	4	5	6	7 up
QR3	3	4	5	6 up
QR4	2	3	4	5 up

- If not join, athlete will get 20 points.

Ninja Ranking (*after QR1*)

Rank	Male	Female	Points
1	Jay-R De Castro	Kaizen Dela Serna	5
2	Kevin Pascua	Precious Cabuya	6
3	Mike Yap	Julie Grace Violeta	7
4	Delvic Bag-ao	Deanne Moncada	8
5	Mark Julius Rodelas	Milky Mae Tejares	9
6	Brandon Grageda	Marites Nocyao	10
7	Kenneth Jay Gariando	Frances De Los Santos	11
8	Jay Tecson	Kristine Joy Buhawe	12
9	Kristian Guerrero	Jo Rennie	13
10	Kyle Antolin	Glorien Merisco	14

Para-Ninja Ranking (*after QR1*)

2021 POSF Para-Obstacle Sports 1st Qualifier (Obstacle in a Box)											
Rank	Para-Athletes		Age	Venue	Official Time	Rank	Para-Athletes		Age	Venue	Official Time
P01 (Male)						P05 (Female)					
1	Obero	Julius Jun	0	Taguig	03:25.0		Estrella	Andrea "Iya"	17	Cavinti	DQ
	Archer	Nigel	53	Taguig	DQ		Lorenzo	Jeanell Kay	18	Cavinti	DQ
	Faustilla	Verniel	32	Cebu	DQ		Torres	Angel	18	Cavinti	DQ
	Dael	Jheffrey	40	Cebu	DQ	P05 (Male)					
P02-P04 (Female)							Casidsid	Mark Joseph "Aga"		Cavinti	DQ
	De Asis	Edelyn	19	Taguig	DQ		Bercino	John Michael	16	Cavinti	DQ
P02-P04 (Male)							Amorillo	Yousef Andrei	17	Cavinti	DQ
1	Tumangan	Kent	24	Cebu	03:21.0	H.I. Athletes (Male)					
2	Biteng	Jeferson	31	Taguig	03:28.0		Abal	Angelo		Cavinti	04:16.0
3	Zinampan	Ariel	40	Taguig	03:32.0		Ancheta	Ponciano		Cavinti	04:40.7
4	Ahid	Ameer	25	Cavinti	03:39.6		Casaul	Jay-ar		Cavinti	DQ
5	Maglasang	Joey	32	Cebu	04:00.0		Oledan	James Norman		Cavinti	DQ
6	Sanchez	Enrique	32	Cebu	05:25.0	<p><i>Formula for Official Time:</i></p> <p>Official time = [(Best Time) Set flow] + [(Best Time) Free Flow]</p>					
7	Embradura	Renson	30	Cavinti	06:19.7						
	Anievas	Ramon Jr.	35	Cavinti	DQ						
	Capilitan	Rolly	26	Cavinti	DQ						
	Pinto	Karl Brian	26	Taguig	DQ						
	Natividad	Norberto "Bert"		Cavinti	DQ						

International Events (2nd half 2021)

Date	Country	Organizer	Event
06.15	Online	OSF AP	3 Asia-Pacific Records
07.29-31	Las Vegas	UNAA	Ninja World Champs
08.13-15	Moscow	Hero League/ FISO	Ninja World Champs
08.21-22	Moscow	Hero League/ FISO	OCR World Champs
09.12-21	Tanzania	EP Global/ FISO	World's Highest OCR
10.09	Colorado	Spartan	Ultra World Champs
11.05-07	Greece	Spartan	World Champs Trifecta
11.13-14	Las Vegas	Tough Mudder	World Toughest Mudder
11.20-21	New Zealand	Marokopa Munter	12/24 hr Adventure Race
12.03-05	Abu Dhabi	Spartan	World Champs Beast

Note: Number of Members of National Team to be sponsored/ subsidized shall depend on availability of funds.




Event Overview

1. Mandatory multi-stage altitude acclimatisation to Uhuru Peak, elevation 5,895m (19,340ft.)
2. Descent into the crater, elevation 5,750m (18,864ft.)
3. 100m Obstacle Course within Crater
4. Reset & Refuel at Barafu Camp elevation 4,600m (15,091ft.)
5. 2-day, 2 stage speed descent from Barafu Camp to park gates.

Confirmed:
2 Male and 2 Female Athletes

UNAA



UNAA
WORLD NINJA CHALLENGE
Time Trials

#UNAAWorldNinjaChallengePW

Venue: Pretty Huge Chateaux | Day & Time: Saturday 8am - 6pm | Inclusions: Entry and Gifts | Registration: P950 x P1,500

MARCH 13, 2021		
Quintuple Steps	1 point	n.a
Log Roll	2 points	6 feet
Rings	1 point	60 feet
Peg Board	2 points	12 feet
Rope Climb	1 point	15 feet
100ft Run	1 point	n.a
Quintuple Steps	1 point	n.a
10ft Elevated Balance Beam	1 point	n.a
Grips	2 points	40 feet
Laches	2 point	40 feet
Rope Climb	1 point	15 feet
100ft Run	1 point	n.a
Quintuple Steps	1 point	n.a
Log Roll	2 points	6 feet
Cliff Hanger	2 points	16 feet
Rings	1 point	60 feet
Rope Climb	1 point	15 feet
100ft Run	1 point	n.a
TOTAL POINTS	24 points	

- QR2 for POSF National Team (Pro)
- Direct Qualifier for UNAA World Series (Top 3 Male and 3 Female Pro, Amateur and Masters)

UNAA WORLD SERIES CHAMPIONSHIPS Season 6-2021 at The Orleans Arena, Las Vegas, NV

July 29-31st

Entry Fee

- **P950** for POSF Members
(*no Promo Code*)
- **P800** for National Team
and Dev't Pool (*use
NINJA15 as Promo Code*)

Must pay –

- National Team: **P200**
- Dev't Pool: **P300**
- POSF Members: **P500**

UNAA

Membership Fee

P1,500 for all (*Annual
fee for 2021*)

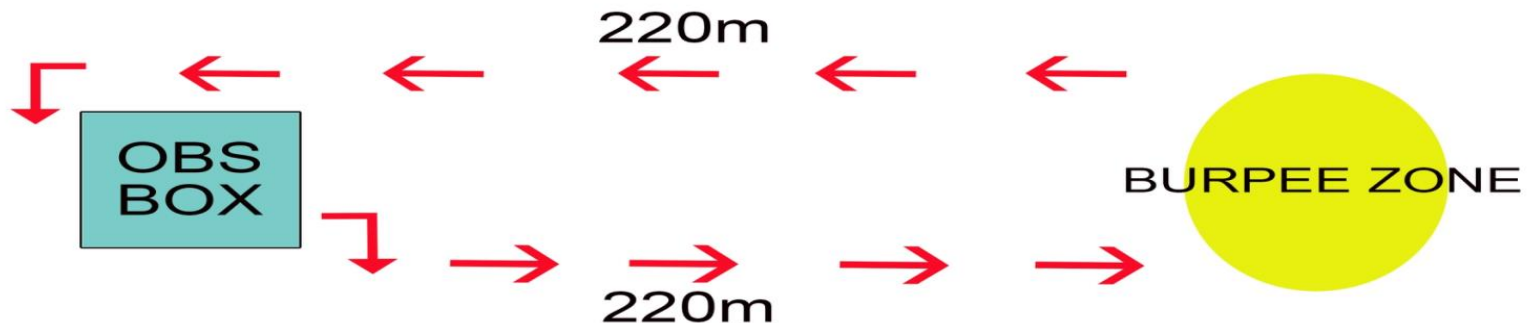
Must pay –

- National Team: **P200**
- Dev't Pool: **P500**
- POSF Members:
P1,000























*Athlete must pay the full amount (P950/P800 and P1,500),
then POSF will reimburse the difference on event day.*

5km OCR Box























OCR BOX: 440m X 11



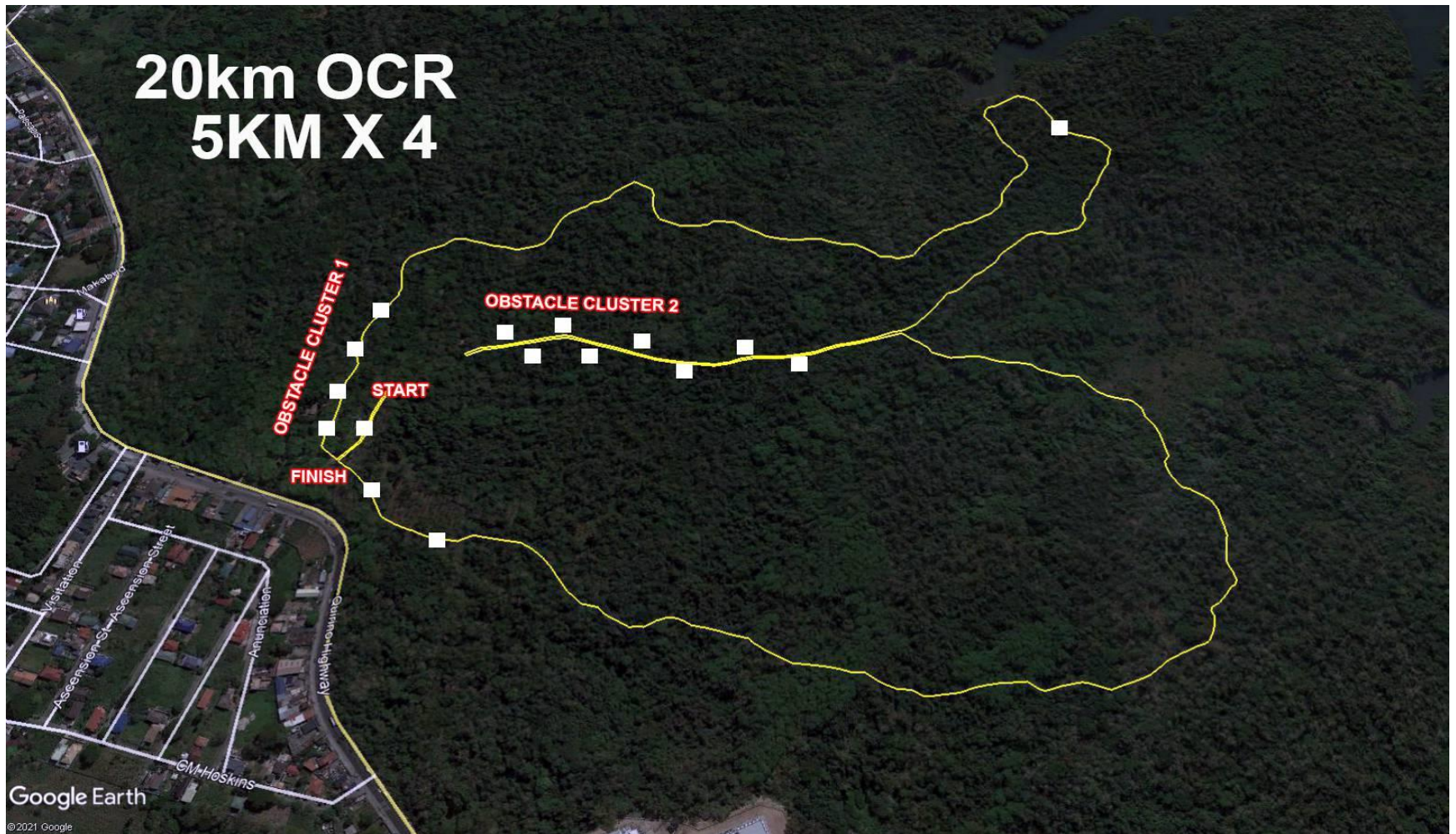
OCR Box: Able-Bodied

Box	220 meter Run	Exercise
(1) Under the Wall		(1) 5 Burpees
(2) Pull ups	 	(2) 5 Burpees
(3) Through the Wall	 	(3) 5 Burpees
(4) Monkey Bars	 	(4) 5 Burpees
(5) Inclined Push Ups	 	(5) 5 Burpees
(6) Free Rings	 	(6) 5 Burpees
(7) Over the Wall	 	(7) 5 Burpees
(8) Ring Twister	 	(8) 5 Burpees
(9) Dips	 	(9) 5 Burpees
(10) Traverse Wall	 	(10) 5 Burpees
(11) Inverted Row	 	(11) 5 Burpees
(12) Rope Climb		

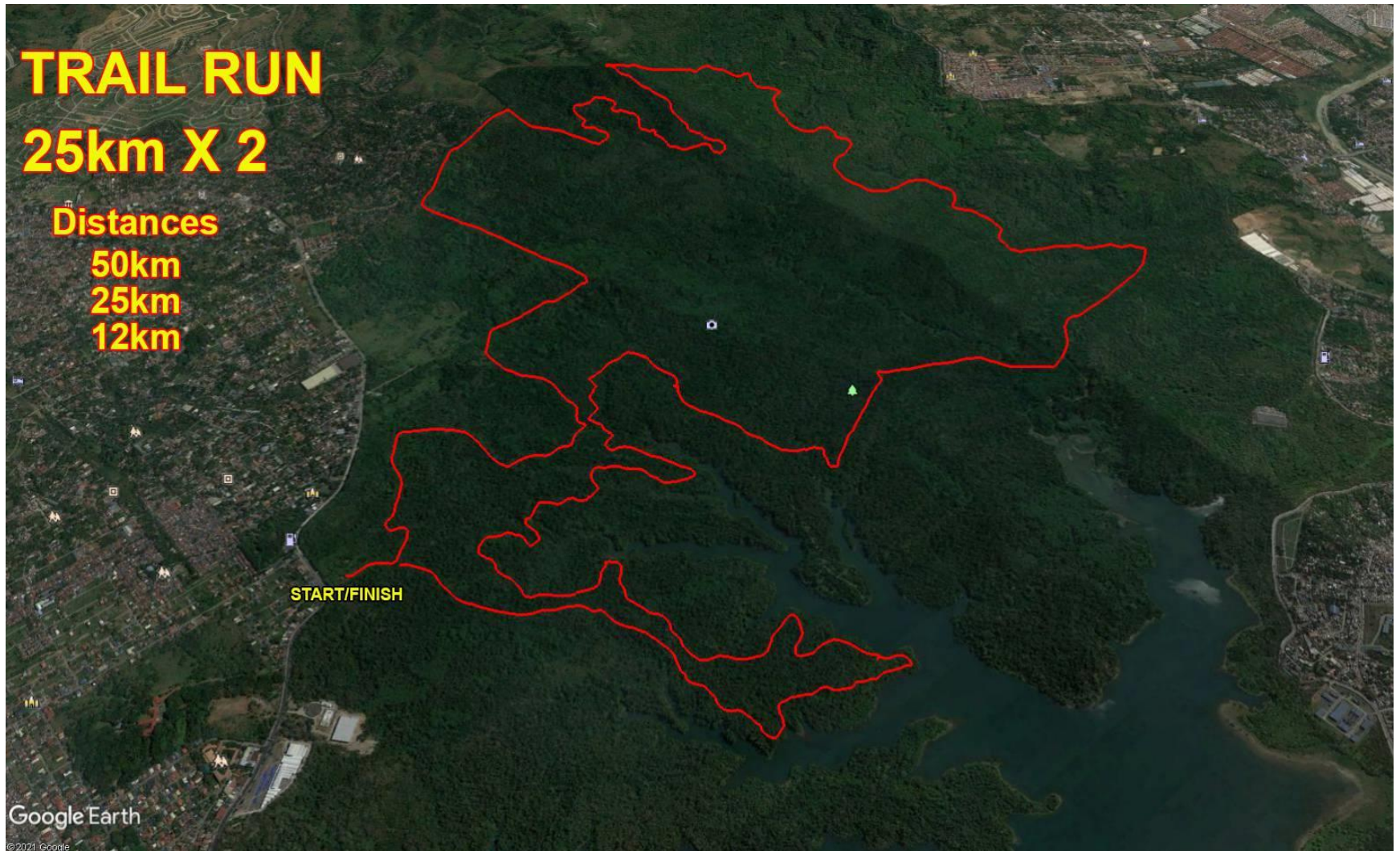
OCR Box: Para-Athlete

Box	220 meter Run	Exercise
(1) Over the Wall		(1) 5 Burpees
(2) Under the Wall	 	(2) 5 Burpees
(3) Through the Wall	 	(3) 5 Burpees
(4) Pull ups	 	(4) 5 Burpees
(5) Inclined Push Ups	 	(5) 5 Burpees
(6) Inverted Row	 	(6) 5 Burpees
(7) Ring Twister	 	(7) 5 Burpees
(8) Free Rings	 	(8) 5 Burpees
(9) Monkey Bars	 	(9) 5 Burpees
(10) Dips	 	(10) 5 Burpees
(11) Traverse Wall	 	(11) 5 Burpees
(12) Rope Climb		

20km OCR



50km Trail Run



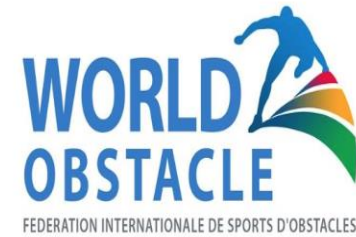
3 Asia Pacific Records

(1) Fastest 4M Rope Climb

(2) Longest Dead Hang

(3) Most Number of Toes-to-Bar

OCR Coach Education Level 1 and 2



Skills

Level 2

Conducting athlete consultations & inductions

Instructing training sessions

Coaching running technique & fitness

Coaching OCR technique & strength

03.22/24/26
M-W-F
9-11pm

Level 1

Athlete consultations & inductions
(inc nutrition review)

Planning & instructing training sessions

Introduction to coaching processes

Principles of Running Technique & Fitness

Health & Safety In the training environment

Principles of OCR Technique & Strength

03.15/17/19
M-W-F
9-11pm

Knowledge

Intro to obstacle sports & coach professionalism
(Pre-reading)

Principles of anatomy & physiology
(Pre-reading)

Principles of conditioning and fitness
(Pre-reading)

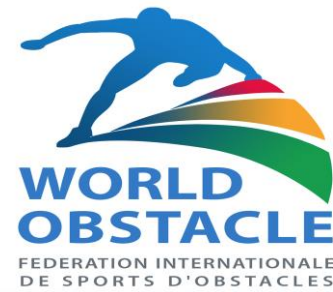
NF First Aid
(CPR/AED)

NF Athlete safeguarding
(Safe Sport)

NF Anti-Doping



Requirements



Enrolment

- Submit names to Raven Quan and pay Treasurer by 03.08
- Payment for 2 Levels:
 - National Team: Free
 - Developmental Pool: P250
 - POSF Others: P500
 - Non-POSF: P2,000
- For Level 2: Complete Attendance in Level 1

L2 Certification

1. Pass Written and Practical Assessment
2. Obtain First Aid Certification
3. Secure Basic PT Certification
4. Attend Safe Sport and Anti-Doping Training and Assessment

Note: May attend Levels 1 and 2 without complying with the 4 L2 Certification requirements but cannot be certified without all 4.

POSF Offered Arrangements

Aspect	No. 2: First Aid	No. 3: PT
<i>Certifier</i>	Phl. Heart Association	Fitness Innovations Manila
<i>Format</i>	Face-to-Face	Face-to-Face or Virtual
<i>Venue</i>	Pretty Huge Obstacles	F2F: Pretty Huge Obstacles
<i>Date</i>	March 29, 8am – 5pm	F2F: March 10, 8am – 5pm V: March 11/12, 1 – 4pm
<i>Fee (and subsidy by POSF)</i>	P1,500 but for: National Team: P250 Dev'tal Pool: P500 POSF Member: P750	P 2,200 but for: National Team: P400 Dev'tal Pool: P700 POSF Member: P1,100
<i>Test</i>	Yes, after (video)	Yes, after (video)
<i>Deadline</i>	March 15, PM Raven Q.	March 8, PM Raven Q.

Note: Attendees may secure their own certifications from accredited providers

Updated March-May Schedule

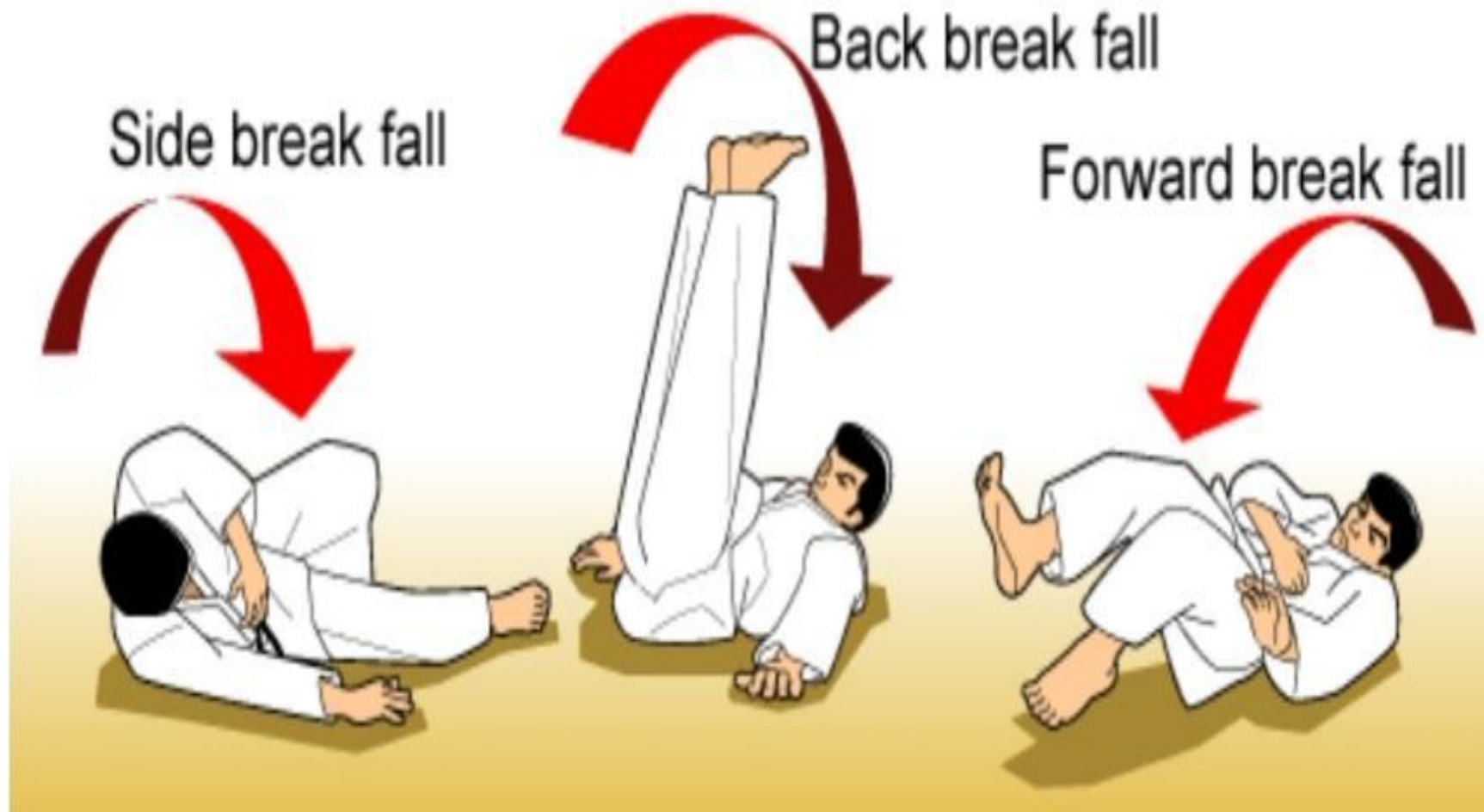
as of March 4, 2021

Date	Activity	Venue
March 7	Parkour Flow QR1	PHO
10	PT Certification (Face-to-Face)	PHO
11/12	PT Certification	Online
13	UNAA Ninja QR2	PHO
14	Celebrating Women in OCR	OC
15/17/19	World Obstacle Coaches Certification L1	Online
20-April	AFPU East Asia-Southeast Asia Parkour Cup	Online
20	OCR Box 5km QR1	Boracay
20	OCR Box 5km QR1	Cavinti
20	Box Launch/ Clinic/ Training	Cotabato
20/21	OCR Box 5km QR1	Olongapo
22/24/26	World Obstacle Coaches Certification L2	Online
27	OCR Box 5km QR1	Cebu
27/ 28	OCR Box 5km QR1	La Mesa
29	First Aid Certification	PHO

Date	Activity	Venue
April 10	OCR 20km QR1	La Mesa
18	Trail Run 50 (QR2)/25/12 Km	La Mesa
TBA	2 nd Para-Athletics Qualifiers	TBA
24/25	Box Clinic/ Training	Clark
29	Box Clinic/ Training	Boracay
28-May 2	Endurance Altitude Training (invitation)	Baguio
8	Adventure Race QR1	Cavinti
TBA	AFPU Asia Parkour Cup	Online
TBA	Ninja QR3	Arcovia
TBA	OCR 10km QR2	TBA



How to Fall





ANNOUNCEMENT!

TAFISA and the ITTF Foundation are proud to announce that they have joined forces to jointly deliver a very special Gender Equity Online Workshop on International Women's Day 2021!

It is our pleasure to invite you to attend the online Workshop on 8 March 2021, 8 PM – 10 PM.

Visit olympic.ph to register.

www.olympic.ph



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Member of:



Recognized by:



3 February 2021

Hon. WILLIAM I. RAMIREZ
Chairman
PHILIPPINE SPORTS COMMISSION (PSC)
Manila

Attn: **Marc Velasco**
Chief of Staff/ Training Director

Re: **Request for Endorsement of Event-Health Protocol
for Obstacle Sports Events to the IATF and DOH**

Dear Chairman Ramirez,

On behalf of the Pilipinas Obstacle Sports Federation (POSF), the National Sports Association on Obstacle Sports recognized by the PSC and Philippine Olympic Committee, I would like to request for the endorsement by the PSC of the attached Event-Health Protocol to the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF) and Department of Health (DOH) for the latter's consideration and approval. The proposed proposal has been evaluated by members of the PSC's medical team. Also attached is the Waiver, Quitclaim and Deed of Undertaking all participating athletes must execute.

Hoping for your favorable response.

Thank you.

Very truly yours,



Atty. Alberto C. Agra
President

2021 - 0063
Philippine Sports Commission
RECORDS OFFICE
Date: Feb. 3, 2021
Time: 9:15
Received by: Jhong

THANK YOU.

FALL 7. RISE 8.