



*Building Better Humans*

**POSF**

**PILIPINAS OBSTACLE SPORTS FEDERATION**

# **Planning**

3:00 p.m., Sunday, February 7, 2021

Heat, Edsa Shangri-La Hotel

# Who we are

- 4 years old
- Group of Groups
- Officers elected
- Recognized NSA (POC and PSC)
- Affiliated NF (World Obstacle and OSF AP; IPF and AFPU)
- 4 Disciplines
- 4 Sectors
- “Gold Standard” at International Level
- Established a lot of Firsts in the World
- (Most) Active and Relevant



# Vision and Mission

## MISSION

**The Mission of FISO** is to promote the **Obstacle Sports including**, but not limited to **Ninja, OCR and Adventure Racing** throughout the **world**, to lead **Obstacle Sports**, and **meet the requirements** as specified by the **International Olympic Committee** and the **International Paralympic Committee**. We promote **FISO World Championships** in each sport for our **member federations** and their **athlete members**.

## OUR VISION

Our vision is to **build a better world through sport**. We are not the only institution striving to build a better world – however our tool is sport, which makes it unique. We try to do this through three main values rooted in the philosophy of Pierre de Coubertin: **Striving for excellence, Demonstrating respect and Celebrating friendship**.

We have three missions linked to delivering on our vision and reflecting our values of excellence, respect and friendship:

- to ensure the uniqueness and regular celebration of the Olympic Games
- to put athletes at the heart of the Olympic Movement
- to promote sport and the Olympic values in society, with a focus on young people.

To fulfil its mission, the Olympic Movement has adopted and adheres to four working principles. These working principles preserve the integrity and distinctiveness of what we do.

# SPORTS

## WITH AND FOR A PURPOSE

SPORTS IS NOT ONLY FOR SPORTS' SAKE. SPORTS HAS A NOBLE PURPOSE BEYOND SELF, MEDALS, WINNING IN TOURNAMENTS AND ATHLETICISM. IT HAS A PIVOTAL ROLE IN ACHIEVING THE 17 SUSTAINABLE DEVELOPMENT GOALS. IT CAN CONTRIBUTE TO BETTER QUALITY OF LIFE AND CAN BE AN INSTRUMENT FOR ALL TO BECOME BETTER HUMANS AND TO BUILD ACTIVE AND BETTER COMMUNITIES.

THERE ARE 12 DIMENSIONS TO RE-ORIENTING OR CAPTURING THE INTEGRAL PURPOSE OF SPORTS – FROM “FOR SPORTS” OR “NOT ONLY” (LEFT SIDE OF EACH DIMENSION) TO “SPORT FOR” OR “BUT ALSO” (RIGHT SIDE). THE “HEXAGON” DEPICTS THE COHERENCE AND INTERCONNECTEDNESS OF THESE 12.

THE CHALLENGE FOR ALL OF US IS TO BECOME OLYMPISMISTS AND CHANGE THE WORLD TOGETHER IN, AROUND, THROUGH AND WITH SPORTS.

ATTY. ALBERTO C. AGRA

AUTHOR. SPORTS LAW-FOR-ALL PRIMER



# POSF Strategic Roadmap: 2021 – 2030

*Vision:* POSF shall build better humans, form active communities, and provide better quality-of-life through obstacle sports (OS)

*Mission:* POSF shall promote OS and all its disciplines, advance the interest and welfare of athletes and members, and develop Sports-for-a-Purpose programs

## Strategic Goals/ KRAs

SG1: Promote the whole-life well-being of OS Stakeholders

SG2: Develop High Performance World-Class OS Athletes

SG3: Enhance sustainable development in and through the organization

## Strategies

1. Formulate and implement holistic quality-of-life enhancement programs for all OS athletes and stakeholders
2. Develop livelihood, insurance and entrepreneurial and scholarship initiatives
3. Pursue continuing education initiatives
4. Instill safe sport policies

1. Form National Teams, Dev'tal Pools and Training Teams based on standards and competitions
2. Undertake nationwide recruitment
3. Institutionalize coaches development
4. Set-up of OS Facilities all over the country
5. Organize and join local and international events

1. Advance Sports-for-a-Purpose in, through and outside OS
2. Promote inclusivity and OS-for-All-Everywhere
3. Incorporate OS in Schools and Local Governments
4. Strengthen fiscal independence and good governance
5. Work towards the realization of 17 Sustainable Development Goals

# Officers

Position	Name
Board Chairperson	Charles Or
<i>Executive Committee</i>	
President	Alberto Agra
Vice-President	Raven Quan
Secretary-General	Anjo Sarmiento
Treasurer	Carlos Paca
Corporate Secretary	Angel Requinala

# 4 Sub-Sports

Sub-Sport	Name
OCR	Mark Parilla
Ninja	Rochelle Suarez
Adventure Racing	Thumbie Remigio
Parkour	Mark Rodelas

# 6 Areas

Areas	Name
Metro-Manila	Kitch Gamilla
Northern Luzon	Frank Lacson
Southern Luzon	Jamie Blocker
Visayas	Jannine Pon
Mindanao	Nate Sanchez
Overseas	Xenos Soto



# Committees/ Commissions

Comms.	Chairpersons
Member-Groups	Anjo Sarmiento
Coaches	Raven Quan
Competitions	Thumbie Remigio
Women's	Patricia Castillo
Para-Athletes	Ameer Ahid
Diversity	Marc Celis
Youth/ Physical Educ.	Sarah Lim
Athletes	Mark Rodelas

# Committees/ Commissions

Comms.	Chairpersons
Obstacles/ Facilities	Marc Arab
Social Media/ Website	Rochelle Suarez
Finance/ Fund-Raising	Carlos Paca
Rockstar Program	Marc Celis
Governance/ Grievance	Charles Or
LGU Affairs	Raven Quan
Safe Sport	Angel Requinala
Medical	Raquel Llarena
Legal	Jessica Agra

# POSF shall continue to thrive in 2021. It shall:

(1) Hold a series of 4 races for 4 sub-sports (OCR, Ninja, Adventure Racing and Parkour), for Able-Bodied, Para-Athletes, Youth and Kids (protocols permitting) and Seniors and Masters from February to May. These races are qualifying races for the National Team and Developmental Pool which shall be reconstituted in June.



# Updated Schedule (1<sup>st</sup> half 2021)\*

Date	QR	Sub-Sport	Format	Proposed Venue
February	1	Ninja (Box)	Set and Free	6 areas
March 7	1	Long Run + Exercises	12/ 21 km Trail	La Mesa
March 13	2	Ninja	UNAA; 10/11 Obstacles	PHO
March 14	2	Parkour	Flow and Speed	PHO
March 27	2	OCR	3 km x 12 Obstacles	La Mesa
March 28	2	AR	Sprint x Pair	La Mesa
April 10	3	Ninja	100 m x 10 Obstacles	Filinvest
April 10	3	Parkour	Flow and Speed	Filinvest
April 11	3	OCR	3 km x 12 Obstacles	Filinvest
April 18	2	Long Run + Exercises	15/ 25 km Trail	La Mesa
April 25	3	AR	Sprint x Pair	Caliraya
May 9	3	Long Run +Exercises	15/ 35 km Trail	Timberland
May 15	4	Ninja	7 Obstacles (ATS Team)	Arcovia
May 15	4	Parkour	Flow and Speed	Arcovia
May 16	4	OCR	3 km x 12 Obstacles	Arcovia
May 16	---	Obstacle Triathlon	3km Run - 5km Bike - 2km Run	Arcovia
May 30	4	AR	Sprint x Pair	Timberland

# **February Box Events**

*(Dates, Venue and Handling Group)*

1. February 20 and 21, Olongapo City,  
Team Obsztacles
2. February 24 (Wednesday) at  
Eastwood, QC, POSF
3. February 27 and 28, Cebu City,  
United VisMin
4. February 28, Boracay, Boracay OCR

# Back-up Plans\*

Without an approved protocol by the IATF in time for the March events and mindful of the reconstitution of the National Team and Developmental Pool by June, POSF shall adopt any of the following:

1. Reduce the number of events; or
2. Reschedule the events to a later date; or
3. Hold workouts and challenges at Pretty Huge Obstacles for OCR, Ninja and Parkour; or
4. Such other scheme which may be deemed appropriate.

# Important Announcements

## Draft Protocol

- Discussed with PSC (for endorsement to IATF and DOH)
- Only members of National Team, Developmental Pool and Training Team, and competitive athletes based on POSF's assessment can join the events from March to May
- Mandatory RT PCR test 48 hours before Race
- Limited number of Athletes per Period/ Heats

## Box Practices

- Athletes can practice using the Box at PHO from February 11 to February 22
- Kindly coordinate with the Handling Groups regarding practice outside Metro-Manila

# POSF shall continue to thrive in 2021. It shall:

(2) Send, during the 2<sup>nd</sup> half of the year, members of the National Team, the number to be determined in the future, to the events sanctioned by World Obstacle and International Parkour Federation.





# International OCR and Ninja Events

Date	Country	Organizer	Event
07.29-31	Las Vegas	UNAA	Ninja World Champs
08.13-15	Moscow	Hero League/ FISO	Ninja World Champs
09.12-21	Tanzania	EP Global/ FISO	World's Highest OCR
09.20-22	Moscow	Hero League/ FISO	OCR World Champs
11.05-07	Greece	Spartan	World Champs Trifecta
11.13-14	Las Vegas	Tough Mudder	World Toughest Mudder
12.03-05	Abu Dhabi	Spartan	World Champs Beast

# POSF shall continue to thrive in 2021. It shall:

(3) Kick-off Project 7-8.  
Potential athletes aged 15 to 22 years old will be identified and trained.



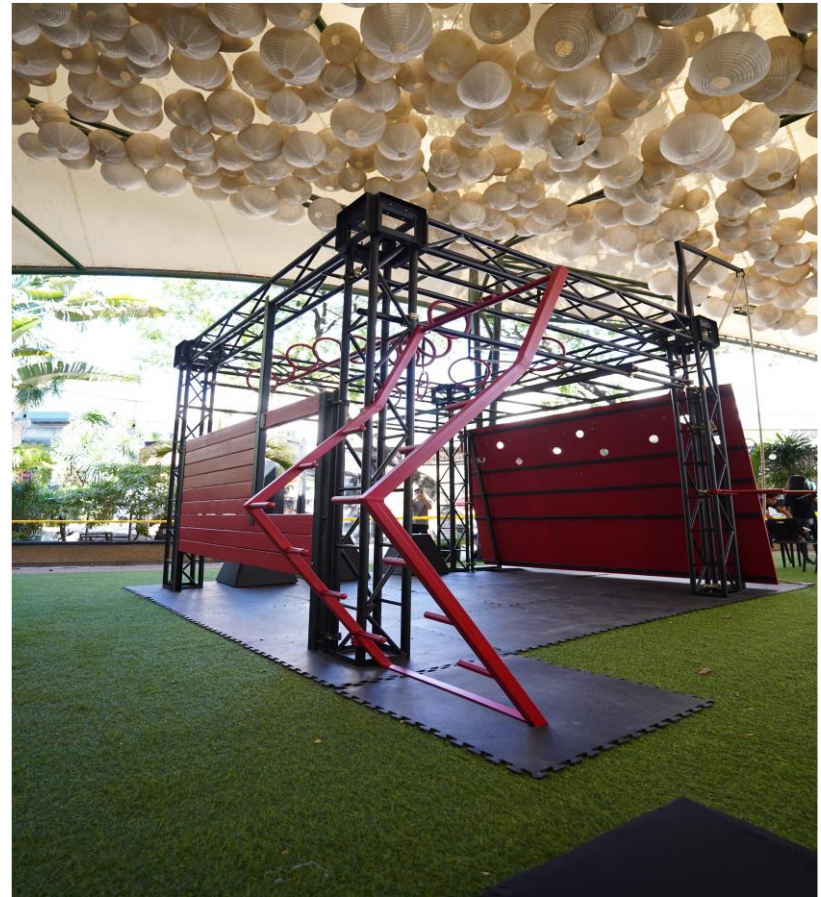
# **POSF shall continue to thrive in 2021. It shall:**

(4) Restart the weekly training sessions (Strength and Conditioning, Obstacle Proficiency and Endurance) for the current members of the National Team and Developmental Pool.



# POSF shall continue to thrive in 2021. It shall:

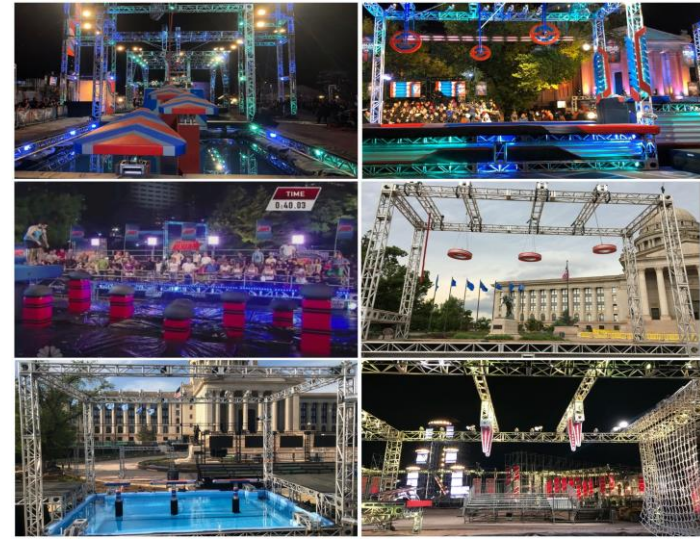
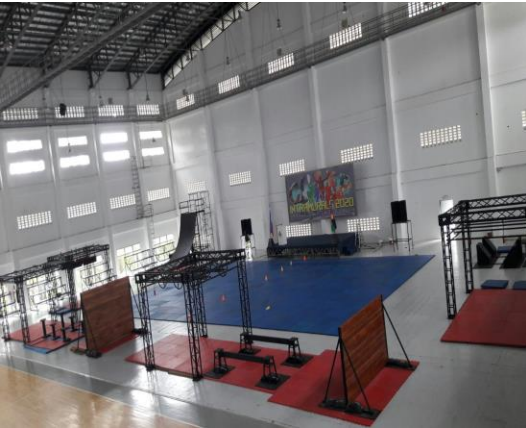
(5) Launch some 20 12-in-1- Obstacles-in-a-Box until May all over the country. Competitions using the Boxes will start in February.





# POSF shall continue to thrive in 2021. It shall:

(6) Set up Permanent Ninja facilities in 4 areas.



# **POSF shall continue to thrive in 2021. It shall:**

(7) Pursue the Rockstar program (online workout sessions then face-to-face) for Kids with Visual, Hearing and Intellectual Disabilities, Kids with HIV and Street Children, and soon, Kids being treated at Philippine Children's Medical Center. Program is handled by volunteer coaches-athletes.



# **POSF shall continue to thrive in 2021. It shall:**

(8) Promote Obstacle Sports and Athletes in social media, post videos in TikTok and YouTube. POSF shall enter into a Barter Agreement with TikTok to promote Obstacle Sports.



# POSF shall continue to thrive in 2021. It shall:



(9) Help design and hold webinars for Obstacle Sports-Physical Education programs for universities and colleges. Obstacle Sports will be introduced in some 5 to 10 universities and colleges this year, including the newly-created National Academy for Sports.



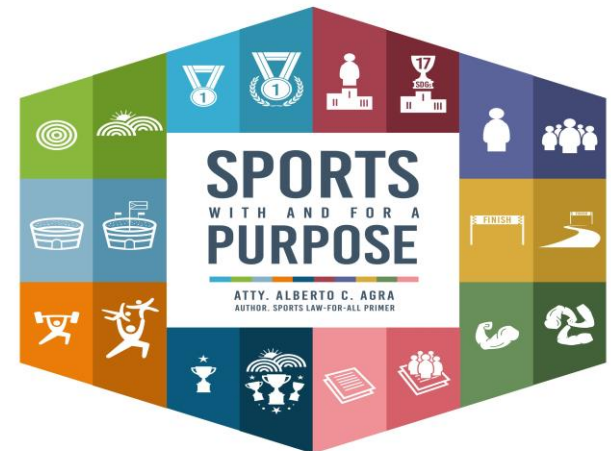
# POSF shall continue to thrive in 2021. It shall:

(10) Sign some 10 memorandums of understanding with local government units for the inclusion of Obstacle Sports in their community and youth development programs.



# POSF shall continue to thrive in 2021. It shall:

(11) Be a prime mover in the Obstacle Sports Federation Asia Pacific and in the formation of the Association of Community Sports Advocates, and the adoption of the Sports-for-a-Purpose ordinance.



# Proposed 2021 Budget (Recurring)

Items	Breakdown	Total
<b>Officers</b>		
Secretary General	P10,000/ month x 12 months	120,000
Secretary	P15,000/ month x 12 months	180,000
Competitions	P10,000/ month x 12 months	120,000
Office Assistant	P10,000/ month x 12 months	120,000
	Sub-Total	<b>540,000</b>
<b>Coaches/ Others</b>		
Head Coach (add'l)	P 10,000/ month x 12 months	120,000
Obstacle (add'l)	P 10,000/ month x 12 months	120,000
S&C (add'l)	P 10,000/ month x 12 months	120,000
Endurance (add'l)	P 10,000/ month x 12 months	120,000
Physiotherapist	P 15,000/ month x 12 months	180,000
Para-Athletes	P 10,000/ month x 12 months	120,000
Parkour	P 10,000 / coach/ month x 12 months x 2 pax	240,000
Social Media	P 10,000/ month x 12 months	120,000
Legal and Accounting	P30,000/ month x 12 months	360,000
	Sub-Total	<b>1,500,000</b>
<b>Facilities (T/P)</b>		
Pretty Huge	P500/ athlete/ month x 12 months x 50 pax	300,000
Obstacle Central	P1,000 athlete/ month x 12 months x 25 pax	300,000
	Sub-Total	<b>600,000</b>
<b>Shirts</b>	P500/ shirt x 500 shirts	<b>250,000</b>
	Total	<b>2,890,000</b>

# Exclusions

Boxes

Obstacles

Training  
Camps

Events

Trips

Meetings

Vaccines

Covid-19  
Tests

Others

# 2021 Benefits

Discount in Races

Discount in Training Facilities

Discount in Training Camps

T-Shirts by Defy

# Group Obligations:

## Continuing Membership

1. Attendance in General Assemblies and meetings
2. Recognition of duly-elected officers
3. Compliance with decisions and policies
4. Active participation in POSF activities, programs and events
5. Dynamic involvement in POSF Committees
6. Initiative to promote OS in social media
7. Support National Training Pool and National Team

Membership Assessment will be made to determine interest and commitment to stay as POSF Member

# P500k Support Options

Athlete

Training

Prosthesis

Box/  
Obstacle

Trip

Event/  
Race

# 2021 Funds and Sponsors

Cash: P1.5M

250 PCR  
Tests

Air Asia  
Tickets

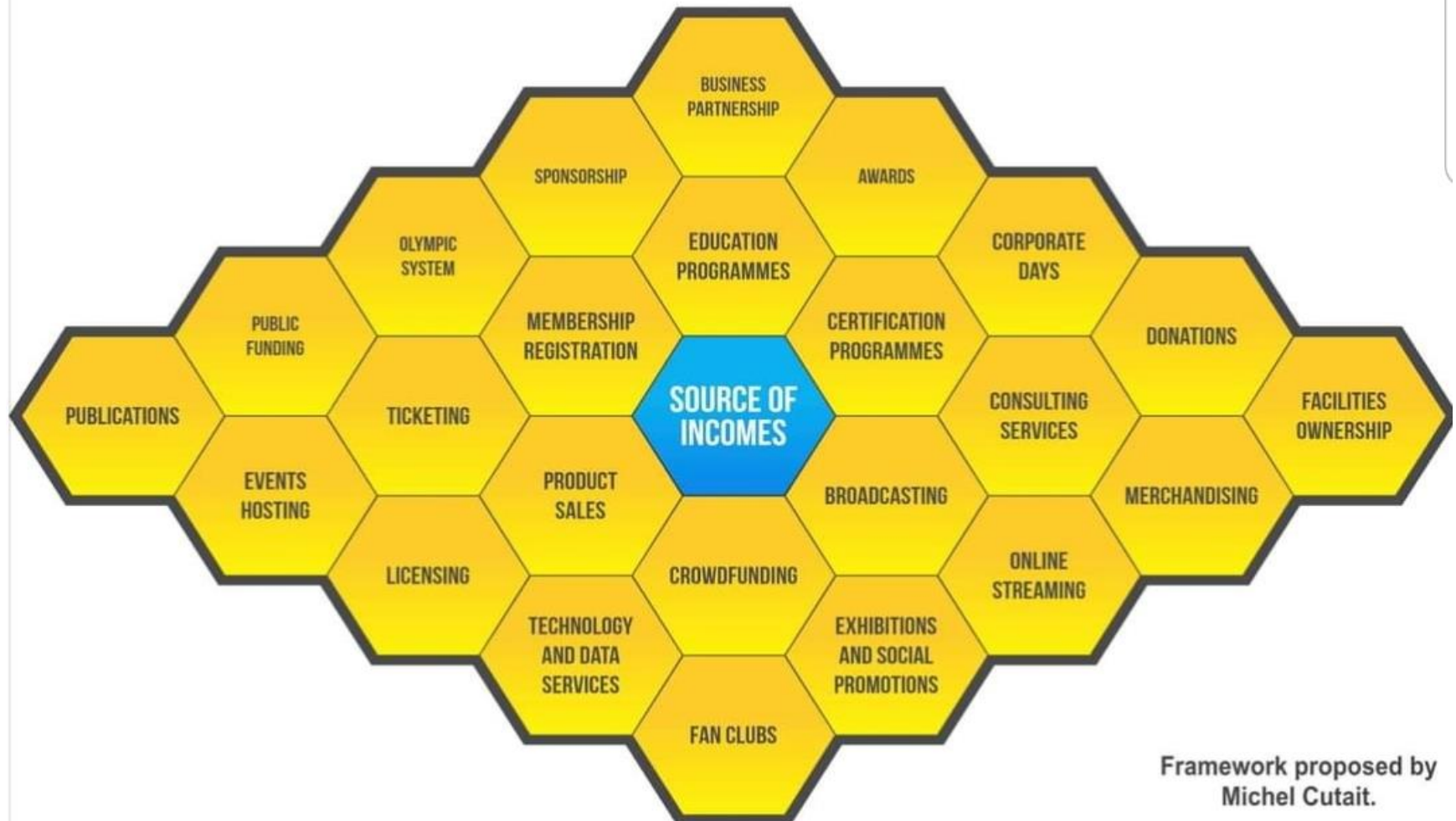
Team Agra

MVPSF/  
PLDT/ Smart

All (Per)  
Events



# Sustainability Plan/ Hive



Framework proposed by  
Michel Cutait.

# Current/ New Initiatives

ISO 9001:2015  
Certification

Vaccine for  
Team

Online  
Webinar for  
Coaches

Location of  
SEAG  
Obstacles

Aggressive in  
Social Media

Protocol/  
Qualifying  
Series

Box and  
Facility Roll-  
Out

Para-Athletics  
Try-outs

Training for  
Athletes