

FROM PG. 1

...Silent Gladiator

At first, she never thought that she would learn how to play volleyball until her aunt and uncle encouraged her to join tryouts due to her height. She started this sport in sixth grade without any background about it. Eventually, when she started to like it, she pursued her sport and leveled up her game.

Her height and power makes her dominant over the other volleybelles. That's why she became famous in different regions. Other volleybelles from other provinces idolize her because of her strength.

Her power was an original product from

Region 4A-CALABARZON. She came all the way from Southern Tagalog Region. Because of her talent, the National University-Nazareth offered an educational grant to her and considered her as one of their resident players.

Her parents, coaches and teammates served as her inspiration in playing. The never-ending support of her parents really pushed her through to do her best in every game.

Alyssa Solomon, a name bound to be remembered, a name that would surely shine in the volleyball field. Undoubtedly, she is the Alyssa Valdez in the making in this generation.

FROM PG. 1

...slam Mighty BARMM down

The Titans leaned on the effective performance of Iverson S. Morales who scored 4 points, 3 blocks, and 1 rebound, and steal including his outstanding block and did not give a chance on the trembling BARMM to tie the game.

The Mighty Bangsamoro 2-pointer tied the game in a 13-13 score but Reymon Guiron on Jammers made a free throw shot that forced the game to a one point lead and switch to defense position. With the block of Morales ending it up in a 14-13 note.

"Sobrang tense po ng laro pero binigay po naming yung lahat para manalo doon," Morales said. NCR Jammers proved their strength in the early minutes of the game by pouring out 5-1 lead with the Mighty unleashing a 2-pointer but NCR strengthening their defense and offense with Reymon Guiron scoring 4 points with their lead 9-5.

Numerous spin shots and quick layups was executed by Jammers but the Bangsamoro unfold 3 2-pointers and manage to tie the game via 13-13.

After the tie score, Jammers put more power to their defense by blocking the 2-point attempts of the Hawks and used their turnover as NCR was fouled and puts up a free throw that ends the game in a one point lead, 14-13.

"Magaling yung pinakitang laro kanina ng Bangsamoro, binigay nila yung best nila pero ganun talaga yung nangyari, ok din naman yung team nila," Morales added.



JUMP SHOOT. Jammers' basketball team wins the match against the Mighty Bangsamoro in the 3 vs 3 basketball secondary boys at the Holy Cross of Davao. Taken by Mrs. Elizabeth Catibog

Jammers upset Stars, 2-0

Flaunting their best form yet and displaying cohesion all game long, National Capital Region (NCR) Jammers managed to capture the win against the Northern Mindanao Stars during the Palarong Pambansa Volleyball Secondary Level.

LANCE THENA, HHS

Six-foot player Alyssa Jae Solomon led her camp to victory as she demonstrated a genteel performance to handle 25-14, 25-23 drubbing at the mobbed UP Mindanao Gymnasium, April 30.

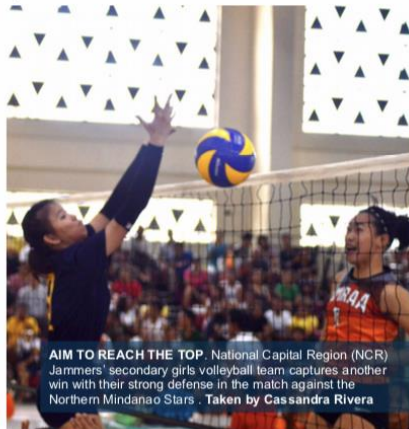
Being the tallest in the team, Solomon used her height as an edge against their opponents after she has dazzled them with 11 aces including eight attacks, two service aces and one block.

"Height and power for the win," said Solomon during the interview.

Jammers easily controlled the opening slide as they established a 10-2 blitz that brought the Stars to misery which made the Northern Mindanao surrender in the first set.

Both teams passed through seesaw battles as they tied seven times at the second frame but still the Jammers handled the game well.

The Stars tried to come back but NCR's Michaela Belen clinched the game to a 25-23 victory.



AIM TO REACH THE TOP. National Capital Region (NCR) Jammers' secondary girls volleyball team captures another win with their strong defense in the match against the Northern Mindanao Stars. Taken by Cassandra Rivera

sports FEATURE

A SUPREMACY Unending

Being one of the strongest and longest dominating teams of National Capital Region (NCR), comes again the pride of this region, the Sepak Takraw team fighting for their championship in the annual Palarong Pambansa.

ERNEST ATOG, CMSHS

Kerry James M. Legaspi and Jemlo M. Rafael, two of the members of the dynamic NCR Takraw team, with Ammiel Elijah B. Bardaje and the other athletes are showcasing their indestructible skills on this years' 2019 Palarong Pambansa in Davao City.

Soaring high with their excellent skills, the team warmed-up during the first day of palaro, advancing towards the tournament preliminaries after a sudden defeat from the Western Visayas Blue Barons, ensuring their next level after dumping the Mighty Bangsamoro with their wits.

Becoming a four consecutive palaro participant indeed proves their dominance as they are ready to target the gold for their beloved NCR.

But Legaspi and Rafael said in an interview that they are not yet so a "dominant" team for this year's palaro as what the regu portrays in their skills during their plays. "Ang pagiging dominante namin sa loob ngayon ay parang walang bearing masyado eh di pa masasabing dominante laging sinasabi ni sir yun di pa kami sobrang dominanteng team," Legaspi said.

The 4-time team palaro athlete really strived hard in preparing for their upcoming games with their coach Emeraldo Evite Claridad who pushed them hard to plan and strategized together. He always reminds them, to earn not just a medal, but to give pride to NCR.

As a veteran palaro athlete, they also have strengths and

weaknesses, as there is no success by just counting the medals earned in the games. For them, teammates and God are what makes them dominant and an epitome of camaraderie and sportsmanship. "Don't just relax, push harder even though you are at the edge. Despite their achievements, that's what the regu portrays and puts in mind as what Legaspi and his team perform in every game. Relaxing will not just drive you to success but hardwork will.

The consistent palaro regu, once again drives its journey as a powerful team. Ready to take home the championship for NCR. Inspiring other generation of sepak with their unending supremacy.



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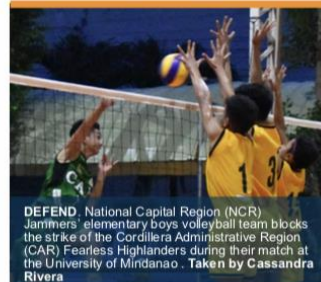
The Official Publication of DepEd - National Capital Region for 2019 Palarong Pambansa

2019 Palarong Pambansa Partial & Official Tally of Medals

as of 11:02 PM ; May 1, 2019

	GOLD	SILVER	BRONZE
NCRAA	43	36	23
VI-WVRAA	32	15	27
IV-A STCAA	31	24	39
XII-SRAA	18	28	15
V-BRAA	15	15	20
III-CLRAA	13	18	12
CARAA	10	6	15
I-RIAA	10	5	12
VII-CVIRAA	8	11	19
VIII-EVRAA	8	3	11
CARAGA	5	5	5
X-NMRAA	4	16	15
II-CAVRAA	4	5	3
XI-DavRAA	2	9	20
BARMM	2	7	4
IV-B MRAA	2	3	6
IX-SPRAA	1	2	9

DATA: Department of Education-Philippines



DEFEND. National Capital Region (NCR) Jammers' elementary boys volleyball team blocks the strike of the Cordillera Administrative Region (CAR) Fearless Highlanders during their match at the University of Mindanao. Taken by Cassandra Rivera

NCR secures quarterfinals seat

National Capital Region (NCR) Jammers secured a spot in the quarterfinals of the Palarong Pambansa Volleyball Elementary Boys after obliterating Cordillera Administrative Region (CAR) Fearless Highlanders via 25-20, 25-12 straight set victory held at the University of Mindanao Gym, April 30.

LANCE THENA, HHS

Achieving a record of three wins and still undefeated, the Jammers ensured to have a slot for the quarterfinals. Jammers jersey number two named Gab led his camp by tallying nine aces including seven attacks, one block, one service ace.

"Ang teamwork naming ang lamang namis sa kalaban at saka nagpapasalamat ako ng marami sa mga coaches at sa teammates," he said.

MORE ON P3



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ACCURACY AND PRECISION. Nicole Manalac secures gold medal at the 40 meter archery category with excellent shots ending in a 331-point hole on the target at the University of the Philippines Mindanao. Taken by Cassandra Rivera

Manalac seals 1st Archery gold

Davao City - Although a tenderfoot in the national event, National Capital Region's star archer Nicole Manalac showed veteran performance in the 40 M category and secured the gold medal at the University of the Philippines Mindanao, yesterday.

SHAWNRIK PACURA, CMSHS

Manalac punched a 331-point hole on the target, sitting far from Soccsksargen's Daniella Bernardo and Caraga's Julie Ann Malinog who registered 323 points apiece for the silver and bronze medals, respectively.

"I'm already impressed of what she's doing this morning kasi we have to consider 'yung wind factor, it's so hot and dusty," Coach Joann Chan Tabanag said. "But then she was able to recover, although I did not expect her to reach up high

because sometimes she's making a big mistake." The gold medalist shot excellent arrows in the early ends, hauling 52 and 56 points to head the leaderboard before failing to maintain the increase through a 51 note in the third. But Manalac asserted her all-out focus on the field to come up with two 59-point ends plus a 58 to secure the first place for herself, leaving the other podium finishers in the event by as much as eight. Meanwhile, her co-archers

Annika Divino, Erika Claude Manalo and Mary Elianne Ferry collected 306, 267 and 302 points which are decent scores but they still fell short to snatch a spot in the top three. None of the Jammers topscored in the 30 M event, with Divino placing sixth under Central Visayas' Chisha Mae Merto, Ferimi Gleam Bajado and Bernado of Region 12. The archers shall battle for the bullseye throughout the week, and medalists will be awarded on Friday.

sports FEATURE

The Silent Gladiator

Quiet.

This is what Alyssa Solomon, a 17-year old Volleybelle from National Capital Region (NCR) Jammers answered when I asked her a word to describe herself. Her choice of word shocked me a bit because you can't even tell that she has this kind of personality.

When you see this 6-footer athlete play inside the court, you'll get amazed by her playing attitude. Even though she remains silent, she still performs very well. Her sizzling attacks and spikes would surely give you goosebumps

ZOL BAUTISTA, CMSHS

when you see her throw it in the court. It's a fact that actions speak louder than words for Alyssa. Playing volleyball is not new to Alyssa. According to her, it's been 7 years since she started playing this, it is her second and last year in this year's Palaro.

Jammers slam Mighty BARMM down

ERNEST ATOG, CMSHS

National Capital Region (NCR) Jammers used their wits to nose out Mighty Bangsamoro after winning in a dramatic event via 13-14 in the 3 vs 3 Basketball Secondary Boys in the 2019 Palaro held at the Holy Cross of Davao, yesterday.

MORE ON P4



MORE ON P

NCR Elementary Boys team grabs silver in Palaro pingpong

The Jammers settled for a silver medal finish in the team event of the Elementary Boys division of the 2019 Palarong Pambansa Table Tennis as the Western Visayas Regional Athletic Association (WVRAA) swatters subdued them at the Brgy. Toril Gymnasium, yesterday.

SHAWNRIK PACURA, HHIS

Effectively utilizing their height advantage, the Visayas pulled off a 3-2 series victory against the powerhouse team to lock the gold award to themselves.

Vincent Dominguez played solid offense in the last match against the Mandaluyong-based Ian Cortez and posted a straight 11-8, 11-5, 12-10 finish to give his team the top spot in the category.

The day's savior took advantage of the seemingly slower Cortez and threw fierce attacks towards the other side all throughout the game.

But the silver medalist showed how he was in the crunch time, getting back his poise in the last set but failed to hold the lead.

However, NCR's CJ Yamzon played sailor for the team as he downed Dominguez in the second singles match to tie the series at 1-1.

The athlete from Paranaque overcame all odds and went off to a 15-13, 8-11, 11-7, 11-7 victory through quick strides which gave him full control of the ball.

Yamzon's athleticism persisted in the fourth game, saving the Jammers from a four-game finals as he outsmarted the taller Atilano in a hardfought 11-7, 6-11, 11-7, 11-5 score.

But the swatter of Western Visayas is just too quick for Cortez to dominate the decider.



FROM PG. 1 quarterfinals seat

Jammers were frustrated as they lack focus that resulted to their poor performance in the first set and ended up in a 13-5 score in favor of CAR.

But the weak defense at the later first set of the Fearless Highlanders serves as a big problem to them after NCR substantiated a 9-2 run to end a 25-20 opening fame victory.

NCR continued to build more aces to establish an 8-0 bomb that made their opponent lost their presence in the game.

The match ended at a 25-12 straight set triumph of the undefeated NCR Jammers and they will surely occupy a slot to the quarterfinals.

Athletics Jammers assures 2 bronze

Reaching out for the achievements, Metro Manila Jammers won bronze medals and qualifications after the second day of the athletics during the 2019 Palarong Pambansa at the University of Mindanao (UM) in Davao City, yesterday.

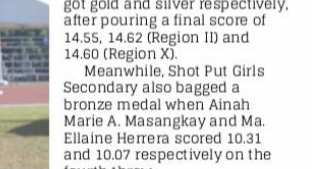
ERNEST ATOG, HHIS

Triple Jump Secondary Boys showcased their talent as Clint Nino L. Neri won bronze against regions 2 and 10 who got gold and silver respectively, after pouring a final score of 14.55, 14.62 (Region II) and 14.60 (Region X).

Meanwhile, Shot Put Girls Secondary also bagged a bronze medal when Aina Marie A. Masangkay and Ma. Elaine Herrera scored 10.31 and 10.07 respectively on the fourth throw.

Moreover, both secondary and elementary girls in 100 meter hurdles were qualified for the finals with Luisa Cajandab and Reyn Josson in grade school scoring 17.46 and 17.95 while ella Sirilan and Angela Sison in high school scored 15.26 and 15.91.

Lastly, John Menard Merced of the 110 meter Hurdles Boys Elementary also advanced to the finals with a score of 19.20 against region 6 in the first spot with 18.91 and region 1 on the third with a 19.28 output.



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