



Yellow Tigers Stride SHS Intrams Championship 2026
by Gabriel Ballesteros and Lancelon Aniaq

The Yellow Tigers prevailed in the 2026 Senior High School (SHS) Intramurals, clinching the championship with 271 points. The Blue Eagles succeeded them with 252 points, the White Hawks with 223 points, and the Red Tamaraws with 214 points.

From January 14 to 15, SHS students participated in various sports and activities, including Mr. and Ms. Intramurals, bench cheer, basketball, volleyball, badminton, table tennis, swimming, chess, and Scrabble. The intramural event was centered around the theme '*Unity Unleashed: Strength in Synergy.*'

The opening ceremony showcased a vibrant parade of the four teams, Red Tamaraws, Yellow Tigers, White Hawks, and Blue Eagles, followed by the ceremonial lighting of the torch by cyclists Ythan Baruian, Hafiz Sali, Marcus Anchenta, and Jared Navera, together with

taekwondo black belt Carlos Casagnap. In his speech, Dr. Alexander S. Acosta, the school principal, highlighted that,

“Going beyond the goal will ensure friendship, camaraderie, and unity.”

Dr. Acosta reminds athletes to play fairly as preparation for challenges beyond sports, to maintain a balance of mind and body, and to value friendship and camaraderie above winning.

Below is the table for the overall wins of each team.

TEAM	CHAMPION	1st RUNNER-UP	2nd RUNNER-UP	3rd RUNNER-UP
Yellow Tigers (CHAMPION)	Bench Cheer Mr. Intramurals Basketball (Boys) Basketball (Girls) Badminton (Boys) Table Tennis (Girls) Freestyle (Boys) Butterfly (Boys)	Scrabble (Girls) Chess (Boys) Chess (Girls) Breaststroke (Boys) Backstroke (Girls)	Ms. Intramurals Volleyball (Boys) Scrabble (Boys) Freestyle (Girls) Backstroke (Boys)	Volleyball (Girls) Badminton (Girls) Table Tennis (Boys) Breaststroke (Girls)
Blue Eagles (1ST RUNNER UP)	Table Tennis (Boys) Scrabble (Boys) Scrabble (Girls) Breaststroke (Boys) Breaststroke (Girls) Butterfly (Girls)	Bench Cheer Basketball (Boys) Basketball (Girls) Volleyball (Girls) Table Tennis (Girls) Freestyle (Girls) Backstroke (Boys) Butterfly (Boys)	Mr. Intramurals Badminton (Boys) Badminton (Girls) Chess (Boys) Freestyle (Boys)	Ms. Intramurals Volleyball (Boys) Chess (Girls) Backstroke (Girls)
White Hawks (2ND RUNNER UP)	Ms. Intramurals Volleyball (Girls) Freestyle (Girls) Backstroke (Girls)	Mr. Intramurals Volleyball (Boys) Badminton (Girls) Table Tennis (Boys) Scrabble (Boys) Breaststroke (Girls) Butterfly (Girls)	Basketball (Boys) Table Tennis (Girls) Chess (Girls) Breaststroke (Boys) Butterfly (Boys)	Bench Cheer Basketball (Girls) Badminton (Boys) Scrabble (Girls) Chess (Boys) Freestyle (Boys) Backstroke (Boys)
Red Tamaraws (3RD RUNNER UP)	Volleyball (Boys) Badminton (Girls) Chess (Boys) Chess (Girls) Backstroke (Boys)	Ms. Intramurals Badminton (Boys) Freestyle (Boys)	Bench Cheer Basketball (Girls) Volleyball (Girls) Table Tennis (Boys) Scrabble (Girls) Breaststroke (Girls) Backstroke (Girls) Butterfly (Girls)	Mr. Intramurals Basketball (Boys) Table Tennis (Girls) Scrabble (Boys) Freestyle (Girls) Breaststroke (Boys) Butterfly (Boys)

The Mr. and Ms. Intramurals segment celebrated students who excelled in pageantry, advocacy, fitness, and overall performance across all teams. **Earl Tolentino** of the Yellow Tigers was crowned Mr. Intramurals, winning four special awards. At the same time, **Unica De Vera** of the White Hawks earned the Ms. Intramurals title after strong showings in production and PE pasarela. **Datu Visales** from the White Hawks and **Maegan Cay** of the Red Tamaraws finished as 1st runners up, followed by **Carlos Casagnap** of the Blue Eagles and **Bea Colle** from the Yellow Tigers as 2nd runners up. Rounding out the honors were **Hugo Cagurungan** of the Red Tamaraws and **Freya Carmen** from the Blue Eagles, who placed as 3rd runners up, highlighting the depth of talent from all four teams.

NAME	AWARD
Earl Tolentino of Yellow Tigers	Mr. Intramurals Best Advocacy Video Peoples Choice Mr. Photogenic
Unica De Vera of White Hawks	Ms. Intramurals Best in Production Number Best in PE Paserela
Datu Visales of White Hawks	Mr. Intramurals 1st Runner Up Best in Fitness Challenge Best in Production Number
Maegan Cay of Red Tamaraws	Ms. Intramurals 1st Runner Up Ms. Eloquence People's Choice Ms. Photogenic Best in Sports Wear Best in Fitness Challenge
Carlos Casagnap of Blue Eagles	Mr. Intramurals 2nd Runner Up Best Advocacy Video People's Choice Mr. Photogenic
Bea Colle of Yellow Tigers	Ms. Intramurals 2nd Runner Up Best Advocacy Video
Hugo Cagurungan of Red Tamaraws	Mr. Intramurals 3rd Runner Up Best in PE Mr. Winsome Smile
Freya Carmen of Blue Eagles	Ms. Intramurals 3rd Runner Up Ms. Winsome Smile

This year's bench cheer competition showcased strong and spirited performances from the four teams, with the Yellow Tigers bagging the bench cheer championship. The Yellow Tigers' bench cheer group began with a creative lights introduction, followed by powerful chants and smooth choreography that utilized various props. They were followed by the Blue Eagles as the first runner-up, then by the Red Tamaraws as the second runner-up, and by the White Hawks as the third runner-up.

The Boys' Basketball championship match featured an intense back-and-forth clash between the Yellow Tigers and the Blue Eagles, with the Yellow Tigers sealing the victory 54-50. The Blue Eagles ignited the game with an initial 7-1 run, before the Yellow Tigers' rally to end the first quarter 13-7 in favor of the Yellow Tigers, maintaining the lead until halftime at 27-22. The Blue Eagles came back in the third quarter before trading leads with the Yellow Tigers multiple times, and ended the quarter with a 35-35 draw. The Yellow Tigers stole the game from the Blue Eagles in the fourth quarter with a three-point shot from Naizer Hassan to break the tie, two free throws from Ashton Nicolas, and a layup from Jasper Vistal to bury the game.

The Girls' Basketball championship game displayed a heated game between the Yellow Tigers and the Blue Eagles, with the Yellow Tigers triumphing 16-11. Hannah Docoy of the Yellow Tigers contributed 6 layups to the team in the first quarter, bringing the quarter score to 6-4. The Yellow Tigers stretched their lead to three points by halftime, 9-6. The Yellow Tigers extended their lead to four points in the third quarter, 12-8. The Yellow Tigers scored four more points in the final quarter, bringing the score up to 16-8. The Blue Eagles scored three more points after this, but the comeback attempt fell short in the end.

The Boys' Volleyball championship showcased a tough match between the Red Tamaraws and the White Hawks, with the Red Tamaraws grabbing the victory in the game-deciding third set 25-18. The first set showed dominance for the Red Tamaraws, leading for the entire set and winning by a huge margin, 25-14. The second set was a closer battle with both teams being tied at 10-10 at one point. The White Hawks then took over, bringing it up to 20-14 in their favor. The White Hawks cut the Red Tamaraws' comeback attempt short, winning the set 25-21. The final set started with a White Hawks takeover before the Red Tamaraws stole the match, along with the championship.

The Girls' Volleyball championship match exhibited a thrilling game between the White Hawks and the Blue Eagles, with the White Hawks achieving the championship by winning both sets 25-21 and 25-15, respectively. The first set started as a tight match between the White Hawks and the Blue Eagles before the White Hawks took the lead and held onto it for the remainder of the set, winning the set by four points. The White Hawks sparked the second set with a service ace and maintained the lead for the entire set, winning by a large margin of ten points.

Basketball Boys Mythical Five	Ynigo De Lumin (Red Tamaraws) Jasper Vistal (Yellow Tigers)
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	<p>Liam Valenzuela (White Hawks) Wayne Ogari (Blue Eagles) Naizer Hassan (Yellow Tigers) MVP</p>
Basketball Girls Mythical Three	<p>Anika Valencia (Blue Eagles) Jedrenne Aquino (Red Tamaraws) Hanna Docoy (Yellow Tigers) MVP</p>
Volleyball Boys Mythical Six	<p>Shawn Aquino (Red Tamaraws) Keone Samonteza (Red Tamaraws) MVP Jan Dela Cruz (Yellow Tigers) John Erwin Mata (Red Tamaraws) Sean Dacutanan (Blue Eagles) Jose Aspiras (White Hawks)</p>
Volleyball Girls Mythical Six	<p>Mary Tolentino (Blue Eagles) Erika Paderon (Blue Eagles) Juliana Itoralba (Yellow Tigers) Elisha Respicio (Red Tamaraws) Leila Gonzales (White Hawks) MVP Joharra Bernadez (White Hawks)</p>

The Intramurals of SHS was a venue where the students came together as one to celebrate their talents, vitality, and unity. Each student was given the chance to demonstrate his/her commitment through sports or joining a committee. Beyond this competition, the intramurals strengthened bonds, inspired pride, and reminded everyone that true victory lies in perseverance, sportsmanship, and the joy of coming together. It was a showcase of talent, passion, and unity that will be remembered and celebrated for future batches to come.