



SHS Intrams Crown Student Champions
by Carl Ajero, Loreese Sapico, and Frianne Albero

The remarkable athleticism students have portrayed at the Senior High School Intramurals 2026 has left not just memories, but an astonishing legacy that they have shaped. Here are the stories of students who withstood all barriers and difficulties in order to represent their team with full pride and honor.

Through each stroke and dive, the swimming competition emerged between the boys' and girls' divisions. Each team must have four players for each category, namely, Freestyle, Backstroke, Breaststroke, and Butterfly. The race was filled with team excitement and eagerness to win. **Sandrea Agcaoili** of White Hawks, **Freya Carmen** of Blue Eagles, and **Princess Gonzales** of Blue Eagles emerged victorious for Backstroke, Butterfly stroke, and Breaststroke, respectively. They shared a similar motivation, which built up the individual confidence that pushed them to do their best. Freestyle champion, **Ysabella Mamao** of White Hawks, expressed how she prepared for the tournament in order to feel confident.

“Breathing exercises helped me feel prepared before the race.”

The boys’ division for the Intramurals Swimming tournament was equally competitive, with each player striving to dash through the water as quickly as possible. **Klhyiane Piezas** of the Blue Eagles, **Naizer Hassan** and **Kaeli Mui** of the Yellow Tigers, and **Ralph Ramiscal** of the Red Tamaraws taking victory in the Breast Stroke, Freestyle, Butterfly, and Backstroke respectively. Klhyiane Piezas won in the Breaststroke form, considered the slowest swimming stroke, requiring the most patience and energy. Piezas expressed pride in his victory, stating that his opponents were worthy rivals, even complimenting them in their speed.

“I feel really great because my opponents were very fast swimmers.”

Meanwhile, **Laurence Villanueva** and **Aaron Nepomuceno** came out victorious in the Intramurals Scrabble Tournament boys division. A fantastic flurry of tiles was exchanged at the final game between the Blue Eagles and the Yellow Tigers, with the Blue Eagles pair coming out on top. When asked about what makes their duo stand out among the rest, Villanueva cites the pair’s synergy and chemistry, recalling more than just their skills and abilities

“I think the spirit of camaraderie and teamwork has been something long established with Aaron Nepomuceno, and I think our team chemistry is really something that propelled us to this victory.”

Moving to the girls’ division, **Jewel Torino** and **Julia Torino** of the Blue Eagles won the Scrabble with great confidence and determination. Going against the Yellow Tigers, who housed last year’s defending champion, they relied on trusting each other as a sense of motivation. Having a true sibling bond built up their energy to form strategic moves in order to gain large points. Julia Torino stated how they managed to keep a game face throughout the match.

“We knew our capabilities and skills very well as siblings.”

As the scrabble players competed on stage, the badminton competitors contested on the court, ready to claim their victory. The Yellow Tigers dominated the boys’ division, besting the White Hawks and Red Tamaraws. **Lucas Guarin** led the charge as team captain of the Yellow Tigers badminton boys, fighting through every hardship of the team on and off the court. In an interview asking about the team’s motivation, Guarin stated that there was never really a set motivation to win, and rather, they played simply for the love of the game.

“Honestly, we don’t really have a fully set motivation; we just wanted to go up there, do our best, and be okay with the results after.”

The girls’ category ended with Red Tamaraws as the champion against White Hawks. **Junoella Reyes** emphasized how honesty within the team aided them in working on their mistakes. She believed a significant strength that brought them the title was the team chemistry and resilience.

“We made sure to point out what we can improve on in order for us to have the best chance of succeeding.”

On the following day, strategists came together on the gymnasium stage to battle it out in a game of chess. **Jacob Uy** of the Red Tamaraws was crowned champion of the boys' division, defeating the Yellow Tigers in the final deciding match. Uy expressed happiness in his championship win, stating that he had previously chased the title in Grade ten and Grade eleven.

“For two years, Grade ten, eleven, I have been trying to get the chess champion, but now I have finally achieved it, so I’m really happy right now.”

Winning both Junior High School and Senior High School Intramurals, **Misjah Villegas** of Red Tamaraws was awarded as the winner of the girls' chess category. Villegas stated how she remained calm in deploying her moves and analyzed her opponent's play. Villegas also used specific strategies when starting the game to display her determination to grab the trophy.

“For my opening moves, I used the Sicilian Defense and the Nice Defense.”

Furthermore, players grabbed their rackets to face the table tennis rounds with remarkable speed and agility. The girls' championship emerged with the Blue Eagles and Yellow Tigers facing off for the title. With the game reaching up to 3 rounds, it ended with the Tigers victorious. The team consisted of **Janine Barbas, Loreese Sapico, Lara Rodriguez, and Reese Sapinoso**. When asked about inspiration, Rodriguez stated that the team itself upheld significant motivation.

“Since we had such a short time to improve, my team encouraged each other to show everyone how hard we worked for the game.”

On the other side, the Table Tennis Boys category was held with Blue Eagles holding the title of champion. With rackets in hand, each pair of players representing their team fought. Leading the Blue Eagles, captain **Carl Ajero** fought alongside his team, with each score and shot making an impact on their chances as champions. Once Blue Eagles emerged as champions, Ajero was interviewed. Carl Ajero explains that his role as team captain was used to motivate his team, showing them their weaknesses and strengths, and furthermore showing support when under pressure.

“I followed the quote ‘Be Water, My Friend’ as to remind myself that even in dire circumstances, the only way out is to adapt and become formless, similarly to water.”

On the open court, the final match for the Volleyball boys' division was played between the Red Tamaraws and the White Hawks. After three long sets of exchanging spikes and volleys, the Red Tamaraws successfully defeated the White Hawks in the third set. The Most Valuable

Player title was awarded to the Red Tamaraw's **Keone Samonteza**, raining heavy offensive spikes against the rival team. Samonteza credited his experience as a driving factor that makes him stand out among his rivals.

"I've played with so much types of people that gave me so much more advice"

The girl's division held its championship match between the Red Tamaraws and White Hawks. Through each powerful spike and dive, the players performed at their best in every set. The game ended with White Hawks claiming the victory. Crowned with the title of MVP, **Leila Gonzales** highlighted how the sport meant to her as a team player.

"Volleyball becomes more than just a game; it becomes a reflection of trust placed within me."

Dominating the Basketball girls category championship, **Hanna Docoy** represents the Yellow Tigers, bearing the title of Mythical Three and MVP. The championship held a game pitting Blue Eagles and Yellow Tigers against one another, with the final score announced as 16-11, with the Yellow Tigers as champions. When asked for a quote that represents her, Hanna Docoy said the following:

"You are your own competition; if you want to become a better version of yourself, never compete with others. Instead, compete with yourself."

These young athletes have not only fulfilled their dreams, but became an inspiration to those who never had the guts to try. Acknowledging the fact that these players managed to balance sports and academics, it showcases true dedication in a student's life. Let their stories become your starting point in discovering a valuable part of yourself that can influence the world of sports.