



**Red Tamaraws champs SHS Intrams**

**By Xyrell Lagade, Julius Beltran, Daniel Abellera, and Ezekiel Sikat**

The Senior High School Intramurals lauded the victory of Overall Champions, Red Tamaraws, at the Edgar V. Bondoc Gymnasium; the Yellow Tigers trailed in the closest possible margin, followed by the Blue Eagles, then White Hawks; closing a fierce competition with the theme: “Striving for Heights, Thriving in Triumph!” from January 15 to 17.

Below were the results of the overall Intramurals:

Teams	Points	Champion	1st Runner-up	2nd Runner-up	3rd Runner-up
Red Tamaraws	299 points	Miss Intramurals Pop Dance Basketball Boys Volleyball Girls Table Tennis Boys Table Tennis Girls Bench Cheer	Badminton Boys Swimming Boys: Freestyle Swimming Boys: Backstroke Sack Race Girls Limbo Rock Boys Limbo Rock Girls	Basketball Girls Badminton Girls Scrabble Boys Swimming Boys: Breaststroke Swimming Girls: Freestyle Swimming Girls: Backstroke Swimming Girls: Butterfly	Mr. Intramurals Volleyball Boys Scrabble Girls Chess Boys Chess Girls Swimming Boys: Butterfly Swimming Girls: Breaststroke

				Sack Race Boys Patintero Girls	
Yellow Tigers	298 points	Basketball Girls Volleyball Boys Badminton Girls Scrabble Boys Chess Girls Swimming Boys: Backstroke Swimming Girls: Butterfly Limbo Rock Boys	Mr. Intramurals Pop Dance Scrabble Girls Chess Boys Swimming Boys: Breaststroke Swimming Boys: Butterfly Swimming Girls: Freestyle Swimming Girls: Backstroke Sack Race Boys Patintero Boys Patintero Girls Bench Cheer	Miss Intramurals Volleyball Girls Table Tennis Boys Table Tennis Girls Swimming Girls: Breaststroke Sack Race Girls	Basketball Boys Badminton Boys Swimming Boys: Freestyle Limbo Rock Girls
Blue Eagles	257 points	Mr. Intramurals Scrabble Girls Chess Boys Swimming Boys: Freestyle Swimming Boys: Breaststroke, Swimming Boys: Butterfly Swimming Girls: Freestyle Swimming Girls: Breaststroke Sack Race Boys Sack Race Girls, Patintero Boys	Miss Intramurals Volleyball Boys Volleyball Girls Table Tennis Girls Scrabble Boys Swimming Girls: Butterfly	Basketball Boys Badminton Boys Chess Girls Swimming Boys: Backstroke Limbo Rock Girls Bench Cheer	Pop Dance Basketball Girls Table Tennis Boys Badminton Girls Limbo Rock Girls Patintero Girls
White Hawks	207 points	Badminton Boys Swimming Girls: Backstroke Limbo Rock Girls Patintero Girls Paper Relay Tie-Breaker	Basketball Boys Basketball Girls Table Tennis Boys Badminton Girls Chess Girls Swimming Girls: Breaststroke	Mr. Intramurals Pop Dance Volleyball Boys Scrabble Girls Chess Boys Swimming Boys: Freestyle Swimming Boys: Butterfly Limbo Rock Boys	Miss Intramurals Volleyball Girls Table Tennis Girls Scrabble Boys Swimming Boys: Breaststroke Swimming Boys: Backstroke Swimming Girls: Freestyle Swimming Girls: Butterfly Sack Race Boys

					Sack Race Girls Patintero Boys Bench Cheer
--	--	--	--	--	--

In the Mr. and Miss Intramurals sports pageant, themed: "Sustainability and Camaraderie: Showcasing Solidarity and Creativity," **Peter Daniel Jensen Galvez** of the Blue Eagles and **Michelle Ann Mendoza** of the Red Tamaraws were crowned winners.

Moreover, the Red Tamaraws emerged as the champions of the pop dance competition, one of the pageant's highlights leaving the Yellow, White, and Blue contenders as the 1st, 2nd, and 3rd runners-up, respectively.



Furthermore, Senior High School Vice Principal, **Dr. Noemi F. Formaran** reminded everyone what it really meant to win the Intramurals:

***“Remember that triumph is not solely about securing the crown, getting a trophy, or donning a medal; It is about the growth that transpires through challenges.”***

Meanwhile, in a blow-by-blow account of the sports events, the Yellow Tigers’ Volleyball Boys Team seized the victory during the championship against the Blue Eagles, who won the first set going 25-17 in a constant lead. Unfortunately, the Eagles were soon overtaken by the Tigers in the following sets. Despite the Eagles’ boosted morale from the first set, the second ended with the Tigers winning at 25-11. The third and fourth sets were also won by the Tigers going 25-12 and 25-13, respectively.

Without changing their line up and only using one substitution, the Yellow Tigers truly went all out in order to win. Three of the team’s players were awarded Mythical Six namely: **Elmer Flores**, **Jeon Mabeza** and Team Captain **Patrick Triñanes**, who was eventually awarded as the overall Most Valuable Player for the event.

In Girls’ Volleyball, the Red Tamaraws overpowered the Blue Eagles. The former emerged in the first set, going 25-18. While in the second set, the Blue Eagles started strong after registering successive service aces. The Red Tamaraws did not back down and displayed defensive prowess, registering a 10-0 run against the Eagles, ending the set with a resounding 25-12, and

continuing the lead with a final score of 25-18. Red Tamaraw Team Captain, **Dyanna Camia**, was named the Most Valuable Player of the event. When asked about her experiences when playing for the team, Camia stated:

***"I feel happy because we all had teamwork that time. It was fun and I did it for the team—I feel relieved that we won."***

Meanwhile, the Red Tamaraws narrowly eked out a tremendous win over the White Hawks in the nail-biting Basketball Boys Championship game. The first quarter ended 13-5, in favor of the Red Tamaraws. But in the second quarter, **Jacey Cruz** of the White Hawks broke through the Red Tamaraws defense, slashing the Tamaraw lead from eight to a tie. Before halftime ended, the scoreline was 19-19. With one and a half minutes left on the clock, the score was at 29-30, favoring the Hawks. The Red Tamaraws, however, rallied their lead. The game ended in chaotic fashion, as the Red Tamaraws emerged victorious, nailing a hairline difference victory at 31-30. Then, the coveted Most Valuable Player Award was awarded to **Sean Clemente** from the triumphant team. When asked about his emotion after being named the MVP, Clemente replied:

***"It felt like a fever dream honestly, it wasn't easy to pull off considering the amount of talent other teams had, but I'm happy things came out the way our team wanted it to be."***

On the other hand, the Yellow Tigers celebrated a momentous championship run in the 3x3 Basketball Girls Championship against the White Hawks. The first quarter ended 6-4, in favor of the Tigers; while the second quarter widened the Tigers' lead to four, 10-6. Unfortunately for them, the Hawks were still not done, as back-to-back two-pointers were fired, setting the game to a nail-biting fourth quarter. The last quarter started with a 10-10 scoreline. **Jameela Ybañez** increased the Tiger's lead by two points, which was equalized by Ashley Seda of the White Hawks. With only a few seconds left, Ybañez scored the winning shot and sealed the win, 14-12, securing her award as Most Valuable Player of the Category.

Aiming to develop camaraderie and promote sportsmanship, the school holds intramural games for the holistic development of its learners.



*The Senior High School teachers share a photo with the different vice principals and guests.*



*With the faculty and staff, the Mr. and Ms. Intramurals candidates display their respective awards.*



*Divided by team, United at heart: The different basketball captains walk side by side during the opening.*



*Jacey Cruz kickstarts the Senior High's intramurals as he lights the athletic urn.*



*Countdown to Victory: The Red Team leaves the audience in anticipation of its performance.*



*The Yellow Team lets out its inner tiger after a barbie-themed performance.*



*Flying High: The White Team soars into action, elevating the dance battle.*



*The Blue Team unleashes its talent, transforming the stage with a mesmerizing performance in the Pop Dance Competition.*