

BCD Excels in Combative Events at the 2023 Palarong Pambansa, Clinching Gold, Silver, and Bronze Medals

By: Maria Cristina L. Arpilleda

The athletes from Bislig City Division showcased their prowess and determination as they emerged victorious in the combative events at the prestigious 2023 Palarong Pambansa held in Marikina City this year. The contingent left a remarkable impression on the national stage, securing impressive victories and bagging gold and silver in Wrestling Secondary Girls and bronze medals in Wushu Secondary Boys.

The 2023 Palarong Pambansa, which gathers the best student-athletes from across the country, was a fierce battleground for various sports. However, the athletes representing Bislig City Division proved to be formidable competitors, demonstrating exceptional skill and sportsmanship throughout the competition.

In wrestling for secondary girls, the athletes from BCD showcased their precision and power, clinching two medals: gold and silver. Notably, Princess D. Allego brought glory to the division as she dominated the competition and secured the gold medal in the 48-kilogram weight category. Another Wrestling athlete, Monaliza D. Allego, also put on a commendable performance, bagging a silver medal.

Meanwhile, in the field of Wushu, the representatives from BCD displayed their technical prowess and strength. Johnlie C. Salon secures the Bronze Medal in Wushu Secondary Boys. She put on an impressive display of skills and secured the bronze medal in the Category A 48kg division, overpowering opponents with ease.



Photo by DepEd Caraga

The success of Bislig City Division in these combative events can be attributed to a combination of factors. The unwavering support from the local government, parents, and community played a pivotal role in nurturing these young athletes' talents. Additionally, the dedication of coaches who worked tirelessly to hone their skills and build their character deserves commendation.

BCD's triumphant performance in the wrestling girls' and Wushu boys' events is sure to inspire future generations of athletes in the region. Their success at the 2023 Palarong Pambansa serves as a shining example of what can be achieved through hard work, perseverance, and a strong support system.

As the curtains fall on another memorable Palarong Pambansa, Bislig City Division can proudly look back on their achievements with a sense of pride and accomplishment. Their golden performance in wrestling girls and bronze achievement in Wushu boys have undoubtedly etched their names in the annals of Philippine sports history, leaving an indelible mark for years to come.



Photo by DepEd Caraga

Allego Sisters Dominate Wrestling at the 2023 Palarong Pambansa, Bringing Home Gold and Silver

By Maria Cristina L. Arpilleda

The recently concluded 2023 Palarong Pambansa witnessed a remarkable display of skill and determination as the Allego sisters, Princess and Monaliza, dominated the wrestling competition and secured gold and silver medals, respectively. Their outstanding performance has brought pride not only to their family but also to their school and Bislig City Division.

The prestigious annual national multi-sport event, the Palarong Pambansa, held in Marikina City, gathered the best young athletes from across the Philippines to compete in various sporting disciplines. Among them were the two talented sisters from Sitio Mamparasan, San Roque, Bislig City, whose exceptional wrestling prowess left spectators in awe.

Princess Allego, the elder sister, at 17 years old, showcased an impressive display of technique and strength during the wrestling competition. Her dedication and hard work paid off as she emerged victorious, securing the gold medal in the 48-kilogram weight category. Princess's triumph was a culmination of years of rigorous training and determination, and her victory marked a milestone not only for her but for her school and community.

Meanwhile, 16-year-old Monaliza Allego, the younger sibling, exhibited exceptional skill and determination throughout the competition. Competing in the 48-kilogram weight category, Monaliza's grit and determination were on full display as she clinched the silver medal. Her tenacity and remarkable performances throughout the event earned her well-deserved recognition and admiration from fellow athletes and spectators alike.

The Allego sisters' success at the Palarong Pambansa is a testament to their passion for wrestling and their unwavering commitment to honing their talents. Their journey to the podium has been supported by their family, coaches, and teachers, who have been instrumental in shaping their athletic careers.

In an interview following their triumph, Princess Allego expressed her gratitude to her coaches and teammates, stating, "This victory is not only mine, but it's a victory for everyone who believed in me and supported me. I am grateful for my coaches who have pushed me to become better each day."



Sisters Princess Allego (in red shirt) and Monaliza Allego (in blue shirt) earned gold and silver medals, respectively, in wrestling for Bislig City Division in the recently concluded 2023 Palarong Pambansa held in Marikina City, Philippines.

Monalisa also shared her joy, saying, "Being able to compete in the Palarong Pambansa alongside my sister was already a privilege, and winning the silver medal makes it even more special. This is just the beginning, and I'll continue working hard to achieve even greater success in the future."

Their BCD coach, Coach Rowena G. Pombo, praised the Allego sisters for their discipline and dedication, remarking, "They have been exceptional athletes to work with. Their passion for the sport and their constant determination to improve has been inspiring for everyone on the team."

The Allego sisters' accomplishment has undoubtedly left a lasting impact on the wrestling community, inspiring aspiring young athletes to pursue their dreams and excel in their chosen fields. Their triumphs in the 2023 Palarong Pambansa have marked them as rising stars in the Philippine wrestling scene, and their future looks promising as they continue to make strides in the sport they love.

As Princess and Monaliza Allego return to their hometown, they do so as heroes, with their heads held high and their hearts filled with pride. Their remarkable achievements serve as a reminder that with hard work, dedication, and a relentless passion for their chosen endeavors, anything is possible. The Allego sisters have truly made their mark in the world of wrestling and have brought glory to their school, family, and the Bislig City Division.