The Alabang Sports Academy (ASA) aims to offer sports clinics for the Alabang community and the neighbouring areas. It is the grassroots training program for Southridge’s varsity players. These sports clinics are also open to all NON-SOUTHRIDGE male students.

What are the benefits of engaging in sports?
- Develops a sound mind and healthy body
- Reduces fat
- Strengthens bones
- Develops a winning attitude & competitive spirit
- Aids coordination, balance and flexibility
- Improves stamina and coordination
- Fights depression and anxiety

For inquiries, please contact Mr. Manny Inawat, Alabang Sports Academy Head, at 0917-4168387; 807-8580 local 127 or email mminawat@southridge.edu.ph

SPORTS ACHIEVEMENTS FOR SY 2008-2009

Southridge remains to be the home of the Champions!

- High School Football Team represented the NCR in the Palarong Pambansa last May 2009.
- 2 swimmers and 1 tennis player from Southridge School participated in the Palarong Pambansa.
- Garnered 22 Championship trophies: 9 in Football, 3 in Basketball; 4 in Chess; 4 in Tennis and 2 in Volleyball.
- Garnered 36 medals in Swimming; 6 of them GOLD.
- 4 HS students were chosen to become members of the Under 14 Philippine National Football Team which competed in the Asian Football Federation Tournament in Singapore last June 2009.

For a small-sized school like Southridge, this is a spectacular record!
ANGELS BASEBALL CLUB
It is responsible for making Southridge the Center for Baseball Excellence in the Country. Its vision is to equip the trainees with baseball virtues, knowledge and skills, to advance them, pro-actively in play, in work and in life.
1st Term : September 15, 2009 to October 17, 2009
Training Days : Tuesdays, 6:00 – 9:30 a.m., and Thursdays, 3:00 – 4:30 p.m.
Venue : Southridge School Field
Fee : ₱3,800 (15 sessions)

Technical Head : Coach Roselito M. Bernardo, ranked #1 MILO DepED NCR Search for the 5 Most Outstanding Coaches in 2004. Tuesday and Thursday sessions will be handled by Coach Alexander Razon and Jessie Daguilan.

ASA VOLLEYBALL CAMP
Learn the proper way to serve, toss and spike. Students will build their character by having a winning attitude and competitive spirit.
1st Term : September 12 to December 12, 2009
Training Days : Every Saturdays, 10:30 to 12:00 noon
Venue : Southridge School Basketball Covered Court
Fee : ₱3,800/module (15 sessions)


Coach St. Domingo will be assisted by Coach Adrian Babista, a UST Varsity Volleyball Player from 2000-2004 and Head Coach of the Southridge School Volleyball Varsity Team which has already won 2 Championships (APASAM and PRISAA).

KNIGHTS CLUB
Learn the history of chess and recent developments in the international chess. Learn the chess moves of the Grandmasters from basics to competitive chess.
1st Term : September 14 to November 9, 2009
Training Days : Mondays & Wednesdays, 4:30 to 5:30 p.m.
Venue : Southridge School Cafeteria Basement
Fee : ₱3,800 (15 sessions)

Technical Head: Coach Ed Silva, Coach of the Southridge School Chess Team which won the Championship for 11 years; Coordinator of Chess Clinics at De La Salle University in Canlingbuig.

BASIC BOXING
Learn the basics of boxing and develop positive physical traits like strength, endurance, speed, agility, flexibility and grace.
1st Term : September 15 to November 5, 2009
Training Days : Tuesdays and Thursdays, 4:30 to 6:00 p.m.
Venue : Southridge School Cafeteria Basement
Fee : ₱3,800 (15 sessions)

Technical Head: Mr. Elmer Gregorio, Boxing Trainer. He will be assisted by another personal trainer who is also a professional boxer.

TEAM SPORTS

JUVENTUS F.C.
Now on its 11th year, credited for making Southridge a football power in the country. It is the training ground for the school’s varsity players.
The Club’s Achievements
Has been a Champion several times in different age groups: Laguna Cup, Alaska Cup, Xavier Cup, Alencon Cup and RIFA.

1st Term : September 14 to October 16, 2009
Training Days : MW, 3:30 – 4:30 p.m.
(Nursery, Kindar, Prepr)
MW, 4:30 – 5:30 p.m. (Grades 1, 2, 3)
Fee : ₱3,800/module
Venue : Southridge School Football Field

Technical Head : Coach Rodolfo Aliante, Coaching Staff of Philippine National Football Team, Head Coach of the FEU Football Team. He will be assisted by other professional football coaches.

ASA BASKETBALL
Learn scientific dribbling, ball handling, shooting and other skills from one of the leading coaches of Philippine basketball.
1st Term : September 12 to December 12, 2009
Training Days : Every Saturdays, 8:30 to 10:00 a.m.
Venue : Southridge School Basketball Covered Court
Fee : ₱3,800/module (15 sessions)

Technical Head : Coach Ricky Sales, PBL Coach, Southridge Varsity Team Coach for 11 years; Presently Head Coach of the Southridge Juniors Varsity Team. He will be assisted by other basketball coaches.

MARATHON COMPANY
Learn the basic rudiments of basic running—learn how to run at your own pace and develop physical strength, endurance and stamina.
1st Term : September to October 2009 (15 sessions)
Training Days : Basic Running
Tuesday and Thursdays (6:30 – 7:30 p.m.)
Saturday (6:00 – 6:00 a.m.)
Advanced Running
Mondays and Wednesdays (6:30 – 7:30 p.m.)
Saturdays (4:00 – 6:00 a.m.)
Venue : Southridge School, Alabang Hills Village and Hillsborough Subdivision
Fee : ₱3,800 (15 sessions)

Technical Heads: Coach Roselito Bernardo (Personal Trainer; Participant in the 10 km. “Death March” Running Competition from Mariveles, Batan to San Fernando, Pampanga) and Coach Vinnie Tongson (Completed the 102 km. Batan-Death March Ultra Marathron, and completed the Iron Man Tri-Athlete at Langkawi, Malaysia, 2x Pasig Marathon Finisher (64 km), Varsity Coach of the Southridge Track & Field Team.

MRNIS
The only Filipino traditional fighting art. Students will develop positive physical traits such as self-discipline, strength, endurance, speed, agility and flexibility.
1st Term : September 15 to November 5, 2009
Training Days : Tuesdays and Thursdays, 4:30 to 6:00 p.m.
Venue : Southridge School Cafeteria Basement
Fee : ₱3,800 (15 sessions)

Technical Head : Coach Reneante D. Ibarra, Arnis Instructor of Celebrations, Medalist of various Arnis tournaments both national and international—4x World Champion, 8x National Champion.

TEAKWONDO CLUB
Taekwondo is a traditional Korean martial art. Taekwondo can help develop a person's character by encouraging the values of self-denial, perseverance, respect, and justice.
1st Term : September 15 to November 5, 2009
Training Days : Tuesdays and Thursdays, 4:30 to 6:00 p.m.
Venue : Southridge School Cafeteria Basement
Fee : ₱3,800 (15 sessions)

Technical Head: Coach Elmer Gregorio, 5th Dan Black belt, a Certified National and International Instructor of the Philippine Taekwondo Association, Former National Training Team Player, Taekwondo Black Belt Brotherhood Batch 11.