

PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO

INFORME MENSUAL N° 08

PRESENTADO POR:
EUSEBIO YESID DUNCAN YEPEZ
C.C N° 86042361 de VILLAVICENCIO (META)

PERIODO DEL INFORME:
13/11/2025 – 30/11/2025

CONTRATO No. 053 de 2025

OBJETO DEL CONTRATO:
PRESTACION DE SERVICIOS DE APOYO A LA GESTIÓN EN LA EJECUCIÓN DE CLASES DE EDUCACION FISICA EN BASICA PRIMARIA Y EN LOS PROCESOS DE FORMACIÓN DEPORTIVA EN LA DISCIPLINA DE PORRISMO EN EL MUNICIPIO DE RESTREPO (META)



Restrepo – Meta 2025
INSTRUCTOR DEPORTIVO: EUSEBIO YESID DUNCAN YEPEZ

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1. Enunciar las temáticas y actividades según el plan de aula establecido por cada una de las instituciones educativas en donde se realizan las clases de educación física.

Para este periodo NO se desarrollaron las clases debido a que los estudiantes salieron a vacaciones en la institución educativa Sardinata

Anexo 1: Planilla de asistencia a clases de educación Física (Instructor)

2. Con el presente Informe se adjuntan el registro fotográfico de las clases de educación física.

Anexo 2: Evidencia de clases escuela Sardinata

Anexo 3: Evidencia de clases escuela Sardinata

Para este periodo NO se desarrollaron las clases debido a que los estudiantes salieron a vacaciones en la institución educativa Sardinata

3. Para el presente informe se atendió la siguiente población en el apoyo a las clases de educación física en la escuela Sardinata

| POBLACIÓN ATENDIDA | | | | |
|------------------------------|-------|---------------------------------|---------------|---------------|
| INSTITUCIONES EDUCATIVAS | RURAL | CENTRO EDUCATIVO | | |
| | | INSTITUCIÓN EDUCATIVA SARDINATA | NRO. DE NIÑOS | NRO. DE NIÑAS |
| | | | 11 | 3 |
| TOTAL | | | | 14 |
| TOTAL, DE POBLACIÓN ATENDIDA | | | | 14 |

Para este periodo NO se desarrollaron las clases por que ya salieron a vacaciones en la institución educativa Sardinata.

4. Enunciar las temáticas y actividades desarrolladas durante el mes en los entrenamientos de formación deportiva en Porrismo.

En el presente periodo se realizaron las siguientes temáticas y actividades desarrolladas durante estos 18 días en los entrenamientos de formación deportiva en Porrismo.

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TEMATICA 1: Adecuación física

FECHA Y HORA: 13/11/2025 (3:30PM)

ACTIVIDADES:

- ✓ Fortalecimiento muscular brazos, piernas y abdomen
- ✓ Balísticos
- ✓ Flexibilidad tren inferior

TEMATICA 2: Gimnasia Básica

FECHA Y HORA: 19/11/2025 (5:00PM)

ACTIVIDADES:

- ✓ Invertidas
- ✓ Arcos a pasar
- ✓ Ruedas

TEMATICA 3: Acrobacia

FECHA Y HORA: 24/11/2025 (6:00PM)

ACTIVIDADES:

- ✓ Parnerth
- ✓ Esponjas
- ✓ Pre extensiones a dos pies

LOGROS DEL MES:

Logro: Los deportistas realizaron adecuadamente los diferentes ejercicios con dinamismo y esforzándose para mejorar su parte física

Logro: Los deportistas desarrollaron con habilidad los diferentes elementos de Gimnasia como la rueda, parada de manos y pasada de arco

Logro: los deportistas realizaron con seguridad la esponja y la pre extensión en el momento acrobático

5. Presentar el registro fotográfico en el informe mensual de los entrenamientos realizados en la disciplina de Porrismo.

En el presente informe se anexan las evidencias fotográficas de los entrenamientos deportivos de la disciplina de porrismo

Anexo 4: Evidencia fotográfica

6. Llevar el registro de asistencia de manera individual en las actividades desarrolladas en el proceso de formación deportiva en la disciplina de Porrismo, según el formato establecido por la Secretaría de Deportes.

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Anexo 5: Con el presente informe se adjunta el registro de asistencia del periodo comprendido del 13/11/2025 al 30/11/2025

7. Relacionar el número de niños, niñas, adolescentes, jóvenes y adultos atendidos en el proceso de formación en la disciplina de Porrismo.

A continuación, se relaciona le número de deportistas que hacen parte de la disciplina en Porrismo:

| CATEGORIA | MASCULINO | FEMENINO | TOTAL POR CATEGORIA |
|---------------|-----------|----------|---------------------|
| 1 MINI PREP | | 14 | 14 |
| 1 YOUTH PREP | | 17 | 17 |
| 1 YOUTH ELITE | | 17 | 17 |
| | | | |
| TOTAL GENERAL | | | 47 |

8. Realizar mensualmente el registro virtual de las fichas radicadas por los deportistas en la Secretaría de Deportes.

Durante este mes se no se registró ninguna deportista nueva en la disciplina de PORRISMO donde se tiene la ficha dada por la Secretaría de Deportes para cada deportista.

9. Identificar la población atendida en la disciplina deportiva de PORRISMO por enfoque diferencial que se presenta del municipio (población en condición de discapacidad, población LGTBI - OSIGD, población afrodescendiente, población indígena, población room-gitano, población desplazada, y víctimas del conflicto armado).

En la disciplina de PORRISMO NO se encuentra ninguna estudiante que pertenezca algún grupo o población diferencial.

10. Realizar mínimo una (1) reunión mensual de padres de familia o deportistas (mayores de 15 años) beneficiados en el proceso de formación con acta y firma de asistencia.

Durante el presente periodo se llevó a cabo la reunión de padres de familia de la disciplina de Porrismo en donde la temática fue el Festival de Porrismo en Restrepo

FECHA: 13-11-2025

HORA: 7:00pm

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PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO

Anexo 6: Acta de la Reunión No. 08

Anexo 7: Planilla de Asistencia.

Anexo 8: Registro fotográfico

11. Implementar actividades que permitan vivenciar normas básicas de comportamiento Deportivo, valores sociales y personales, durante el desarrollo de competencias y entrenamientos con el fin de brindar un servicio integral.

VALOR TRABAJADO EN EL MES: **COMPROMISO**

Durante este periodo se realizó una breve charla acerca del valor y la importancia que tiene en nuestro entorno, convivencia y en el equipo.

Anexo 9: Evidencia fotográfica del valor de **COMPROMISO**

12. Participar en las diferentes actividades realizadas por la Alcaldía Municipal y la Secretaría de Deportes o eventos deportivos de invitaciones locales, departamentales, nacionales e internacionales con los niños, niñas, adolescentes, jóvenes y adultos que hacen parte del proceso de formación deportiva.

Festival de Porrismo FENIX. RESTREPO



Campeonato Nacional de Porrismo FENIX ON DE WORLD. ARMENIA

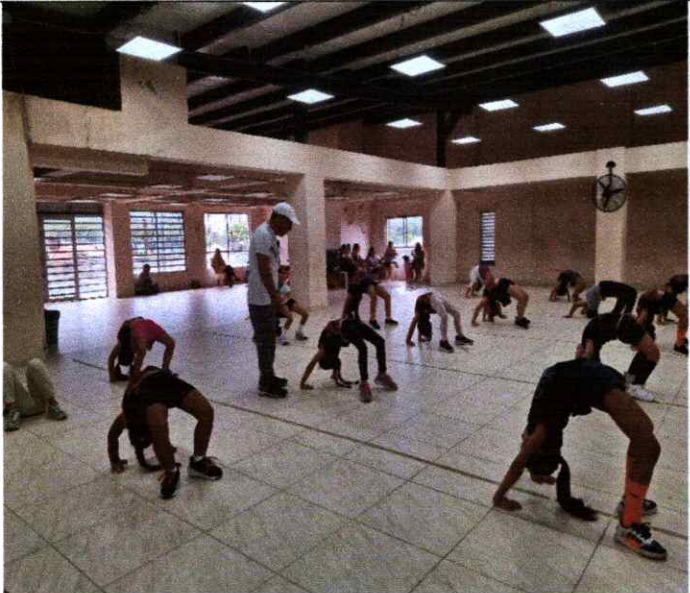


EUSEBIO YESID DUNCAN YEPEZ
INSTRUCTOR DEPORTIVO

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PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO

ANEXO 4

| | | |
|---|--|--------------------------------------|
|  |  | |
| ACTIVIDAD: Adecuación física | FECHA: 13/11/2025 | LUGAR: Cuarto Piso Biblioteca |
| DESCRIPCIÓN: Movimiento articular desde la cabeza hasta los pies, fortalecimiento muscular general (ejercicios para trabajo de brazos, abdomen y piernas), estiramiento general. | | |

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|  |  | |
| ACTIVIDAD: Gimnasia | FECHA: 19/11/2025 | LUGAR: Cuarto Piso Biblioteca |
| DESCRIPCIÓN: Calentamiento corporal por medio de trote, movimiento articular, fortalecimiento muscular, estiramiento de espalda, ruedas, parada de manos, pasadas de arco con apoyo, postura y técnica | | |

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PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO



ACTIVIDAD: Acrobacia

FECHA: 24/11/2025
HORA: 6:00pm

LUGAR: Cuarto Piso Biblioteca

DESCRIPCIÓN: Calentamiento corporal por medio de trote, movimiento articular, fortalecimiento muscular general, con 12 ejercicios de 30 segundos por 10 de descanso. Grupos acrobáticos, esponjas, pre extensiones, desmontes y transiciones.



CONSOLIDADO ASISTENCIA

FR-GESDEP-05
V. 01
Aprobación:

PROCESO DE FORMACIÓN DEPORTIVA

| DISCIPLINA: PORRISMO | CATEGORIA: | MINI | | | | | | | | | | | FECHA DE INICIO: | FECHA DE FINALIZACIÓN: | TOTAL ENTRENAMIENTOS | TOTAL ASISTENCIA | | | |
|--------------------------|--------------------------------|-------------------|----|----|----|----|----|----|----|----|-----|-----|------------------|------------------------|----------------------|------------------|-----|-----|------------------|
| | | 4 PISO BIBLIOTECA | | | | | | | | | | | | | | | | | |
| INSTRUCTOR: YESID DUNCAN | LUGAR: | E1 | E2 | E3 | E4 | E5 | E6 | E7 | E8 | E9 | E10 | E11 | E15 | E16 | E15 | E16 | E15 | E16 | FIRMA |
| ENTRENAMIENTO | 14 18 19 24 26 | 11 | 11 | 11 | 11 | 11 | | | | | | | | | | | | | |
| DIA DE ENTRENAMIENTO | | | | | | | | | | | | | | | | | | | |
| ITEM | NOMBRES Y APELLIDOS | | | | | | | | | | | | | | | | | | |
| 1 | MARIA PAZ GONZALEZ JARA | AS | AS | AS | AS | AS | | | | | | | | | | | | | Maria Paz |
| 2 | SARA ISABELA NEIRA MORALES | AS | AS | AS | AS | AS | | | | | | | | | | | | | Sara |
| 3 | MARIA FERNANDA RIVEROS | AS | AS | AS | AS | AS | | | | | | | | | | | | | Maria |
| 4 | VALERIA JIMENEZ HERNANDEZ | AS | AS | AS | AS | AS | | | | | | | | | | | | | Valeria |
| 5 | DULCE MARIA SAENZ OLARTE | AS | AS | AS | AS | AS | | | | | | | | | | | | | Dulce |
| 6 | KEIDI LUCIANA TRUJILLO CORDOVA | AS | AS | AS | AS | AS | | | | | | | | | | | | | Luziana |
| 7 | IRIS LUCIANA MONTENEGRO | AS | AS | AS | AS | AS | | | | | | | | | | | | | Iris Luciana |
| 8 | LAURA VICTORIA ROJAS | AS | AS | AS | AS | AS | | | | | | | | | | | | | Laura Victoria |
| 9 | EVELIN SOPHIA ROBAYO | AS | AS | AS | AS | AS | | | | | | | | | | | | | Evelin |
| 10 | MARIA FERNANDA POVEDA | AS | AS | AS | AS | AS | | | | | | | | | | | | | Maria Fernanda P |
| 11 | ANTONELLA BOBADILLA HENAO | AS | AS | AS | AS | AS | | | | | | | | | | | | | Antonella |
| 12 | DULCE MARIA MORERA | AS | AS | AS | AS | AS | | | | | | | | | | | | | Dulce |
| 13 | MARTINA ACUÑA FIERRO | AS | AS | AS | AS | AS | | | | | | | | | | | | | Martina A.F. |
| 14 | ANTONELLA PEÑA ARIAS | AS | AS | AS | AS | AS | | | | | | | | | | | | | Antonella |
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AST: ASISTENCIAS - INST: INASISTENCIAS

FIRMA DEL INSTRUCTOR FIRMA DEL SUPERVISOR



CONSOLIDADO ASISTENCIA

FR-GESDEP-05
V. 01
Aprobación:

| DISCIPLINA: PORRISMO | | CATEGORIA: | YOUTH PREP | | PROCESO DE FORMACIÓN DEPORTIVA | | | | | | | | | | | | | | | | |
|--------------------------------|------------------------------|------------------|-------------------|----|--------------------------------|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-------|----------------------|--|---|
| INSTRUCTOR: YESID DUNCAN YEPEZ | | LUGAR: | 4 PISO BIBLIOTECA | | FECHA DE INICIO: 13/11/2025 | | | | | | | | | | | | | | | | |
| ENTRENAMIENTO | | E1 | E2 | E3 | E4 | E5 | E6 | E7 | E8 | E9 | E10 | E11 | E12 | E13 | E14 | E15 | E16 | FIRMA | TOTAL ENTRENAMIENTOS | | |
| DIA DE ENTRENAMIENTO | | 13 | 14 | 18 | 19 | 26 | 27 | | | | | | | | | | | | | | 6 |
| MES DE ENTRENAMIENTO | | 11 | 11 | 11 | 11 | 11 | 11 | | | | | | | | | | | | | | 6 |
| ITEM | NOMBRES Y APELLIDOS | TOTAL ASISTENCIA | | | | | | | | | | | | | | | | | | | |
| 1 | ISABELA VARGAS PARRA | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 2 | SARA JULIETA BACCA | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 3 | MONSERRAT BARRETO CORTES | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 4 | ANTONELLA BARRETO CORTES | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 5 | ISABEL SOFIA MONTAÑA | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 6 | DANNA SALOME BEJARANO | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 7 | ANA SALOME JURADO | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 8 | SALMA JANELLY ARCINIEGAS | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 9 | MARIA JOSE SILVA DELGADO | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 10 | NICOLE VALENTINA MUÑOZ | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 11 | LUCIANA LOPEZ SUAREZ | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 12 | FABIANA LOPEZ SUAREZ | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 13 | MARIA VICTORIA LEON VACCA | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 14 | SARA ALEXA MARTINEZ CRUZ | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 15 | ALEJANDRA LACHARME PAVON | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 16 | MARIA PAULA RAMIREZ CANGREJO | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
| 17 | MARIA JOSE BLANCO | AS | AS | AS | AS | AS | AS | | | | | | | | | | | | 6 | | |
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AST: ASISTENCIAS - INST: INASISTENCIAS

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| FIRMA DEL INSTRUCTOR | FIRMA DEL SUPERVISOR |
| <i>[Signature]</i> | <i>[Signature]</i> |



CONSOLIDADO ASISTENCIA

FR-GEDEP-08
V. 01
Aprobación:

PROCESO DE FORMACIÓN DEPORTIVA

| DISCIPLINA: PORRISMO | CATEGORIA: YOUTH ELITE | | FECHA DE INICIO: 13/11/2025 | | | | | | | | | | | | | TOTAL ENTRENAMIENTOS 6 | | |
|------------------------------|------------------------|-----|-----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---------------------------|---------------------------|-------|
| | LUGAR: | | FECHA DE FINALIZACIÓN: 30/11/2025 | | | | | | | | | | | | | | | |
| | E1 | E2 | E3 | E4 | E5 | E6 | E7 | E8 | E9 | E10 | E11 | E12 | E13 | E14 | E15 | | E16 | FIRMA |
| ENTRENAMIENTO | 13 | 14 | 18 | 19 | 24 | 27 | | | | | | | | | | | | |
| DIA DE ENTRENAMIENTO | 11 | 11 | 11 | 11 | 11 | 11 | | | | | | | | | | | | |
| MES DE ENTRENAMIENTO | | | | | | | | | | | | | | | | | | |
| NOMBRES Y APELLIDOS | | | | | | | | | | | | | | | | | | |
| 1 MARIA PAZ CESPEDES MORENO | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | INS | Salomé Rico | 6 |
| 2 SALOME RICO RODRIGUEZ | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Sara Isabella | 6 |
| 3 SARA ISABELA GOMEZ RAMOS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Maria Silvia | 6 |
| 4 MARIA PAZ SILVA VELASQUEZ | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Danna Valentin | 6 |
| 5 DANNA VALENTINA HERNANDEZ | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Nicole Garzon | 6 |
| 6 NICOLE DAYANA GARZON | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Sofia Devia | 6 |
| 7 SOFIA DEVIA LADINO | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Natalia Devia | 6 |
| 8 NATALIA DEVIA LOPEZ | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Maura Lopez | 6 |
| 9 MAURA ISABELA LOPEZ | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Danna Valderrama | 6 |
| 10 DANNA GABRIELA VALDERRAMA | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Isabella Caro | 6 |
| 11 ISABELA CARO ROJAS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Isabella Montano | 6 |
| 12 ISABELA GONZALES JARA | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Salome Clavijo | 6 |
| 13 ISABELA MARTINEZ MONTAÑO | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Maria Alvarado | 6 |
| 14 SALOME CLAVIJO BELTRAN | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Maria Victoria Albarracin | 6 |
| 15 MARIA ISABEL ALVARADO | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Martina Ospina | 6 |
| 16 MARIA VICTORIA ALBARRACIN | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Maria Victoria | 6 |
| 17 MARTINA OSPINA CARDENAS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | AS | Martina | 6 |
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AST: ASISTENCIAS - INST: INASISTENCIAS

FIRMA DEL INSTRUCTOR

FIRMA DEL SUPERVISOR

PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO

ANEXO 6

| ACTA DE: Reunión de padres | | | |
|--|-------------------------------|--------------------------------|---|
| ACTA No 08 | HORA INICIO: 7:00pm | TERMINACIÓN: 8:00 pm | LUGAR: Cuarto piso Biblioteca |
| FECHA: 13/11/2025 | | | |
| OBJETIVO DE LA REUNIÓN: | | | |
| Campeonato Nacional Armenia | | | |
| CONVOCA: | | | |
| Yesid Duncan | | | |
| No. de integrantes: 17 | Asistentes: 13 | Quórum: Si | |
| DESARROLLO DE LA AGENDA | | | |
| <p>Saludo y bienvenida padres de familia</p> <p>Se les informo la hora y el lugar de competencia</p> <p>Se les recomendó salir temprano a los que viajan por tierra por cuestión de la carretera</p> <p>Se acordó el peinado y maquillaje para la competencia de las niñas, encargado un comité de madres para su realización</p> <p>Se les informó que el viernes 21 antes de la competencia se va a realizar entrenamiento a las 5pm, lugar por definir.</p> <p>Es indispensable que todos los padres estén uniformados ya con el buzo de Fenix y deben llevar bombas o banderines para la barra</p> | | | |
| TAREA | RESPONSABLE | FECHA | |
| | | | |
| CONCLUSIONES | | | |
| Buena disposición de los padres de familia y bastantes receptivos | | | |
| En constancia firman quienes convocan: | | | |
|  INSTRUCTOR | | | |
| De esta acta hace parte integral el anexo formato de asistencia. | | | |

Restrepo – Meta 2025
INSTRUCTOR DEPORTIVO: EUSEBIO YESID DUNCAN YEPEZ





FR-GESDEP-06
V: 01
APROBACIÓN:
26-06-2024

CONTROL DE ASISTENCIA

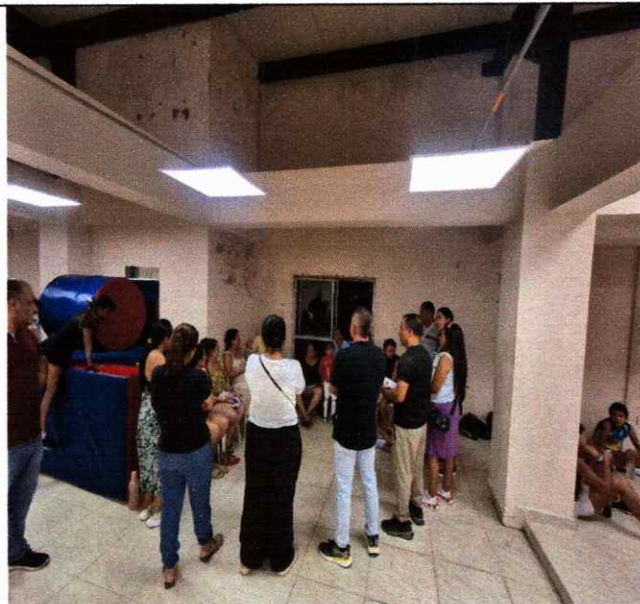
TEMA O NOMBRE DE LA REUNIÓN: COMPROBATO NACIONAL ALIMENTA FECHA: 13-11-2025 HORA: 7:00 pm

LUGAR: 4 Pdo biblioteca DEPORTE: Fútbol TOTAL DE ASISTENTES: 13

| NO. | NOMBRE DEL ALUMNO | NOMBRE PADRE O ACUDIENTE | NUMERO DE CEDULA | CELULAR | FIRMA |
|-----|---------------------------------------|--------------------------|------------------|-------------|--------------------|
| 1 | Victoria León Vaca | Angelica Gloria Vaca | 1.119.890.432 | 3567647223 | <i>[Signature]</i> |
| 2 | Maria Jose Silva | Zuly Andrea Delgado | 1098635826 | 3203976393 | <i>[Signature]</i> |
| 3 | Danna V. Hernandez | Diana Quevedo | 52370214 | 3124059997 | <i>[Signature]</i> |
| 4 | Danna Gabriela Hildemann | Carmen Velasquez | 21189012 | 3115701821 | <i>[Signature]</i> |
| 5 | Isabella Gonzalez Jira | Alexandra Jira | 1.086.637.360 | 3144906260 | <i>[Signature]</i> |
| 6 | Diana Beltrán Salome | Clavijo Beltrán | 1029997836 | 3212957018 | <i>[Signature]</i> |
| 7 | M ^a Victoria Albarracín C. | Sois Contreras Mora | 1121821260 | 3102403018 | <i>[Signature]</i> |
| 8 | Maura Isabella López | Lidia Carrión | 21191330 | 3144834152 | <i>[Signature]</i> |
| 9 | Julieth Cortés | Antonella Barreto | 1.121.827.8104/5 | 320-3903475 | <i>[Signature]</i> |
| 10 | Montserrat Barreto | Tutti Cortés | 1121.827.8104/. | 320-3903475 | <i>[Signature]</i> |
| 11 | Nathalia Decca | Diana Lasso | 1.121.827.8104/1 | 3138563628 | <i>[Signature]</i> |
| 12 | Martina Osuna | Alvaro Osuna | 1.119.886.897 | 32040573306 | <i>[Signature]</i> |
| 13 | Salomé Pico Rodriguez | Lucyne Pultrín Jalejo | 40384.900 | 37746616415 | <i>[Signature]</i> |
| 14 | | | | | |
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ANEXO 8

REUNIÓN DE PADRES DE FAMILIA O DEPORTISTAS



Descripción: Competencia Nacional Armenia 2025

Fecha: 13/11/2025

Hora: 7:00pm

Lugar: Cuarto piso Biblioteca

Saludo y bienvenida padres de familia

Se les informo la hora y el lugar de competencia

Se les recomendó salir temprano a los que viajan por tierra por cuestión de la carretera

Se acordó el peinado y maquillaje para la competencia de las niñas, encargado un comité de madres para su realización

Se les informó que el viernes 21 antes de la competencia se va a realizar entrenamiento a las 5pm, lugar por definir.

Es indispensable que todos los padres estén uniformados ya con el buzo de Fenix y deben llevar bombas o banderines para la barra

ANEXO 9

NORMAS BÁSICAS DE COMPORTAMIENTO DEPORTIVO, VALORES SOCIALES Y PERSONALES



VALOR: COMPROMISO

DESCRIPCIÓN DE LA ACTIVIDAD: Se realizó una breve charla acerca del valor y la importancia que tiene en nuestro vida

Se realizó una cartelera con la palabra COMPROMISO

FECHA: 13/11/2025

PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO

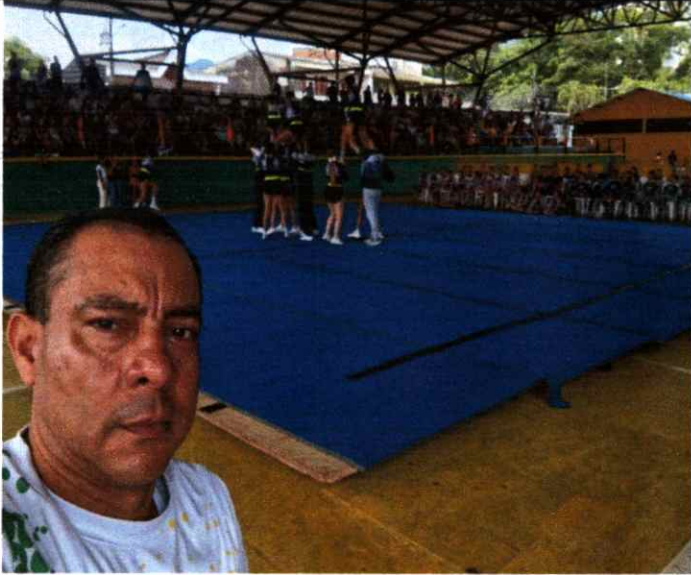
ANEXO 10

ACOMPAÑAMIENTO O REALIZACIÓN DE ACTIVIDADES INSTITUCIONALES, FESTIVALES DEPORTIVOS, COMPETENCIAS DEPORTIVAS O EVENTOS DEPORTIVOS

ACTIVIDAD O EVENTO: FESTIVAL DE PORRISMO FENIX

FECHA: 15/11/2025

LUGAR: RESTREPO

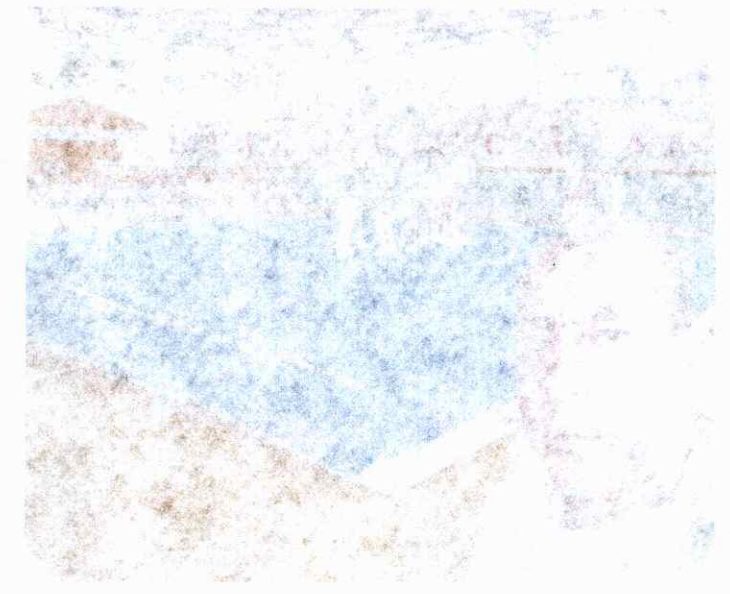


Restrepo – Meta 2025
INSTRUCTOR DEPORTIVO: EUSEBIO YESID DUNCAN YEPEZ



TABLE I
MECHANICAL PROPERTIES OF POLYMER WITH DIFFERENT FORMATION METHODS

PROPERTY OF POLYMER WITH DIFFERENT FORMATION METHODS



PROCESO DE FORMACIÓN DEPORTIVA EN PORRISMO

ANEXO 10

**ACOMPAÑAMIENTO O REALIZACIÓN DE ACTIVIDADES INSTITUCIONALES,
FESTIVALES DEPORTIVOS, COMPETENCIAS DEPORTIVAS O EVENTOS
DEPORTIVOS**

ACTIVIDAD O EVENTO: CAMPEONATO NACIONAL DE PORRISMO FENIX ON THE WORLD

FECHA: 22/11/2025

LUGAR: ARMENIA



Restrepo – Meta 2025

INSTRUCTOR DEPORTIVO: EUSEBIO YESID DUNCAN YEPEZ



ACTIVIDADES DEPORTIVAS EN PORTUGAL
DEPORTIVAS

ACTIVIDADES DEPORTIVAS EN PORTUGAL
DEPORTIVAS

