

SPORTS BYTES

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Filipina Figure Skaters Prep For ISU Junior Grand Prix

By BRIAN YALUNG

After a year of no competition, two local figure skaters are set to represent the Philippines in a couple of events set by the International Skating Union (ISU) Junior Grand Prix in August and September.

Set to represent the country in the first leg to be

held in Courchevel, France is 18-year-old Skye Patenia. The inclusive dates of the tournament will be from Aug. 18 to 21.

The top skates from each leg get to compete in the Junior World Championships that are set to take place in Japan at the end of the year.

In September, it will be 18-year-old >2



SKYE PATENIA [Rol Patenia]



SKYE CHUA [Cherrie Chua]

BaliPure Spirit All Over 2021 PVL Open Conference

By BRIAN YALUNG

The BaliPure Purest Water Defenders capped their stint in the 2021 Premier Volleyball League (PVL) Open conference on a high note, defeating the Perlas Spikers in three sets at the PCV Socio-Civic and Cultural Center in Bacarra, Ilocos Norte on Saturday, Aug. 7, 2021.

It was a fitting final game for BaliPure who also capped a five-game losing streak. They ended the tournament with a 3-6 record.

It will be back to the drawing board for the Purest Water Defenders as they prepare for the next conference. As of this writing, there is no official word on what the PVL will stage the next one.

Regardless, BaliPure team manager Gil Cortez is expected to sit down with head coach Rommel Abella to assess and determine what improvements are needed moving forward.

Although they failed to make it to the semifinals, there is no denying that BaliPure has been a breeding ground for good talent. Most saw the never-say-die attitude of the players, a reason why plenty of attention was given to players like Graze Bombita, Alina Bicar, Gyra Barroga, Bern Flora, Geneveve Casugod, Sati Espiritu, Shirley Salamagos, Carlotta Hernandez and Julia Angeles among others.

But even before these talented volleybelles, BaliPure had at one



BALIPURE PUREST WATER DEFENDERS. [PVL.ph]

time been home to some players who have made their mark on opposing PVL teams.

18 players previously suited up for the Water Defenders that saw action for the different teams in the 2021 PVL Open Conference.

That list includes Gretchel "Lady Beast" Soltones and Jerrili

Malabanan of Petro Gazz, Alyssa Eroa, Jorelle Singh, Aiko Seet Urdas, Vira May Guillemma of PLDT, Jasmine Nabor of Chery Tiggo, Janine Marciano and Roselyn Doria of the Signal HD Spikers.

There is also Jem Ferrer, Sue Rocas and Gel Cayuna of the Perlas Spikers, Amy Ahomiro of

Sta. Lucia Reatly, Denden Lazaro-Revilla of Choc Mucho, Audrey Paran of Army Black Mamba and the trio of Alyssa Valdez, Risa Sato and Ella De Jesus of Creamline.

Heading into the semifinals, Valdez, Sato and De Jesus will continue to play on for the Cool Smashers, Nabor for the

Crossovers, Lazaro-Revilla for Flying Titans and the duo of Soltones and Malabanan for the Angels.

Hence, the BaliPure spirit is still very much in the air with some top players donning a different uniform but at one point was a BaliPure Water Defender.

Nation in Ecstasy: PSC must be given a gold medal for Tokyo conquests

By DENNIS U. EROA

GLORY is addictive and with the Tokyo delight of Pinoy Olympians, I'm sure it will not hurt if we will make appreciation a regular habit. Hidilyn, the heroine of Zamboanga, is now made for life, while Nesthy, Eumir and scavenger-turned multi-millionaire Carlo are now part of our vocabulary. The lives of the boxers and their respective families are changed for the better and Pinoy pride is definitely restored. It's proven that if we paddle in the same direction we are going to achieve the seemingly impossible.

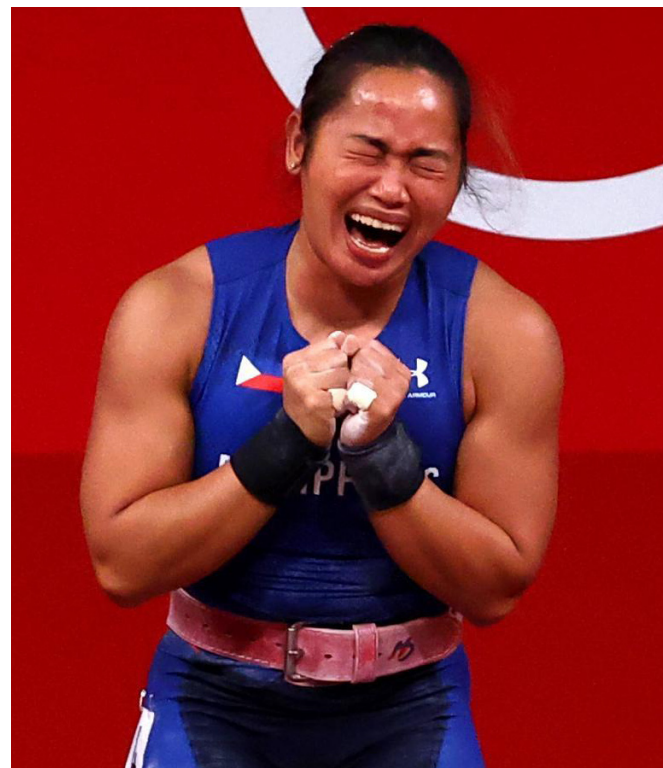
Hidilyn finally ended the country's tiring search for the shining gold but I dare to say that the memorable Tokyo experience and con-



quests will not be a reality without the great job being done by the Philippine Sports Commission headed by chairman Butch Ramirez, a

true-blooded son of Davao.

That's why I am proud to award a gold medal for excellence to the PSC for helping the athletes every step of the way. It is a relief to know that the government agency did not stop trying to help our Olympians. All that matters for Ramirez and his band of capable and gritty Commissioners namely sporting legend Mon Fernandez, Celia Kiram, Arnold Agustin and journalist Charles Maxey are the well-being of the athletes. They empowered the athletes which translated into world-class performances.



Before Tokyo, I am very vocal in saying that this batch of Olympians is very lucky with the PSC pouring its resources to make their Tokyo adventure successful. And mind you, it takes years for the PSC to finally turn the Olympians into a well-oiled group of fighting men and women capable of

upsetting the world's order.

Hidilyn and company didn't plunge into action blind, they went to war fully equipped to navigate and hurdle challenges. This is the reason why I declare in various zoom meetings that we will not go home empty-handed. I've never been happier >4



Filipina...

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Skye Chua's turn as she dons the Philippine colors to compete in the Krasnoyarsk, Russia leg from September 15 to 18.

When both ladies were asked which countries would be tough to compete against, they agreed that Russia, Japan and Korea are the ones to watch out for.

"The countries to watch out for will be Russia because they have outstanding technical skills. Aside from that I am also looking at Korean and Japanese skaters since they have good skating and

performance skills," Patenia said in an exclusive interview with Sports Bytes Philippines.

As far as preparations with the pandemic still in the air, both girls admit that they tried to focus on other things to prepare for the upcoming competition. This includes strengthening the muscles especially the legs because these are something that they need in skating according to Chua.

"Practicing more on off ice jumps rotations since we don't get to skate on ice. Also, I have been currently doing my choreography programs off the ice just to recall the movement I

have to do in the ice," Chua said.

Both Chua and Patenia have been forced to stay at home for some time now, raising questions on their mental preparation for the upcoming tournament. Both agree that this is important but are confident they can overcome this adversity.

"I believe in the saying that in order that you have to believe in yourself if you want others to believe in you. And if you don't believe in yourself, you are only half yourself," Patenia quipped.

"What I do is I like to visualize myself doing my jumps and programs and try my best

to tell myself, in my head, that I can land and complete my jumps when I get back on the ice," Chua added.

The series features some of the up-and-coming Skaters of the world and provides young skaters aged 13 to 19 the opportunity to compete at a high international level.

A points system based on the ranking will be used to determine the qualifiers for the ISU Junior Grand Prix of the Figure Skating Final. Points are obtained according to the results of each event. Only the top six skaters in each discipline are eligible to qualify for the final.

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Meet BENEEO

By VINCE JUICO

The “2020 Tokyo Olympics” or “Tokyo 2020 Olympics” in 2021 has reached its end, but for us on the outside looking in, we continue to look for ways to stay active and healthy, especially in these uncertain times.

BENEEO Palatinose continues to contribute whatever it can through research on sports nutrition and constantly looking for ways and means to improve the quality of life of professional athletes, casual athletes, and those just trying to keep active and stay in shape.

According to their press release, “It’s Olympics season again, and the 2021 Tokyo Olympics has an added significance to it due to the pandemic. This year, more than ever, the Olympics is a celebration of our tenacity in the face of adversity. As the world comes together to honor our Olympians and their sportsmanship spirit, let us also take a deeper look into how athletes of all types can stay at the top of their game with the help of functional ingredients.

Both casual and professional athletes need proper nutrition to fuel their sporting activities, but many may be relying on ‘fast carbohydrates’ to get an energy boost that is usually short-lived. To reach their full potential, athletes should reconsider their carbohydrate intake to include functional carbohydrates that can deliver sustained and balanced energy supply for longer periods of time.

This creates a pocket of op-

portunity in the energy-related nutrition market for food manufacturers to tap into. But how can manufacturers reformulate to leverage this trend without sacrificing their product’s taste and quality, while offering the nutritional benefits that athletes need?”

Palatinose can be taken by anyone and everyone, whether you’re young or old, male or female. The product is very good for serious athletes and the not so serious athletes who compete or are competing in endurance sports.

Palatinose hits two birds with one stone, it both offers nutritional benefits athletes need, and at the same time, it doesn’t compromise taste and quality one bit.

“Enter Palatinose™ (generic name: isomaltulose), a functional carbohydrate that can meet these needs. It can deliver the long-lasting energy sportspeople require, while being versatile enough to be incorporated into a manifold range of products and complement a myriad of diets.

Physiologically, Palatinose™ is the only low-glycemic but fully available carbohydrate that provides carbohydrate energy in a balanced and sustained manner, empowering athletes to achieve optimum training outcomes. As a slow-release carbohydrate, it facilitates efficient fuel management for athletes, resulting in blood glucose levels that stay balanced throughout the day.

This lower and more balanced blood glucose response achieves lower insulin release and an improved metabolic profile. Carbohydrates that are slowly and completely digest-

ed, leading to a low blood glucose profile while providing the needed energy in a sustained way are the way to go. This avoids a “roller coaster” situation in the blood glucose profile and the blood sugar spikes that are often associated with conventional higher glycemic sugars like maltodextrin.

In fact, scientific research has shown that athletes who consumed Palatinose™ maintained a more balanced blood glucose profile and higher fat oxidation, performing better than those who consumed other carbohydrates. In addition, the lower insulin levels allow for a higher rate of fat burning, instead of carbohydrate burning, for energy supply. This is beneficial for the body composition of an athlete, as well.

The physiological properties of Palatinose™ have been well-documented, but its technical attributes deserve a place in the spotlight as well.”

Athletes, especially endurance athletes need Palatinose to sustain running, biking, swimming, and all other endurance sports where the effort has to be sustained over a period of time.

BENEEO further explains the flexibility of Palatinose, “Palatinose™ also outshines in the technical department, which allows it to be easily incorporated into a variety of recipes. The functional carbohydrate boasts a low hygroscopicity, which means that it does not easily form lumps in powder form, making it perfect for powdered drinks and blends. Its good solubility also allows it to be added to liquid products as well, enabling athletes to dissolve it easily into their workout drinks.

Palatinose™ absorbs virtually no moisture, remaining stable at a temperature of 25°C and relative humidity of up to 85%. This stability ensures that

food manufacturers will not have to worry about compromising quality during manufacturing processes where conditions may be prone to drastic changes.

Additionally, Palatinose™ also enables maintained osmolality, meaning the concentrations of drinks remain stable and unchanged with its addition into the mix. When applied to sports drinks, this ensures that they retain their isotonic properties to serve their water replenishment purposes and are optimally absorbed by the digestive system of athletes. It also has a much higher process and acid stability than sucrose, making it highly relevant in isotonic sports beverages that tend to have a pH level below 3.

Taste-wise, the functional carbohydrate provides a mild, natural sweetness without any aftertaste. It replaces sucrose on a 1:1 scale and can easily be combined with other sweeteners to achieve a tailored sweetness profile suited to the individual preference of the athlete. Food manufacturers will thus be able to reformulate their products without

difficulty to preserve taste and texture, while offering the benefits of sustained and balanced carbohydrate energy release.

The health and fitness trend has led to a booming global fitness industry and an increased interest in sports nutrition products globally. In fact, the global sports nutrition market is anticipated to be valued at US\$50 billion by 2025. Asia-Pacific is the fastest growing market, due to its rapidly progressing economies which has resulted in a greater demand for sports nutrition products. This trend is a market of opportunity awaiting food manufacturers to embrace. As athletes start looking for a satisfactory product that can fulfil their unique nutritional needs, manufacturers will need to step up their game and address this demand.

Palatinose™ combines the best of both worlds with its physiological and technical properties that are well-suited to what athletes require, acting as the optimum nutritional support for them to achieve excellence in their respective sports.”

AD SPACE

Barbosa Tokyo Olympics Journey Proof He Can Conquer Greatness

By BRIAN YALUNG

Filipino fighter Kurt Barbosa surprised many when he booked a slot to the Tokyo 2020 Olympics, the Philippines lone representative for Taekwondo. That all started with a masterful performance at the 2021 Asian Qualification Tournament in Amman, Jordan where he pulled off a thrilling win over hometown favorite, Zaid Alhalawani.

Lady luck just did not smile on Barbosa in Tokyo when he found himself getting pitted against the top-seeded fighter in the field. He faced the top-ranked Jan Jung and the odds were simply against him.

Regardless, former Olympian Monsour Del Rosario believes that Barbosa is still young and should try again to reach that Olympic medal dream.

In an interview on the Rica "Baby Dynamite" Aquino podcast, the 56-year-old points out how Barbosa defied the odds and advancing ahead of sea-



KURT BARBOSA
(OLY Facebook)

soned fighters such as Pauline Lopez, Arven Alcantara and Kirstie Elaine Alora.

The fact that he has only been with the Philippine team for two years and managed to

make it to the Olympics is a testament that he is destined for greatness. Below is the [transcribed] message Del Rosario had for the National University standout.

"You have a lot to achieve. With what you have done in a short span of time is actually unbelievable. To make it to the Olympics and you have been only with the Philippine team

for two years is really a great feat. That goes to show that you can conquer more greatness if you continue," Del Rosario stated. "Now if you want to come back to the next Olympics, focus when you get back. Concentrate. Learn from what you have gone through. Experience will only teach you. You learn from experience."

Del Rosario, someone who lived through a different era of TaeKwonDo competitions knows that given time, Barbosa can only get better. He just needs to integrate experience and compile all that to succeed.

Sometimes people say you learn from books. Yeah you learn from books. But nothing will beat experience. Experience for me is the best teacher," Del Rosario said. "Now pick up from what you learned. Add it to your knowledge and continue and hopefully you will strike that medal you have been wanting, the Philippines has been wanting to have in TaeKwonDo."

Nation...

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in my whole life, knowing that our Olympians are backed with tons of experience, training and financial help. We need the gold medal of Hidilyn to temporarily set aside our worries in the time of pandemic. We need the silver medals of Nesthy and Carlo to inspire us to reach for the stars and the bronze of Eumir and the near bronze of Caloy Yulo are enough for us to sleep soundly at night.

With the best results ever, Ramirez can now heave a sigh of relief. Before Tokyo, Ramirez, down-to-earth, was very vocal in saying that he expected lawmakers to grill the PSC simply because it used people's money to fund the training and campaign of the Olympians. No need to worry, chairman. You're correct, it takes a

nation to realize a dream.

It is but proper that lawmakers will give the PSC a badge of honor for its role in making the country standing proud in the international sporting order. Yes, we can and we are just starting.

Ramirez, true to form, isn't going to credit himself for the wonderful results, saying those were a product of teamwork. He praised the PSC workforce for its cooperation.

"While we all recognize the immense assistance of our partners in the Executive Office, the Congress, the Senate, other government agencies and the private sector, as well as our past chairmen and officials, your contribution as an employee of the PSC, serving our public and client groups in your different capacities are significant drops in our victories."

"We are now all witnessing the fruits of our labor from the time of our small agency's inception in 1990 to the present, 31 years of service now brought us this exhilarating moment and onward march to sporting history," the Ate-nean added.

It is crystal clear that Ramirez knows very well the importance of teamwork." As the country basks in the glory and joy of our first Olympic gold, allow me to take this moment to congratulate each one of you. You are as much part of this success as anybody else."

In one of our zoom meetings with fellow sportswriters, I was very vocal in saying that with his deep love for the athletes, Ramirez and company deserve a third tour of duty as head of the PSC whose mandate is to provide

leadership, formulate policies and set priorities for the promotion and development of amateur sports with an emphasis on grassroots participation. He previously served under President Arroyo before being appointed by President Duterte in 2016.

I'll jump straight to the point. To continue the gains of Tokyo, Ramirez and his group must continue their work regardless of the results of the elections. Paris 2024 is just around the corner and it is not a stretch to say that we can better the Tokyo showings with Ramirez at the helm.

The results of the Tokyo campaign opened the floodgates for conglomerates and rich private individuals to chip in to reward the Olympians. The MVP Sports Foundation in cooperation with the Phil-

ippine Olympic Committee, Ayala, Philippine Air Lines, Air Asia and the country's billionaires dipped into their pockets to help the Olympians.

Also, I must give special mention to the Philippine Amusement and Gaming Corporation (Pagcor) headed by Andres Domingo for its never-ending support to the PSC. Indeed, Pagcor played a big role in sports development.

I say, bring it on!

To borrow John F. Kennedy's words "Victory has a thousand fathers, but defeat is an orphan."

A word of caution, dear readers. Let us not be fooled by those riding in the coat-tails of Hidilyn and company. They will claim credit for the Tokyo victories but we know how to distinguish a fool from the truthful.