The SOURCE

Scientific Outcomes Unravelling Research Complementary Empowerment

R&DU

The Official Publication of the Research and Development Unit
Mallig Plains Colleges, Inc.

Vol. 2, s. 2026 **Grounds Issue**

'From Local Intramurals to Olympic Dreams'

by MARKA

The playing field came alive with youthful energy and school spirit as Mallig Plains Colleges, Inc. (MPCI) opened its annual intramurals, bringing together students, athletes, coaches, faculty members, and stakeholders in a celebration of sportsmanship, teamwork, unity, and the aspirations of the young.

Anchored on the theme, "Sustaining the Grassroots Sports Program as the Pathway to the Olympics," this year's intramurals underscored a powerful message: great athletic dreams may reach the Olympic stage, but they begin in humble places, in schools, on local playing fields, and among young athletes who dare to believe that they can go farther. In the message of the College President, Dr. Praxedes D. Asuncion-Ignacio, she emphasized that grassroots sports serve as the foundation of future athletic success.

For MPCI, the annual intramurals could be more than a much-anticipated school activity; it has become an integral part of campus life where students discover not only their physical capabilities but also the values that shape character. Through competition, athletes are challenged to develop agility, strength, endurance, focus, discipline, commitment, dedication, cooperation, and teamwork.

Beyond the medals and scores, the games provide opportunities for students to build camaraderie, strengthen friendships, and learn how to maintain harmonious relationships with others.

The President also reminded the MPCI community that challenges and obstacles are essential parts of every journey toward success. Difficulties, she noted, provide opportunities to develop resilience, flexibility, and humility, qualities that remain valuable long after the final whistle has been blown.

For the athletes, the message was clear: give their best, play with heart, and let character matter more than the score. They were encouraged to demonstrate genuine sportsmanship by winning with humility and accepting defeat with grace, while showing respect for teammates, opponents, coaches, and referees.

"Your Olympic journey starts today," Dr. Ignacio reminded the young athletes, transforming the theme from a lofty aspiration into a challenge for every student who steps onto the court, track, or field.

The intramurals likewise recognized the continuing commitment of the institution's stakeholders whose support helps sustain programs that place students at the center.

Their dedication to serving the learners and the community was acknowledged as an important pillar in creating opportunities for young people to grow, participate, and pursue their dreams.

As the games unfold, the MPCI Intramurals reminds everyone that the essence of sports is not simply found in winning. It is found in the courage to participate, the discipline to persevere, the humility to accept results, and the willingness to respect and uplift others.

From the school grounds of MPCI, dreams take their first steps. And for every young athlete who plays with passion, discipline, and character, the journey toward bigger possibilities, perhaps even the Olympic dream - - begins here.



REACHING HIGHER, PLAYING STRONGER. *Christian Paul Sonajo, a college student and member of Team Hera Bravura, rises in attempt for a rally point versus Team Warrior Poseidon during the 2026 MPCI Intramurals. The action reflects the spirit of grassroots sports developing his skill, discipline, teamwork, and confidence while pursuing their dreams on the playing court.*

Synergy

There is something inspiring about an institution that turns a vision into collective action. As Mallig Plains Colleges, Inc. (MPCI) stages its 2026 Intramurals under the theme, "Sustaining the Country's Grassroots Sports Program as the Pathway to the Olympics," the readiness and commitment of the entire school community deserve commendation.

All systems are gone.

Behind the three-day celebration is a story of preparation, coordination, and shared responsibility. A major school-wide sporting event does not happen by chance. It requires careful planning, resources, and the concerted efforts of committees, coaches, officials, faculty and staff, volunteers, and support teams working toward one purpose.

For a private educational institution, the event also represents a substantial investment. Yet this investment is ultimately an investment in students — in their talents, physical development, confidence, character, relationships, and dreams.

The join-hands effort of the various committees demonstrates that sportsmanship extends beyond the playing field. Every person who plans, prepares, coordinates, officiates, coaches, assists, documents, and supports the games becomes part of one larger team. Their collective work transforms the intramurals from an annual competition into a meaningful celebration of talent, unity, and school spirit.

More importantly, the theme reminds us that grassroots sports begin where young people are given opportunities to participate, discover their abilities, develop discipline, and persevere. Before an athlete can dream of representing the country on the international stage, there must first be a school, a mentor, a playing field, and an opportunity to begin.

That opportunity can begin with the intramurals.

The games may determine winners on the scoreboard, but their deeper value lies in the lessons they cultivate…discipline, resilience, teamwork, respect, commitment, humility, and responsibility. These are victories that remain long after the final whistle.

The challenge, therefore, is to sustain the spirit beyond this three-day event. Continued support for school-based sports, promising athletes, coaches, mentors, and collaborative programs can help transform the intramurals into a continuing pathway for grassroots sports development.

Indeed, the road to the Olympics may be long, but every great journey begins somewhere.

At MPCI, it begins with young athletes who dare to dream, mentors who dare to guide, and a community willing to join hands to provide the pathway.

All systems are gone.

Let the games begin… with sportsmanship in every competition, unity in every endeavor, and pride in every school color.

One MPCI. One Spirit. One Sporting Dream.

Editorial Board

Editor In Chief: Dr. Arturo B. Nano
Contributors:
Dr. Aurora V. Adaya,
Dr. Mary Anne G. Alan,
Mr. Conrado B. Bangibang,
Dr. Milbert O. Catacutan,
Dr. Jhoe-Anne R. Chavez,
Mr. Rheymar Dacanay
Production and Distribution Managers:
Mr. Radjie R. Dela Cruz,
Ms. Kharisma L. Rodico
Layout Artists:
Mr. Jeriko G. Pelimiano
Mr. Drymlad A. Rebaja
Mr. Jimuel B. Rosales
Consultants:
Dr. Methodia B. Lagadi, VPAA,
Dr. Bonifacio N. De Guzman,
Executive Vice President,
Dr. Praxedes A. Ignacio,
College President



Dr. Praxedes D. Asuncion-Ignacio

PRESIDENT'S MESSAGE

Today, we gather for our annual Intramural Meet to celebrate the true spirit of sportsmanship, teamwork, and the bold dreams of our youth. This occasion is more than a celebration of athletic competition; it is a celebration of hard work, school spirit, unity, and the shared aspirations of the entire MPCI community. Our theme this year, "Sustaining the Grassroots Sports Program as the Pathway to the Olympics," reminds us that every great athletic dream has a beginning. Grassroots sports begin here in our school. They serve as the foundation for future athletic success, providing young athletes with opportunities to discover their abilities, develop their skills, and cultivate the discipline needed to pursue excellence. Big dreams do not begin on the international stage; they begin right here, on our local grounds, where determination is developed, potential is nurtured, and dreams are first given the courage to take shape. Indeed, the Intramural Meet has become one of the most anticipated events of the school year and an integral part of our school life.

Beyond physical capability, agility, strength, and endurance, intramurals teach lifelong lessons in camaraderie, cooperation, commitment, dedication, discipline, focus, teamwork, and harmonious relationships. More importantly, they remind us that participation is not solely about competition or winning. Challenges and obstacles are essential parts of the journey toward our goals, for through them we learn resilience, flexibility, humility, and the value of persevering despite difficulties. To our athletes: play with your heart and give your very best effort on the court, track, and field. But always remember that character matters more than the score. Demonstrate true sportsmanship—win with humility and lose with grace. Respect your teammates, opponents, coaches, and referees, and wear your school colors with pride. Your Olympic journey may begin today—not necessarily with a medal, but with the discipline, courage, and determination to keep pursuing your dreams. To all our stakeholders who remain committed to serving our students and the community, we deeply value your contributions as pillars of this institution. May this Intramural Meet strengthen our unity and inspire every member of the MPCI community to sustain the spirit of sportsmanship, excellence, and service. May the spirit of sportsmanship reign in every athlete's heart, and may our grassroots sports program continue to nurture dreams that reach beyond our local grounds. From Local Intramurals to Olympic Dreams. Let the Journey Begin Today! Thank you and may we all have a meaningful and successful Intramural Meet.



Mr. Conrado B. Bangibang
SPORTS COORDINATOR

MESSAGE

I would like to extend my sincere gratitude to our Board of Directors through the School President for approving the conduct of the 2026 MPCI Intramural Meet and for supporting this meaningful opportunity for our students. This support reflects the institution's commitment to developing young athletes through sports. To our athletes and coaches, Hold the beat not only to win medals, but also to build your character, discipline, determination, and sportsmanship. Play with courage, respect your opponents, and accept both victory and defeat with humility.

To our coaches, your role goes beyond teaching skills and strategies. You recognize potential, nurture discipline, inspire perseverance, and encourage our young athletes to dream bigger. May this Intramural Meet become more than a celebration of athletic talent; may it be a starting point where dreams are awakened, talents are discovered, and future champions are developed. From local intramurals to Olympic dreams…let the journey begin today!

...impART

Work, Play, Purpose, and Passion



"All work and no play make Juan a dull boy."

We have heard it countless times. But perhaps, in today's world, Juan needs a little more than work and play. He needs purpose and passion, too.

The 2026 MPCI Intramurals, themed "Sustaining the Country's Grassroots Sports Program as the Pathway to the Olympics," reminds us that play is not merely a break from learning. It is another way of learning, a classroom without walls where students discover discipline, teamwork, resilience, respect, humility, and courage.

For three days, the playing courts and fields become venues not only for competition but also for character formation. Every game becomes an opportunity to learn how to win with humility, lose with grace, respect an opponent, trust a teammate, and rise after a setback.