



NOCZ

NEWSLETTER

9th Edition



**WORLD
CLEANUP
DAY** 2020
19 SEP



FOR THE CLEANING OF THE PLANET

NOCZ HOLDS SAC FOR ZBF



National Olympic Committee of Zambia (NOCZ) hosted a Sport Administration Course Workshop for the Zambia Basketball Federation (ZBF) which concluded on 6 July 2020 at OYDC Zambia – Sports Development Centre.

NOCZ Medical Commission chairperson Dr. Titus Fernando's session on Anti-Doping marked the end of the 4 day course which started on Friday 3rd July 2020 under the new normal.

Speaking while giving his closing remarks NOCZ President Alfred Foloko congratulated the participants for successfully attending and completing the first official course to be held by NOCZ after the calm of the COVID 19 pandemic.

"Not only in sport but also in our day to day lives the world around us seemed to have stopped as we all fought against the covid-19 pandemic, and due to the diligence of everyone against the pandemic we have seen remarkable improvement in the right direction for our society, and such actions have led us here today," He said.

Foloko however implored the participants not to be complaisant and further encouraged all sports federations to continue observing COVID 19 protocols as guided by authorities and the ministry of health in order to keep sport safe from COVID 19.

Foloko said that the sport administration course is a vital tool for anyone involved in managing, administering and organising sport and sport organisations, be it elected officials, volunteer administrators or paid staff.

"NOCZ recognizes this fact and strives to enhance sport administration capacities as well as

strengthen the principles of good governance of our affiliate sport associations in line with NOCZ 2018 -2021 strategic plan," He said.

He further added saying that Olympic Solidarity (OS) through National Olympic committees (NOCs) has continued to support the developing of capacities in NOCs and sport associations through various trainings such as this one. It is an honor and privilege for NOCZ to offer such training opportunities to its affiliates.

In his conclusion, Foloko commended the Zambia Basketball Federation executive for taking the initiative to apply for the Sport administrator's course and most importantly acknowledged and thanked everyone for taking time to be part of it.

"This shows the federation's commitment to improve its overall performance. It is our hope that you found the Sport administration Course worthwhile and we look forward to see your implementation of knowledge and skills you have acquired as you are now certified sports administrators under the IOC," He said.

Foloko also called on other National Sports Federations in the country to apply for opportunities available at NOCZ in order to improve and develop sport in Zambia.

The Course attracted 17 Sport Administrators under Zambia Basketball Federation from across the country.

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NOCZ COMMEMORATES WORLD CLEANUP DAY

“A clean environment ensures a clean sport” was one of the keynote points of National Olympic Committee of Zambia (NOCZ) Secretary General Boniface Kambikambi’s welcoming remarks as he addressed young athletes and youth leaders who had gathered at OYDC Zambia – Sports Development Centre to join the rest of the world in commemorating the Clean Up Day which falls annually on September 19.

With Coronavirus cases having surpassed 13,000 countrywide and 30 million worldwide as well as hygiene being a key factor, Kambikambi took the opportunity to remind the sporting audience that this event was an important one to humanity as the environment was vital to everyday life.

“Every day our newspapers, websites, programmes are flooded with stories about the environment, especially this year that we are in Coronavirus crisis”.

“The earth is experiencing unprecedented scale of extreme weather events heat waves, dry spells, cold winds and Zambia is not an exemption, this is a clear warning and message that we should act now to move through cushioning the situation by keeping our environments safe and clean. With the take of the novel COVID 19 pandemic, it is of paramount important to take extra care of the quality of cleanliness of our environment.”

Kambikambi further urged people to ensure that the efforts of the day that would involve cleaning up the various sports facilities around OYDC should also be extended to the rest of the environment

He later, in the company of OYDC Chief Executive Officer Fredrick Chitangala, led the guests who included representatives from the Ministry of Water Development, Sanitation and Environmental Protection, Emmanuel Kunda Executive Director of the Christopher Katongo Foundation and Conwell Hakapya, Citizens Environmental and Social Concern (CESCO) Executive Director as well as the young athletes to a cleaning up session of the facility.

Among some of the cleaning activities involved was picking litter around the facility, slashing as well as raking. Also in attendance were members of the NOCZ board and volunteers.

This year marked the first participation for NOCZ in the annual event that is coordinated by the international organisation Let’s Do It.

NOCZ joined the rest of the NOCs around the continent after Association of National Olympic Committees of Africa (ANOCA) signed a Memorandum of Understanding with Let’s Do It to celebrate the environmental event.



Selected images from the event

NATIONAL FEDERATION

SPOTLIGHT

2020: A rollercoaster year for ZAVA

Coronavirus has impacted heavily on the world of sport and volleyball in particular has not had it easy as they have not seen any competitive action due to the fact that the pandemic struck just before the season begun.

It was a year of huge expectation and Zambia Volleyball Association (ZAVA) was eager to resume and were on course in the restructuring of the league.

It has been a rollercoaster of a year at the least expected and in March the executive committee led by Nakamonga Kakoma was forced to suspend all Volleyball activities to follow suit with other sports disciplines after the country had recorded its first cases of Coronavirus.

Among those activities was the National Volleyball League which was supposed to run up to next year in March from April this year, but they had not been any action in six months.

It was hoped that it would resume once cases subsidized but with time having run out, ZAVA later resolved to canceling the league altogether on September 5 at the executive meeting.

“The board meeting resolved that the 2020/2021 national and provincial leagues be cancelled with immediate effect. This entails that we will not have any active league in Zambia this season,” she told Zambia Daily Mail newspaper early in September.

Initially they intended to resume the league campaign between July and August after sports activities were given a go ahead to resume by the government but could not happen due to surging cases of Coronavirus.

However with the league cancelled, they did not want to end the year without any action for the athletes and opted to go on with the national



championship which is set to be held in the first week of November, although that could be at the mercy of coronavirus with ZAVA counting on cases to drop.

However with the league cancelled, they did not want to end the year without any action for the athletes and opted to go on with the national championship which is set to be held in the first week of November, although that could be at the mercy of coronavirus with ZAVA counting on cases to drop.

There is also a planned tour of Western Province three weeks later which is aimed at growing the sport further in that area of the country.

But in a bid to ensure that athletes stay active even without any action, ZAVA has been encouraging athletes to play friendlies through their specific clubs.



Beach Volleyball during the Teulings Youth Sports Challenge at DYDC Zambia - Sports Development Centre.

No local punches for Olympics bound boxing trio

Boxing has not had much activity this year and it perhaps came as little surprise as Zambia Boxing Federation (ZBF) opted to cancel the season last month with four months remaining due to surging cases of Coronavirus.

Due to the sport's nature as a full-time contact activity, it was not included in July among the discipline that were allowed to get back into action and that only plunged the sport into further oblivion.

Nonetheless, there it was not a quiet year altogether as highlight was provided by Patrick Chinyemba, Evaristo Mulenga and Stephen Zimba who against all odds punched their way to Tokyo at African qualifiers held in Senegal.

The trio were the only representatives for the country at the qualifiers but they left a mark by securing a place for the first time in a long time with Zambia having most been qualifying by invitation to the games.

Mulenga bagged gold in the featherweight category, while Chinyemba and Zimba had to settle for silver in flyweight and welterweight respectively.

It was a milestone achievement for coach Wisdom Mudenda who would later be awarded with the coach of the year for his exploits with the three young boxers.

Algeria were regarded as favourites and rightly so did they deliver but it was the Zambian who had done the remarkable.

Mulenga who outclassed Kenya Nick Okoth to claim gold was also awarded best male boxer of the year with the best female accolade awarded to Margaret Tembo at the award presentation held in Kabwe.

Away from the Olympic bound boxers, ZBF has already started plans of resuming their activities having been given a go ahead by the National Sports Council of Zambia (NSCZ).

ZBF general secretary Bright Chomba revealed during an interview for this edition that the federation has since identified key venues around the country where they could host boxing tournaments but was subject to inspection by the Ministry of Health.



Olympics Bound Boxing Trio (displaying medals)

"Of late, in the past two weeks we have been collaborating with the national sports council who have guided that we write to them and request to start training, they have acknowledged receipt that we can now resume full tournament after the ministry of health certifies the areas that we have identified."

"We have identified four provinces, Central, Southern, Lusaka and the Copperbelt and we are waiting for the ministry, we have a place in Kitwe where all the tournaments will be held, in Lusaka its OYDC, in Southern it Maamba and Central its Kabwe," he revealed.



Evaristo Mulenga

It is a sign that boxing could perhaps end the year with a bit of action after having been out of action for almost the whole year.



TEAM ZAMBIA ROAD TO TOKYO 2020 OLYMPIC GAMES

SWIMMING

LIKE at the Rio 2016 Olympics, Zambia will again be represented by swimming as one of the discipline in which the country managed to secure qualification.

Ralph Goveia will obviously be targeting a better performance this time around, if not a medal while Tilka Paljk will be heading there for the first time in her career.

Although both athletes are currently based away from home and are in South Africa, Zambia Swimming Union (ZASU) has been keeping a close eye on them.

ZASU President Guy Phiri is upbeat about the duos performance going into the global multisport event next year.

“The athletes have remained focused and they are training in South Africa, one has changed a coach (Goveia).

“They are focused for July next year and we hope they can get into competitive swimming which is very important so that we see where they are.”

Phiri also revealed that ZASU is also planning to help the athletes in their preparations by taking care of their nutritional needs through funds being provided by International Swimming Federation (FINA).

“We want to give them additional support outside of just their training, going to the Olympics is not just about ones training, you need better nutrition and how not to get injured,” Phiri said.

Meanwhile, deliberate focus has also been placed on Pajlk who despite being good in the 50m breast-stroke faces a challenge as the category is no longer recognised at the Olympic Games.

The 23 year old had an exceptional year in 2019 through the category and won a bronze medal at the All Africa Games which subsequently earned



the Sports Woman of the year award.

But she has to change her best category and ZASU has revealed that they are working on ensuring that she adapts.

“We are working to convert her to something else to freestyle and 100m breaststroke. She has been practicing and we are just taking everything one step at a time, we are not looking to far of ourselves we are just trying to ensure that she does the best she can then we can pick it up from there.”

“She is focused and strong mentally and we are supporting her.”

For the athlete, it has been all about personal training through this year as South Africa has been under locked.

“I was fortunate enough during the last month to find a swimming pool near my house, it’s a 20 meter pool but at least I’m getting some training.”

“I’m swimming alone every morning from Monday, Wednesday and Friday, it’s better than nothing, I was never doing personal training before.”

VOLLEYBALL



Zambia Volleyball Women's Team after a game against Nigeria

Zambian Volleyballers could have themselves dreaming already this year with the Olympic dream unbelievably looking closer to be realized.

They have never been to the multi-sporting event and the motivation is high for both the executive and the players too.

"This is the first time we are reaching this stage and that is motivation enough, our aim was just to get the team to the qualifiers but now we are in the final phase, qualifying to the Olympics will be a bonus."

"We are trying to build a team for the next four years and so far we have done well," Zambia Volleyball Association (ZAVA) general secretary Gift Chesekela said during interview for this edition.

Zambia is at the verge securing qualification to the Tokyo 2020 Olympics through the continental cup in the women's round.

They had been placed in group C alongside Nigeria who were the hosts of the first phase of the qualifiers, Kenya, Cape Verde, and Democratic Republic of Congo.

But a no show by other countries except Zambia and Nigeria during the competition in February saw the two countries proceed to the final phase of the competition where one out of 10 countries will battle it out.

The men's team on the other hand will begin their first phase of the same competition in Mozambique where they are in group A with Nigeria, Congo Brazzaville, Tunisia and the hosts.

But for coronavirus, they too could have edged closer in their bid. Amidst the situation of the pandemic, ZAVA has had to release the players from camp and have them rely on personal training administered by their coaches.

"We could not look after the team properly due to restrictions that had been imposed and now we are hoping that we can put resources together."

"We had let them go to be attached to their various teams but most of them haven't been doing training mostly because of the pandemic," Chesekela revealed.

Nonetheless, ZAVA is not sitting idly but have started making plans to get the team ready before Confederation of African Volleyball (CAVB) and Federation of International Volleyball (FIVB) announce the resumption of all international matches.

"There is a tour in November and we are hoping to use that to see how fit the players are, they were given individual training but we will assess them."

BOXING



With qualification secured, like any other sports federation that has athletes going to the Olympics, Zambia Boxing Federation's focus now is to ensure that they ready the boxers with good preparation before the tournament.

Initially the boxers were expected to enter residential camp last week with OYDC – Sports Development Centre being their favoured camping place.

But General Secretary Brighton Chomba has indicated that there has been some changes to those plans after costs were considered for all three boxers and the coach by the technical committee.

“OYDC was also on the cards but the technical committee found that the cost of every boxer and coach was expensive as compared to finding a camp house but we have concluded on what we will settle for because we are yet to get a feedback on the proposals we made.”

It has been a period of consideration for the boxing executive and they have laid out every possible option to ensure they give their boxers the best preparation to ensure they compete in Tokyo.

“Our training plan is that we had earlier wanted them to have residential camp but it was not possible because most of the gyms were closed, we could not bring all the three in one place.”

Apart from considering to set camp in Lusaka, Central, Southern or Copperbelt Provinces, the ZBF technical committee has also been contemplating international residential camps and countries within the southern region of the continent have been on the cards.

Chomba also revealed that the committee has declared the interest of camping in Cuba a few months before the tournament but that was all subject the amount of support they would receive from both government and the cooperating partners.

Currently, all three boxers are still receiving individualized training through their specific training bases. Evaristo Mulenga is training from Zambia National Service (ZNS) who have since provided him with a gym in Kafue while Patrick Chinyemba is under the watchful eye of his manager Anthony Mwamba at Exodus Boxing Stables.

Stephen Zimba on the other hand is under the tutelage of coach Wisdom Mudenda at Green Bufaloes.

ATHLETICS



Zambia Athletics (ZA) were the first to confirm their attendance at the Tokyo Olympics locally after sprinter Sydney Siame secured a place thanks to his performance at the La Chaux de Fonds Resisprint Switzerland where he came out second and set a new national record in the 200m category after clocking 20 point 16 seconds.

But due to the Coronavirus, securing other athletes has proved problematic because most of the crucial events like the All Comers Meet have not been held.

Female sprinters Suwlanji Mpondela and Rhoda Njobvu have shown a glimmer of hope that the country could add another athletics ticket to those going for the games for Zambia and their performance at the Time Trials recently held by ZA early this month was testament to that.

Both Mpondela and Njobvu won their particular categories in 200 and 100 metres respectively.

Mpondela in particular was exceptional, breaking her personal best (PB) time tally twice from 11.09 to 10.06 seconds on the day.

Njobvu on the other hand clocked 11.48 seconds as she won but was a measure of time away from her record personal best of 11.21 seconds.

Mpondela could not hide her excitement at the achievement: "It feels great to record two new personal best times in a day, this shows that we are on the right track," she said.

For Elias Mpondela who is ZA president, this event was all about assessment to check the athletes on where the countries chances are for qualification to the Olympics.

"It's part of the training for us to increase the number of those that may qualify, we only had three province and only eight clubs but the time trial gave us an indication that there are a

number of athletes that are showing promise."

The ZA head however, like everyone else has his eye on those going to the even and wants to ensure whoever qualifies gets the best training at international level.

"The athletes that will go to the Olympics will require individualized training and that will be done when the when world opens so that we try them with athletes outside Zambia and that is very important."

"We cannot just rely on competitions here, even Sydney had to be sent to Europe but for us to be certain, we need athletes compete international."

However with travel restrictions currently still applicable on the international level, Mpondela said ZA would wait until everything has stabilized before they could embark on such plan.

FOOTBALL

March 9, a day after the International women's day was a history day for women's football as Zambia qualified for their first Olympic Games following a 2-1 win over Cameroon at the Nkoloma stadium.

By that time, the Olympics were expected to be held in just four months-time, but Coronavirus has led to a delay of one year and eventually put on hold any dreams of being at the multi-sport global event.

Nonetheless, after six months with Coronavirus having slightly subsidised, Football Association of Zambia (FAZ) has started making plans to ensure the Copper Queens prepare adequately before they head to Tokyo.

One of those plans has been to secure a friendly against Chile on November 28 to be played in Santiago, the South American country's capital.

Chile could prove a worthy opponent for the Copper Queens being from the south-western region of the world where the likes of Brazil and Argentina are the competitors and these are the teams that will be competing against Zambia in Tokyo.

National team coach Bruce Mwape has since gotten into action and has summoned 28 local players for camp ahead of the international friendly.

Mwape has returned the core of the squad of goalkeeper Hazel Nali, striker Grace Chanda and skilful midfielder Mary Mwakapila who were crucial to the team securing the Tokyo ticket.

There is also a place for the return of midfielder Rhoda Chileshe who was injured and she joins the bulk of the squad that is made up of fringe players who will be hoping to impress Mwape for a place in the team.

These will be expected to team up with foreign exports Barbara Banda, Memory Phiri as well as Hellen Mubanga and Rachel Nachula. Administratively, FAZ has decided to set up a fund-raising committee to gather resources for Mwape's team.

FULL SQUAD CALLED BY BRUCE MWAPE
(GOALKEEPERS) - Catherine Musonda, Hazel Nali, Ngambo Musole, Natasha Chanda
(DEFENDERS) - Anita Mulenga, Agness Musesa, Martha Tembo, Lushomo Mweemba, Memory Nthala, Margaret Belemu, Fikile Khosa, Mary Mulenga, Vast Phiri, Natasha Nanyangwe, Jackline Nkole,
(MIDFIELDERS) - Mary Wilombe, Ireene Lungu, Mary Mwakapila, Judith Zulu, Rhodah Chileshe, Thandiwe Ndhlovu, Amira Njovu, Tryness Changwe, Misozi Zulu
(STRIKERS) - Grace Chanda, Maylan Mulenga, Mary Mambwe and Salome Phiri

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'PROMOTING OLYMPISM AND COMMONWEALTH VALUES'

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