



# NOCZ

# NEWSLETTER

10th Edition



**BELIEVE IN ANYTHING YOU WANT TO BECOME**  
Welcoming Teqball to the Olympic Family



# President's Message on the 10th Newsletter Edition Milestone

I hope that you have enjoyed the festive season, Happy New Year!

This month of January is marked with a 'historical moment' for the National Olympic Committee of Zambia (NOCZ) we are excited about celebrating and sharing with you the 10th Edition of the NOCZ Newsletter.

I still have fond and vivid memories of the void from which the newsletter emerged.

There was need to provide news and report developments related to the NOCZ, the National Federations, partners and other stakeholders on various implementation activities in addition to the already existing social media platforms.

The birth of the NOCZ Newsletter came about in 2018 when the first edition was published in September, from that point on, nine other editions have been published highlighting NOCZ programmes and activities that are undertaken quarterly including sections on National Sport Federation/Associations activities dubbed 'NF Spotlight' and exclusive articles focusing on stakeholders such as Athletes, both local and international partners.

On that note I would like to make a personal plea and or challenge for all of you. My belief as I have stated before is that we should try to "make the pie bigger for everyone" instead of trying to get a "bigger piece of the pie".

Let us all work together in promoting the Zambian Sports Fraternity by sharing developmental stories about the programmes we are implementing.

Finally, as many of you know, NOCZ launched its Website on 3rd November 2020 as a way increasing our online visibility in addition to our presence on social media platforms namely Facebook, Twitter, Instagram and LinkedIn.

The new website provides our visitors with exclusive up to date content and information and to allow the visitor to browse information based on their own choice. It gives better access to web pages, other features include an interactive media gallery, View Sponsorship and Scholarship Opportunities, a section dedicated to Commonwealth Games News and Information on upcoming seminars and events.

I would like to take this opportunity to thank our editorial team led by NOCZ Secretary General Boniface Kambikambi and Secretariat Staff responsible for the NOCZ Newsletter publication for their commitment and hard work. On behalf of everyone at NOCZ, we hope you enjoy this newsletter edition.

Warm Regards

*Alfred Foloko*  
**President.**



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# Athlete's Commission Roundtable Talk

Despite most of the planned activities of National Olympic Committee of Zambia (NOCZ) having been cancelled or postponed due to the ravaging effects of Coronavirus throughout 2020, it was somewhat a relief to host the Athlete's Roundtable talk early in October.

Athletes who were the stakeholders of the discussions which were held at OYDC Zambia - Sports Development Centre equally welcomed the idea of hosting the event especially that it was coming at a time when they had been severely hit with most of their discipline placed on halt.

It was an opportunity to discuss how best they could fight challenges they had encountered throughout the year and find a way of tackling them.

Commission chairperson Suwilanji Mpondela was eager to hear from her members and she set the tone of the meeting by highlighting the country's medal progression in the last few years and major events.

It was an interactive, albeit, informative meeting from both the athletes and the executive who shared views on challenges of the year.

Amongst some of the challenges highlighted by the athletes was the cancellation of international competitions in various sporting discipline which meant there almost little to no activities for some of them as a result of COVID-19.

Other than that, others lamented the closure of training facilities

, something had seen them become innovative within their own homes to find a way of maintaining fitness.

The secretariat was on hand to take note of the challenges raised including experiences at international competitions in previous years.

Mpondela also set the tone with a presentation on doping which had become a serious crime with World Anti-doping Agency (WADA) in the last few years.

"Don't engage in doping, it is not worth banned for. Doping takes away from your own integrity as a human being because that is what you are labelled as, that is why they say play true, be true to yourself." she emphasised during her presentation the Doping in sports.

After the meeting, Mpondela commended the athletes for coming to the meeting adding that it had been a good discussion and most athletes participated.

"It's a good start, we got some vocal people and it is nice that Universities and Colleges were here because that is where talent comes from.

She also pledged to see to it that the views raised in the discussion were given attention by presenting them to the relevant stakeholders.

"We have gotten everything we needed and what is left now is to compile the report and give it to the relevant authorities so that something can be done about it.

"My main interest is that of the athletes and I'm going not going to omit whatever has been said because that is what is going to protect them especially if we are to be a podium performing country."

The discussion which was moderated by Ms Katongo Moonga, a sports lecturer from University of Zambia saw athletes from over 20 different sporting disciplines in attendance.





## ZUSA Sports Administration Course



*Participants during the Workshop*

NOCZ organised a Sports Administration Course for the Zambia Universities Sports Association, from 8 – 10 October 2020.

The three days long course organised by the National Olympic Committee of Zambia (NOCZ) for Zambia Universities Sports Association (ZUSA) attracted sports administrators from various institutions of higher learning among them University of Zambia (UNZA), Copperbelt University (CBU), and Mulungushi University.

A number of topics among others Anti-Doping, Ethics, and Technical Development have been taught since Thursday when the workshop began.

The course was handled by various experienced experts in the topics. Former Zambia National Broadcasting Corporation (ZNBC) Director General Chibamba Kanyama who is also a member of the Institute of Directors (IoD) handled the importance of communication in sports while Samuel Olaniyan from Zambia Institute of Chartered Accountants (ZICA) led a session about Financial Management and Budgeting.

NOCZ Secretary-General Boniface Kambikambi led sessions on Safe Sport and Technical Leadership, Board Member and Chairperson on the legal & Ethics Commission led a session on Ethics.

Medical Commission Chairperson Dr. Titus Fernando led a session on anti-doping in sport while National Course Director's (NCD) Mweembe Kaona and Isaac Mwape were in charge of topics such as Risk Management and Olympic Background respectively.

On the third and final day, NOCZ Secretary - General Boniface Kambikambi reminded the administrators of the importance of investing in technical development adding that it is a key factor in the country's chances of getting good results on the international scene.

24 participants led by ZUSA President Mwape Nshimbi have been in attendance over the last three days.

And when giving a vote of thanks after the sessions were completed, Nshimbi called on NOCZ to keep its doors open for more support to sports federations.

"Thank you for accepting our plea to have a course with us, and I want to assure you that this is the beginning, we shall be knocking at your door for various areas to do with athletes".

"We want to work together with you for the betterment of sport in our country, what we want to see is a Zambia that is developing in terms of performances". Nshimbi also urged the participants to collaborate with the ZUSA executive to continue supporting the agenda of student-athlete development.

Meanwhile, Kambikambi called on ZUSA to ensure they continue supporting athletes' development through the sports courses they had undergone.

"As sports administrators, from higher learning institutions, you are a key part of how sport can be managed and played, be it on the pitch, running track, ring or off it.

"We urge you to venture into projects that will develop sports infrastructure and build a pool of talented athletes with a good academic record, this will ensure we have future leaders who manage sports administration," he said.



*ZUSA General Secretary Muyudana Siyanga giving an Interview during the workshop*

## Chatting with the CDM – Tokyo a Special place for Zambia

Team Zambia's Chef de Mission for the forthcoming Olympic Games Ms. Hazel Kennedy believes this year's games will be special due to the memorable achievements the country has made in Tokyo over the years.

Team Zambia will return to Tokyo, Japan almost exactly 57 years since Zambia gained independence from Britain whilst taking part in the games in 1964. The country went to that year's event as Northern Rhodesia but returned as Zambia after got its sovereignty only days before the closing ceremony.

Tokyo is also the same city where Samuel Matete, one of Zambia's only two Olympic medallists, won the World Championships in 1991 with a time of 47.64 seconds in 1991.

"For the NOCZ it's special because that's where our Olympian became world champion in Tokyo and that's where Zambia was born," she told NOCZ Media in an interview.

"It will also be special in the sense that the host country have put in a lot because of Coronavirus although there have been concerns about the games being held but we remain hopeful that they will go on."

Ms. Kennedy who is also NOCZ Vice president said athletes that have qualified should use the experience of being there as an opportunity to appreciate the return to a place where Zambia has a lot of memories. She said although everyone was expecting a medal from all the athletes that will represent the



**Tokyo 2020 Olympic Games  
Chef De Mission Ms. Hazel  
Kennedy**

country it was also just a special moment for them (athletes) to be at the games.

"The athletes have so much expectations on them but they should view this as a special moment to be there. Of course it would be wonderful if someone like Sydney (Siame) made it to the podium but I just hope they see it as also being fortunate to be there."

Ms Kennedy said despite the fact that attention was on medals, the focus was also about improving their personal performances. However she added that there was still a chance for the country to come back with a medal.

In close reference to Siame, she said: "Everybody should look at the time and see, he is very capable (of doing well) but he has to come down a bit."

Meanwhile Ms Kennedy is optimistic that the country could see more athletes before 23 July when the games are expected to start.

So far, only track athlete Siame, swimmers Tilka Paljk, Ralph Goveia, boxers Stephen Zimba, Evaristo Mulenga and Patrick Chinyemba and the women's national soccer team have qualified to represent the country.

"There could be a possibility with Judo and we can only hope for the best from Badminton" she said.

However she also revealed that NOCZ had applied for wildcard qualification for Judokas but it might be likely that Badminton would be awarded on universality.

Ms Kennedy also made special mention of the women's football team adding that there qualification was a thrilling experience for the country.

"When the Zambian women qualified, it was a thrilling experience. The thrill of men is more appreciated but we have seen a change over the years."

"Women's soccer has become competitive and when the girls qualified it was something to think about."

She said the ladies team need to be given a lot of credit for their achievement especially that it came after the men had failed to qualify.

**TOKYO 2020 OLYMPIC GAMES**  
**THEME:**  
**UNITED BY EMOTION**



ROAD TO TOKYO 2020 OLYMPIC GAMES:

Judo

Fine margins define Mung'andu's Olympic qualification in 2020

2020 had been all about one thing, qualifying to the Olympics, especially for those Athletes that had missed out at the All Africa Games and other previous competitions.

Sprinter Sydney Siame, Swimmers Tilka Paljk and Ralph Goveia as well as boxers Patrick Chinyemba, Evaristo Mulenga and Stephen Zimba had set the athletic tone as being the only athletes who were confirmed entries by the end February for the Tokyo Games.

But there was still enough hope that Steven Mung'andu would make it as well from Judo. The 66 kilogram category man had showed all the potential especially that he was even under an Olympic scholarship in France where he has been based since May of 2019.

There had not been much competitions due to cancellations as a result of Coronavirus but the Judoka had been training consistently and took part in a few slams in Europe to prepare for international meets that would earn him points and ensure qualification. The first opportunity came with the Yaounde Open Championship in Cameroon where he unfortunately missed out but was



good enough to earn a bronze medal in the final. That gave hope to both Zambia Judo Association (ZJA) and his coaches too that he was close to qualifying and would do so at the next meet.

The next meet definitely came and this time it was in Dakar, Senegal in November. However, fine margins stood between him and his dreams, losing in the final with a slight loss of concentration, consequently settling for silver at the expense of gold and Olympic qualification which went to the host country's Gaye Serigne.

There was no room for relenting though for his coach who seemed eager to push him even further for the next event which was the African Judo championship in Madagascar.

"We don't want to relent to say just because he is almost qualifying we sit back, we are trying to look at the next competitions on how he can improve and I have written notes for him," Lipimile said immediately after getting back to Zambia after the meet in Senegal.

In Madagascar, Mung'andu missed out again, this time in the semi-final. He had to settle for bronze. But all not hope is lost as he has another chance to achieve qualification in April this year at the African Judo Championship again.

His technical bench still remains positive about his chances to make it:

: "Our chances are very high" Lipimile said briefly.

Following his performance in Madagascar, his world ranking improved from 64th to 53rd with 960 points from 610 which he previously had.



Mung'andu after winning Bronze at the Africa Judo Open Championships



Interact with Steven and Follow his Journey by liking his page on Facebook : Steven Mung'andu - Judoka

## NATIONAL FEDERATION

## SPOTLIGHT

**Skateboarding, a sport growing rapidly**

Skateboarding is a sport relatively new to Zambia, although there have been traces of young people skating around the streets in the last few years, especially in Lusaka.

But the little known Skateboarding Association of Zambia is not letting that stand in their way of growing the sport in the country.

Currently in their fourth year of establishment since 2018, SAZ has seen the sport grow rapidly from being seen as a luxury afternoon-roadside activity for teenagers to a professional discipline with over 1,000 skaters country-wide.

Part of that rapid growth has been assisted by support from both government through National Sports Council of Zambia and the International Olympic Committee who recognised the sport both locally and globally back in 2018.

The association has also received support from National Olympic Committee of Zambia (NOCZ) who have been conducting training workshops in the last two

years to help structure the organisation's administration.

"We have done a lot with NSCZ, they have helped us with anti-doping training and this is important for teenagers and the sport. NOCZ have done training programmes to structure us.

"The executive has done a lot of work. We just finished all our registration locally and Africa Skateboarding and we are just about to get recognised by World Skate," SAZ President Elijah Zgambo told NOCZ in an interview recently.

With the fast growth of the sport in Zambia, Zgambo is also optimistic that Skateboarding could be an even bigger discipline in the next few years.

However there have been challenges too even as the sport is getting known amongst young people, mostly. One of the challenges has been around procuring equipment used for the sport like the boards.

Part of this challenge around equipment has also been necessitated by coronavirus which has led to reduced importations and also lack of facilities.

There has been support from international organisations and government too to deal with some of these challenges. While government through NSCZ has given SAZ training space at National Sports Development Centre (NASDEC) and some other space to develop a skating park, Skateboards of Hope, a Canadian organisation also recently

donated 60 skating boards with shipping set to be offered by German shipping company DHL.

In terms of facilities, Newline Skatepark, another organisation from Canada has also pledged to support the local sport in building the skate park at NASDEC.

Skateworld of Denmark and Wonders Around the World have also pledged to support the development of a similar Stakepark in Mongu to help create enough facilities and interest for the skating in Zambia.

"We are still looking for as many partners as possible, we are also about to get into fundraising. These skateparks will be free for use and we want every Zambian to participate in the establishment," Zgambo explains.

"I am extremely hopeful that the sport will grow. This is my 15th year of skating, in 2005 we were 20 and we have now grown," he adds.

On the global scene, skateboarding will make its debut this year at the Tokyo Olympics since the sport was recognised by IOC in 2017.

For Zgambo, this development is a sign of achievements to come for Zambia and he is confident that the country can have its first team to compete at the Olympics in Paris, 2024.

Locally, SAZ held the Stake Vibes competition in 2018 while one of the athletes David Namakando also took part in the Southern Africa Development Community (SADC) Speed Championship in Luanda, Angola where he came out fifth.



## 2020 Annual General Meeting



*Some of the NOCZ Executive Board Members during the 2020 Annual General Meeting*

National Olympic Committee of Zambia (NOCZ) hosted the 2020 Annual General Meeting on 21 November 2020 at Mulungushi International Conference Centre in Lusaka.

NOCZ Executive Board led by President Alfred Foloko presented a wide range of reports to the affiliate National Sports Federations which included Executive and Financial Reports among others.

The Board also used the opportunity to present matters for ratification which included the application by Teqball Federation of Zambia to be an affiliate of NOCZ. Members present voted unanimously in affirmation.



*A delegate from The Zambia Boxing Federation during the AGM*

Following the NOCZ Constitution review and amendment process that was held in two phases in 2020, it can be noted that the 22 National Sport Federations present physically and virtually ratified the tenure of office for the NOCZ board.

There was an issue of whether to have an open ended term of office for the board which would not be limited by the number terms one had served. To this, the participants also unanimously voted for the introduction of a two term system

meaning that as of 2021 and in future, one would only be elected twice on the board, with one term being four years long.

The resolution was passed on the premise that this would encourage inclusiveness and grooming of leaders to take up positions in the board.

Participants also resolved to ratify the position of Secretary General as a non-elective position. This would entail that as of next year, the position currently held by Mr. Boniface Kambikambi who was elected in 2017 will now be employable and not elective, with the successful candidate to be a fulltime employee in charge of the secretariat but with a sit on the board as an ex-officio.

Among other decisions passed was on the emphasis of gender equality to allow for more diversity in future where deliberate policies would have to be passed in a case where there was an imbalance in terms of men and women who would be elected to sit on the board.



*Teqball was officially launched in Zambia in January 2020*



## Zamcoach 360 training for NGO's

National Olympic Committee of Zambia (NOCZ), through ZamCoach360 in partnership with the Norwegian Olympic and Paralympic Committee and Confederation of Sport (NIF) organized a two-day training workshop from 7-8 December 2020.

The training which was held in Lusaka attracted eight participants from four Sports NGOs namely NOWSPAR, Response Network, Sport In Action and EduSport Foundation.

Participants had to go through sessions on topics such as knowing and understanding the roles and functions of Coach Developers, knowing how to apply the basic principles of adult-learning, knowing how to apply the basic principles of facilitation,

how to lead and facilitate practical exercises, How to provide feedback and to create coach reflection and understanding the areas to further develop, and having a tangible plan for growth as a Coach Developer among other topics.

NIF IDT Advisor and Coach Developer Pelle Kvalsund led a team of International Council for Coaching Excellence (ICCE) Coach Developers that Included Football Association of Zambia (FAZ) Technical Director Lyson Zulu, Zambia Rugby Union Project Manager for Youth Rugby Tom Chaloba, and Sport In Action Programmes Manager Mwape Konsolo. Speaking at the end of the training, one of the participants Bertha Phiri thanked the organizers

for holding such a training considering the restrictions that are currently there with the COVID 19 Situation.

On the other hand, CD Pelle called on the participants to continue practicing and to communicate amongst themselves so as to encourage each other.

Pelle thanked the other facilitators for finding time to facilitate the training and also thanked the participants and reminded them to Stay Safe and Stay Active.

The following participated in the first part of the Basic Coach Developer Training which was held while observing strict COVID 19 spread prevention guidelines.

Part two the Basic Coach Developer training will be held in 2021.

## Nkrumah University hosts OVEP Conference

The need for advancing critical thinking and innovation could not have been overemphasized at the Olympic Values Education Programme Conference which was held at Nkrumah National University in Kabwe, Central Province on Friday 6th November 2020.

The conference which was a brainchild of the OVEP club at the learning institution brought together young volunteers from Lusaka, students and lecturers from Nkrumah and was graced by the vice Chancellor Professor Alfred Mwanza who was the guest of honour.

The event was filled with speeches, sport demonstrations, debates and presentations from both students and officiating dignitaries who also included the National Olympic Academy President Ms Hazel Kennedy.

The principle message in all activities was about inclusion of every human being, avoiding discrimination and respect for one another which are key part of Olympic values.

In her speech, NOA President Ms Kennedy reminded participants and guests for the need to observe principle of the Olympics which call for everyone to embrace one another.

She called on the stakeholders to inculcate critical thinking in the young people as this would ensure they develop the communities they live in.

She concluded her remarks by calling on management of the institution to continue pushing the students to embrace togetherness in line with Olympic value.

Meanwhile Nkrumah Vice Chancellor Prof. Mwanza assured participants that that his administration would provide support to research and innovation that would be undertaken in a bid to enhance the implementation of Olympic values.

And OVEP Club president Liston Ngwira called on members to be consistent and focused if they are to achieve their target of innovation.

At the same event both students and members of OVEP agreed to implement a number of resolutions that included empower students facing challenges with social needs as well as having a counselling centre set up to curb issues of mental health.

# Anti-Doping and Manipulation of Competition Policy Workshop



**IOC Believe in Sports Ambassador Nchimunya Mweetwa during the Workshop**

On 19th December 2020, 32 delegates from 19 National Sports Federations convened in Lusaka for the National Olympic Committee of Zambia (NOCZ) Anti-Doping and Manipulation of Competition Policy Workshop.

The workshop was facilitated by NOCZ Secretary-General Boniface Kambikambi, National Anti-Doping Agency (NADO) Desk Officer/Acting General Secretary National Sports Council of Zambia (NSCZ) Raphael Mulenga, NOCZ Medical Commission Chairperson Dr. Titus Fernando and International Olympic Committee (IOC) Believe in Sports Ambassador Nchimunya Mweetwa.

Dr. Fernando started the day with a session on Anti-doping Code, Anti-Doping rules & Education. His session included reviewing the 2021 World Anti-Doping Agency (WADA) Code which included pointing out the major changes that have been made to the Anti-Doping Code.

During his session, Dr. Fernando called on

Federations/Associations to read and understand the Anti-Doping rules and also encouraged them to come up with educational programmes on Anti-Doping for administrators, officials, and most importantly Athletes.

NADO Desk Officer Raphael Mulenga covered a session on UNESCO Convention against doping in sports, compliance & consequences. This session gave a clear understanding of what the UNESCO Convention against doping in sports is and the relationship between the convention and the code among other topics.

The session on competition manipulation was presented by IOC Believe in Sports Ambassador Nchimunya Mweetwa. During his session, Mweetwa used the opportunity to share his story about a mistake he made while playing football for Finish Premier Division side RoPS resulted in bigger consequences for him.

NOCZ SG Boniface Kambikambi wrapped up the day with a session on the Olympic Movement Unit on the Prevention of the Manipulation of Competitions.

Federation/Association representatives adopted and agreed to implement the Anti-Doping Policy and Manipulation of Competition Policy which will become in effect on 1st January 2021 within their Federation/Association as they signed the commitment form.

**BE TRUE  
BE YOU  
BELIEVE IN SPORT**

## CODE OF CONDUCT

**NEVER** bet on your own sport or the Olympic Games.

**NEVER** manipulate a competition and always do your best.

**NEVER** share inside information. Non-public information about your sport stays private.

**ALWAYS** report an approach to manipulate or anything suspicious:  
[www.olympic.org/integrityhotline](http://www.olympic.org/integrityhotline)

## IOC Integrity Hotline

[www.olympic.org/integrityhotline](http://www.olympic.org/integrityhotline)

[www.nocz.org/competitionmanipulations](http://www.nocz.org/competitionmanipulations)



WORLD ANTI-DOPING CODE  
INTERNATIONAL  
STANDARD  
**PROHIBITED LIST**  
2021

[https://www.wada-ama.org/sites/default/files/resources/files/2021list\\_en.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2021list_en.pdf)



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**'PROMOTING OLYMPISM AND COMMONWEALTH VALUES'**

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