

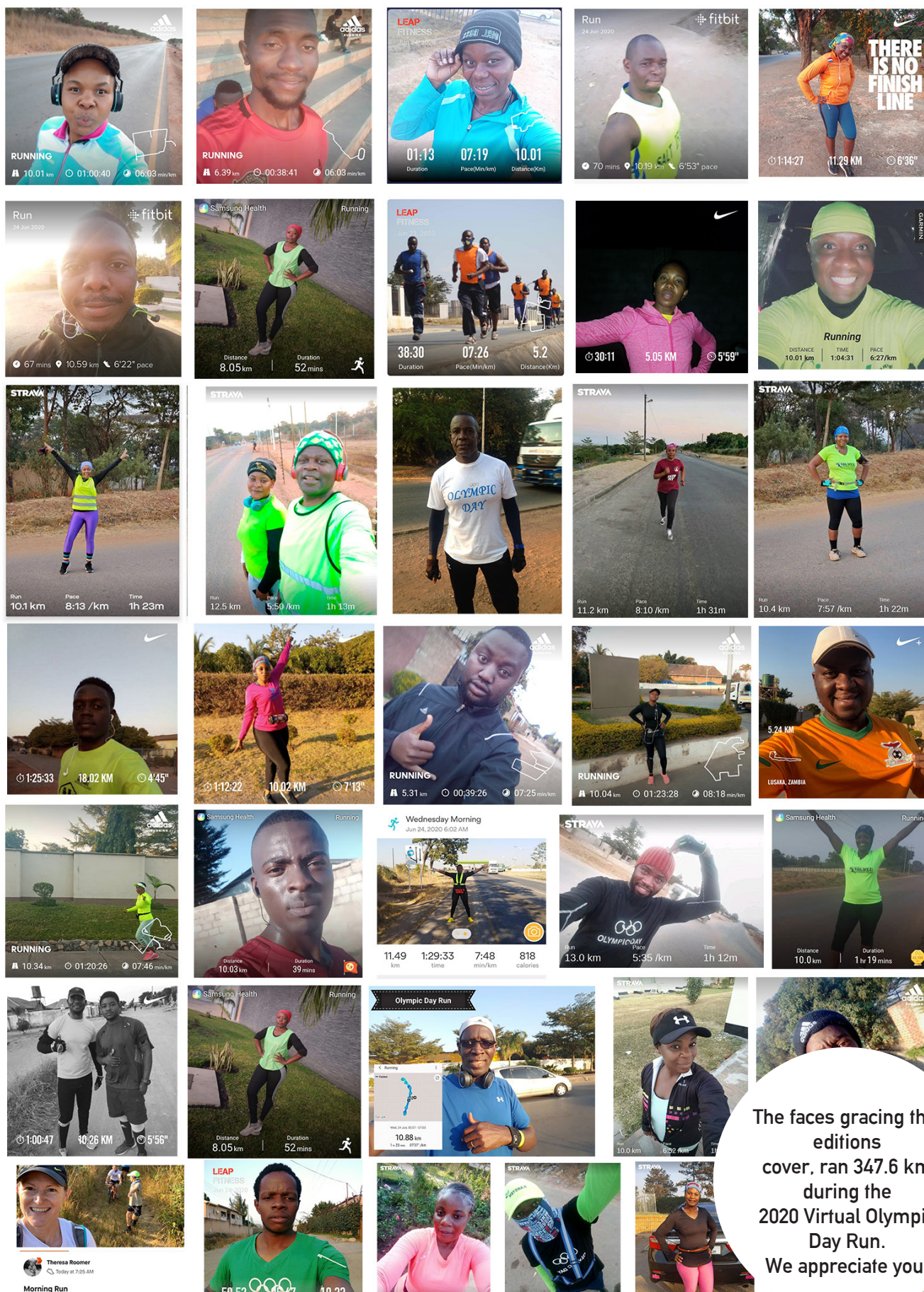


NOCZ

NEWSLETTER

8th Edition

2020 PARTICIPANTS



The faces gracing this editions cover, ran 347.6 km during the 2020 Virtual Olympic Day Run. We appreciate you!

NOCZ CELEBRATES OLYMPIC DAY IN STYLE

- Virtual Olympic Day Run Participant Namonga Jean Simoonga shows off her certificate of participation.



The National Olympic Committee of Zambia (NOCZ) joined the rest of the Olympic movement in commemorating the 2020 Olympic Day which falls on 23 June in style amidst the COVID 19 Pandemic.

With the world almost on its knees amidst the COVID 19 pandemic activities for the day couldn't be held like it has been done in the past, it is in this regard that NOCZ decided to premier the NOC Presidents Olympic Day Message on their Facebook page on Olympic Day.

NOCZ President Alfred Foloko called on people to remember to Stay Strong as the fight against COVID 19 continues, Stay Active by getting things done and working out in the comfort of their homes in order to be in a better mental and physical state, Stay Healthy by maintaining good health that requires a smart lifestyle and eating a balanced diet.

"Let us embrace the Olympic Values of respect for one another, foster strong and lasting friendships and apply high levels excellence in dealing with challenges brought about by the COVID-19 Pandemic. Together, we can emerge victorious in these difficult times, as we have always done," He said.

Foloko added saying that we should remember to move and accept the new normal, learn to protect ourselves and care about the environment amidst Covid-19 and discover ways of fighting COVID 19 using Olympism.

Whilst echoing the words of International Olympic Committee (IOC) President Thomas Bach, Foloko acknowledged the fact that Celebrating Olympic Day may feel very different from all previous years, but at the same time, on this Olympic Day, our message of the power of sport to bring hope and optimism to everyone resonates even stronger.

A video of Olympic Day Messages featuring Olympians Samuel Matete and Jonathan Chipalo, Athletes Tilka Paljk, Simon Zulu, Diana Dakik and Suwilanji Mpondela, NOCZ Board Member Susannah Dakik, Hockey Coach Floyd Chomba, NOCZ Women and Gender Commission member Tara Nyikavaranda and Former NOCZ President Miriam Moyo was also premiered on the NOCZ Facebook page and Youtube Channel.

Tilka Paljk's Olympic Day message focused on Mental Health Awareness while Suwilanji Mpondela talked about the importance of the Olympic Day among other messages.

In addition to the messages, a Virtual Olympic Day Run was organized. 294 participants from around the country and beyond including NOCZ Vice President Hazel Kennedy and Secretary General Boniface Kambikambi took part in the virtual run as they covered distances of 5 to 10 kilometers at their own pace.

The virtual run represented a 51 and 49 Percentage of participation for Men and Women. Some participants walked away with Olympic Day T-shirts while everyone was awarded an Olympic Day Certificate of participation.

To conclude the activities, NOCZ organized a team lead by NOCZ Programmes Officer Tinyiko L.K Noombo to feature on various TV and Radio Programmes as they gave insights on Olympism, Olympic Day and Olympic Values.

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NOCZ EQUIPS OLYMPAFRICA CENTRE CHILDREN

The National Olympic Committee of Zambia (NOCZ) donated assorted items in form of 400 Facemasks, 9 boxes of Hand washing Liquid soap, 100 bars hand washing soap and hand sanitizers worth K10, 000 to Olympafrica Centre Children through their coaches on Sunday 3 May 2020 at Olympafrica Centre in Lusaka.

Speaking during the donation, NOCZ President Alfred Foloko started by giving a round of applause to the media present who are commemorating Press Freedom Day for the work they are doing.

Foloko said NOCZ can contribute to the prevention of the spread of COVID 19 in our communities by also distributing face masks that are mandatory for everyone to wear.

"I stand here to inform everyone present here today that COVID 19 is real and the only measure we can take is to ensure that we abide by the guidelines that have been given by the Ministry of Health." He said.

He added saying that NOCZ is placing all the resources available to everyone's disposal so that everyone can protect themselves during the fight against COVID 19.

He stated that he was happy to see COVID 19 prevention measures such as social distancing and washing of hands among others being observed during the donation.

"To everyone present here today, let's go out there into the community as sports men and women and make a difference, let's be the voice to the people in the fight against COVID 19 Pandemic," He said.



Foloko also thanked the media fraternity for being available and committed to doing their work of informing the nation especially during the pandemic.

"To the media, your efforts are appreciated, keep on doing the good works you are doing," He said.

He further disclosed that a portion of face-masks will be shared with media for them to share with their loved ones back home.

Meanwhile speaking at the same event Olympafrica Centre Programmes Officer Tinyiko Noombo said that the Coaches and Young leaders are doing their part in educating the children about COVID 19 and how to prevent themselves from contracting the virus.

"On behalf on the Coaches and Children of Olympafrica Centre, I would like to say thank you to NOCZ and we hope that you continue supporting us as Olympafrica as we forge ahead in the fight against Coronavirus," She said.

A demonstration on hand washing steps using the World Health Organisation (WHO) Technique was done in front of everyone present. Also present at the donation event was Zambia Taekwondo Federation President and National Olympic Academy Member Likando Nangonde and NOCZ Members of Staff.



Some of the donated items



FOLOKO PAYS TRIBUTE TO FALLEN HEROES

From Left to right: Shukri Eljaiedi, Fredrick Chitangala and Alfred Foloko



On the other hand, OYDC Zambia – Sports Development Centre CEO Dr. Chitangala has also urged sports administrators as well as everyone involved in sports development to remember heroes practically, which is doing what they dedicated their whole lives to in doing.

Meanwhile, Teqball Zambia International Relations Director Shukri Eljaiedi said that taking time off to remember heroes who sacrificed their lives for football is an honor for any sport-loving person in Zambia like him.

National Olympic Committee of Zambia (NOCZ) President Alfred Foloko in the company of OYDC Zambia Sports Development Centre CEO Dr. Fredrick Chitangala and Teqball Zambia International Relations Director Shukri Eljaiedi visited the “Heroes’ Acre” Gabon Disaster Burial Site to lay wreaths as Zambia commemorates 27th anniversary since the entire football team and technical staff perished off the coast of Gabon en-route to Senegal in 1993.

Foloko said that the fallen heroes may be gone but they are not forgotten and it’s sad that even as Zambia celebrates the lives of these great Sons of Africa, there are still wrangles in sports organizations.

Foloko said that the fallen heroes may be gone but they are not forgotten and it’s sad that even as Zambia celebrates the lives of these great Sons of Africa, there are still wrangles in sports organizations.

As the Olympic movement Leader in Zambia, Foloko urged sports administrators in Zambia to reflect and think of colleagues that have sacrificed their lives for the betterment of sport in our Country.

“The fallen heroes paid a price for our country with their lives, so any sports administrator today should ask themselves if what they are fighting for is necessary,” he said.

Foloko further advised everyone contesting for executive positions in the Football Association of Zambia (FAZ) Elections to respect the FAZ Constitution, Council, the Minister, and fellow Football Administrators and has called on everyone to ensure that the Constitution takes precedence.

On the evening of 27 April 1993, a DHC-5 Buffalo transport aircraft of the Zambian Air Force crashed into the Atlantic Ocean shortly after taking off from Libreville, Gabon. The flight was carrying most of the Zambian national football team to a FIFA World Cup Qualifier against Senegal in Dakar. All 25 passengers and five crew members were killed.



Mr. Foloko accompanied by Dr. Chitangala and Mr. Eljaiedi giving their respects at Heroes Acre Burial site.



Upclose with Athletes during lockdown

Tilka Paljk –Swimming Athlete | Pretoria, South Africa

A conversation with Tilka Paljk, sports woman of the year 2019, All Africa Games Medalist, African Silver Medalist, CANA Zone 3,4 and 5 Regional Champion and much more this June 2020.

The conditions that have come along with Covid-19 are far from shocking at this point. The Whole world has been affected by this, and globally many Countries were forced into Lockdown for safety purposes. In sport Covid-19 had its own result, forcing some unfortunate Changes bound to not Only shift the time of sport, but create history.

Sport and sporting events had to cease, but that did not mean that sport had to come to a pause in our personal Lives. Athletes play a critical role in our lives, keeping the ball going even when the world at some point came to a pause, engaging and motivating us, so we had a Chat with Tilka Paljk.

Tilka apart from being a highly decorated Zambian Athlete that has many firsts in sport to her name, Tilka is a kind heart with a warm attitude ready to give back when she can, something backed up by her love for the community, helping the underprivileged and volunteering at Hospitals.

I wanted to find out how you've been doing this Pandemic personally, how your swimming and preparations and practice have been during this Covid 19 Pandemic?

So basically, I mean, I've been doing... I'm fine, I haven't swam since March, and we still don't know when we will be able to swim. So at this point, I've literally been doing workouts at home and stuff like that, uhm running, skipping, you know the usual.

Would you say that, that's as good as getting the actual swimming training?

I mean.... I think so, I think we're doing our best right now, considering the fact that we have like, no weights, well I have no weights, like I don't have access to a Gym, the Gyms are closed so it's not like I can actually build anything, so right now, it's kind of trying your best to maintain where you are, like there's no way you can get better at this point in these circumstances.



How is the Lockdown situation in SA?

So, We're in level 3 now which is kind of just eased off a bit, we've been in level 3 for like 2 weeks now. The ministry of sport here, is trying to get non-contact sports to get back into training again, but the problem is the ministry thinks that COVID 19 can be spread by water, which it can't because chlorine kills the virus, but they don't want any. South African swimming has then applied to the ministry, for I think the third time now, trying to prove that swimming is non-contact sport and COVID 19 cannot be transmitted through water you know? But the ministry has allowed sports like Hokey and Netball and Rugby to go back into training, so it's a bit strange.

Everything has been pushed to next year, how does that make you feel?

I mean it's kind of disappointing, because I had such a great plan for this year you know? in terms of my swimming and I worked all my METs and everything around my schoolwork, and I was like okay, I'm gonna finish university on this day, I'm gonna graduate on this day and then everything just like... stopped. I'm just like well, I'm gonna go with the flow because I don't really know what's happening right now, it's kind of like, it's annoying.

Tilka mentioned that thanks to her managerial skills she managed to handle swimming and school rather well, revealing that she is studying Montessori at the Montessori Center in South Africa and expressed her affinity for Child Psychology. Tilka is studying Montessori, which is a child centered

educational approach based on the scientific observation of children, a study she really enjoys highlighting on how much she appreciates the child psychology behind it.

Through this pandemic she also took the time to broaden her other interests like Politics by obtaining a certificate in human rights and international criminal law from an Online School in Italy.

Would you say you've planned out anything for the future? If say the Covid-19 wipes out and everything gets back to normal, or will you wing it?

I mean... you can even plan right now hey, to be honest. I mean, if COVID 19 like finishes tomorrow, the first thing I'd like to do is get back to doing my practical's and finish my hours and get back into the pool you know?

I think my two main priorities right now are getting back into training and getting back to doing my hours, so that's what I'm really trying to do. Well... That's what I'm trying to plan for. At this point you really can't plan. The President is saying some areas might go back to level 4 and some areas might go back to level 5, some areas might go back to level 2, and we just don't know what is happening right now.

It was nice to find out that above everything else, she was doing fine. Tilka turned the lockdown blues and harbored positivity, and radiated the same bright energy throughout the conversation.

Suwilanjani Mpondela – Track Athlete

| Lusaka, Zambia



After her training session we managed to have a chat with Suwilanjani Mpondela. Suwilanjani stands as the first Chair of the Athletes Commission for the national Olympic Committee of Zambia (NOCZ) a position she made history with, owning this accomplishment at age 19. In Addition to all that she has championship medals under her racing shoes, backing up her ambitious and forward nature trait meant for a leader.

The COVID 19 Pandemic has called forth a lot of drastic decisions that had to be made, and with these decisions came unwanted change and sudden implementations, not only in our lives, but in sport as well, and in a conversation with Suwilanjani, we had the opportunity to understand how things are from her point of view, not only as chair for the Athletes commission,

but as an athlete. As she said

"I am an athlete first before anything else."

Let's start with you first, for you... How have you been as an Athlete?

I basically had to adapt really quickly, because I already saw the progress that I made from training before COVID 19. So uhm, my mom made me like a graph track at the house. I had to improvise training equipment, make my own hurdles with pipes and stuff so that I could continue training. There's been a lot of improvising, training on the hill, training on the road.

So you basically haven't stopped?

Yeah, no. I haven't stopped, I've just been training, it's just been a bit difficult because I'm not with my Coach, I can't get any technical errors myself.

So you've only been doing this by yourself?

Yeah, I only started meeting my Coach... Well, not even meeting my Coach, he just sends me a program now, and then I go to the track and do it because I have school, so on the days and the times that he trains at the track I can't make it, and all of that.

Mentally how has that weighed on you?

I can definitely say it has affected me a lot, because before COVID 19 I had made so much progress with my coach. Initially when COVID 19 started I didn't start training straight after. It took me about 2 weeks, 2 and a half weeks before I finally got to mobilize everything, but I needed to be able to train alone. It's very frustrating because last year, last season rather I was injured, but this year I was better, so it just kind of threw me off, but this year I was able to train then I couldn't. Not that there was anything wrong with me, but COVID 19.

What kind of injury did you have?

I had a back injury for the longest, because your back supports everything, rehabilitating was harder than it should have been, because you need your back for everything even sleeping.

So you juggle Sports, School and the Athletes Commission, isn't that a lot for you?

I can say it is, it gets very... I can't say draining, it gets difficult because sometimes...I remember the last meeting for the NOC board I had class, I had a zoom class. I've got a lot of conflicting schedules and each thing is important, so sometimes I'd have to let go of something for school to do things for the commission, or let off something for the commission to do things for school, but one thing I never do is let go of things, because it is my main priority. I'd like to think I'm an athlete first before anything else.

In terms of the Athletes Commission how has it been handling the situation during this period?

It's definitely harder to get in contact with athletes. This has been a wakeup call for us to create a directory, so that we can contact each other especially in moments like these. I did manage to speak to a few federations. The NOCZ President when he asked me to go deliver masks. It's definitely been hard for some athletes and obviously as a commission especially with COVID 19, the situation is not in our control and the best we can do is check on athletes make sure they are keeping safe and make sure that they're keeping healthy, because what's important is that they're able to come back and train, when training does come back on have them seat and have them recover.

With all of that you've found that they're some hurdles that need to be taken care of?

Yeah! No, definitely. I think especially that the Athletes Commission is still. I guess it's like a new thing, it's the first time being done and so it's a learning Process, like you never really know anything until it happens first hand like this for example, this has given us a window to see where the gaps are and what we have to do.

With resolution Suwlanji was very informative during our conversation and kind enough to share with us enough to understand that her strength is now even beyond what we originally had in mind.

OLYMPIAN LED PROJECT AWARDED GRANT

Jonathan Chipalo OLY is among the recipients of the 2020 Service to the Olympians Grants awarded to Olympians and National Olympian Associations by the World Olympians Association for projects aimed at supporting Olympians of the field of play and Communities.

The Project developed by Jonathan Chipalo OLY "Youth and Street Kids Programme" will train Olympians how to lead effective projects that engage refugees and Street Kids in sport.

Chipalo notes that participating in sports is like a positive reset switch to vulnerable and traumatized children who can realize their own personal ability to bring happiness, joy and sportsman/womanship as a community and thus feel the spirit of being an Olympian.

"When I was young and gave my mum my pocket money to help buy groceries, that small amount carried an appreciation worth more than the value given," He said.

He adds that when we bring the world of sports to communities whose children have seen nothing but war and the hard desperation to survive, sports demands the act of giving and self-sacrifice towards giving that joy, happiness and oneness to all

participants which is the greatest gift we all have and that is the Olympic spirit in which in the end we are all winners.

"It is that winning spirit that builds the foundation to continue feeling free and safe in sports which makes the true virtues of an individual start to grow positively to build a better tomorrow," He added.

The Olympian has stated that today sports still remains the faithful ambassador of peace, love, happiness and joy to venerable street kids and traumatized refugees children to forget their circumstances and feel the warmth of the Olympic torch.

Chipalo further revealed that he is currently identifying other Olympians who are not in the lime light across the Country through the Zambia Olympians Association in a bid to grow membership of the Olympian Association.

The Zambia Olympians Association has seen membership grow steadily since its inception in 2011.

Jonathan Chipalo OLY heads the Zambia Olympians Association while Samuel Matete OLY is the Patron.



NOCZ MASKS TOKYO 2020 BOUND COPPER QUEENS

The National Olympic Committee of Zambia donated 100 masks to the Zambia Women National Team as part of their contribution to the fight against the COVID-19.

Delivering the masks to FAZ General Secretary Adrian Kashala, NOCZ representative Suwilanji Mpondela said the donation was a token for the Copper Queens to ensure that they keep safe ahead of the Tokyo 2020 Olympic Games that have been moved to 2021.

Mpondela said the Copper Queens were assets to the nation that must be preserved to continue bringing glory to Zambia.

In receiving the donation, Kashala thanked NOCZ for its gesture and assured that the masks will be delivered to the team.

Kashala reiterated his message to the football fraternity to continue observing preventive measures prescribed by the Ministry of Health in the fight against the Covid-19. The Copper Queens made history by qualifying to the Olympics for the first time in the country's history. Zambia grabbed the only automatic slot for Africa while Cameroon will compete in a play-off with Chile for the only other window for the continent. Team Manager Besa Chibwe also attended the event. NOCZ continued with the mask up campaign as various national team athletes from affiliate sports federations also



received their packages.

National Team athletes from Handball, Boxing, Table Tennis and Taekwondo among others.

the recipients also included former athletes and Coaches that have represented Zambia at Olympic Games and Commonwealth Games.

SPORTS FANS IN OLYMPIC COMMITTEE LIFE BLESSER



National Olympic Committee of Zambia donated more than 400 facial masks and hundreds of other materials to the Zambia Voluntary Sports Fans Association-ZAVOSOFA.

NOCZ Chief Alfred Foloko handed over the facial masks to Pastor Peter Makembo the Sports Fans President on 2nd May 2020 in Lusaka.

As an Olympic movement we realized that soccer fans are just as important as the field players and both have 'treasured lives to be protected.' Said Foloko.

'Again if you check the current statistics of the ever escalating number of cases which are now worrying,

you come to realize that COVID - 19 is real and here to stay, hence it is up to us to raise the bar in terms of fighting the scourge, that means we should not leave behind the people who make sports more entertaining in the cold and that is our Sports fans.

'So as we have been donating to the national teams we thought too about the lives of our fans who make up an important cog to the game by way of donating these facial masks for their protection just like all national team players in all Commonwealth received the same protection.' He Said.

In receiving the donation ZAVOSOFA President Pastor Peter Makembo who was lost of words said he never saw that coming.

'We never thought that we could be counted as important as this to such an extent especially if we consider this ravaging pandemic we are in, surely sir, we find your timely gesture very humane.' Said Makembo.

I have a legion of fans in this association who give out their all to the last breath supporting our sports men and women at whatever level, so this gesture shown to us will encourage these young fans to feel that they too are counted in our society. Once again we are humbled and we shall live to appreciate this gesture in a long time to come.' Concluded Pastor Makembo.

All sports activities were suspended by the Government early March.

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'PROMOTING OLYMPISM AND COMMONWEALTH VALUES'

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