



2022 EXECUTIVE 22 REPORT

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PRESIDENT'S MESSAGE

As we reflect on the past year, 2022 was a year of great progress and accomplishment for the National Olympic Committee and Commonwealth Games Association of Zambia (NOC/CGA Zambia).

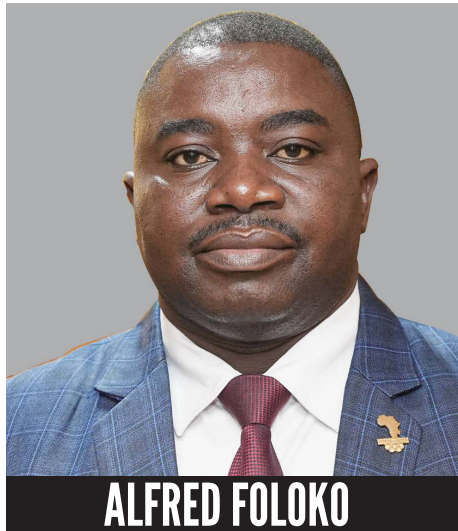
We are proud to have been at the forefront of this progress, particularly with the inauguration of our new executive board which I have the honour to lead once again for the next four years.

We are grateful to the national federations for voting and trusting us to continue leading the Olympic and Commonwealth sports movement in the country.

We have continued to be proactive in our delivery of activities, ensuring that our work continues to make a positive impact on sports development in Zambia. A new strategic plan is being implemented to cover the next six years, with a focus on Athlete Development and Support, Organisational Effectiveness and Sustainability, Business Development, Olympism and Olympic Values Education in addition to our continued efforts of promoting sports development, gender equality, and inclusivity in sports.

As part of our commitment to climate action, the Sport and Environment Commission was established and actively participated in world clean-up day activities for the fourth year running. We were pleased to host the annual Olympic day celebrations in Lusaka, Livingstone, Kabwe and Zambezi, which were well-attended by athletes, officials, and sports enthusiasts from these parts of the country.

NOC/CGA Zambia through the Gender Equity Commission hosted the first-ever mental health in sport seminar, which provided a platform for athletes and sports stakeholders to discuss mental health issues in sports and the best ways to address them.



ALFRED FOLOKO

Our efforts culminated in a good run at the Birmingham 2022 Commonwealth Games, with three medals in form of Gold, Silver and Bronze adding to the successful sports year Zambia has witnessed in 2022.

We extend our gratitude to the government for their support in ensuring Zambia had a successful outing, and we also thank the 41 athletes and officials that represented Zambia at the Commonwealth Games. Their hard work, dedication, and commitment to excellence are a testament to the talent and potential that exists in Zambia's sports sector.

It is important to acknowledge that 2022 was a year of mixed emotions for the sports fraternity in Zambia. While we celebrate our achievements, we also mourned the loss of Queen Elizabeth II who was also the patron of the Commonwealth Sport Movement, Zambia's Fourth Republican President, and an avid sports enthusiast Mr. Rupiah Bwezani Banda who passed away on 11th March 2022 after being diagnosed with cancer. We also lost one of the pioneers of the modern sports landscape in Zambia, former NOCZ President and IOC Honorary Member Patrick Simuntala Chamunda. Mr. Chamunda served in various national and international sports portfolios between 1977 and the time of his death, spanning a remarkable 28 years. He was an icon in the sports fraternity, and

his contributions to sports development in Zambia will never be forgotten.

As we move forward, we will continue to honour his legacy by upholding the values of sportsmanship, integrity, and excellence that he stood for. We will also continue to work tirelessly to promote sports development in Zambia, ensuring that our efforts align with the vision and values that Mr. Chamunda embodied. Looking forward, we are excited about the prospects of the 2023 sporting year. We remain committed to our vision of becoming a leading NOC globally in excellence and promotion of Olympism and we will continue to work closely with our cooperating partners, national federations, and associations to achieve our goals. We recognize the importance of partnerships in driving sports development and will continue to engage with all stakeholders to ensure that our activities are aligned with their needs and priorities.

As I conclude, I extend our sincere thanks to the NOC/CGA Zambia Secretariat headed by Secretary General Boniface Kambikambi for their dedication and hard work in supporting the NOC/CGA Zambia vision. We also extend our gratitude to our cooperating partners, national federations, and associations for their continued support and collaboration. Together, we will continue to make great strides in promoting sports development in Zambia and achieving our collective goals.

In closing, on behalf of NOC/CGA Zambia, I urge all Zambians to embrace sports as a means of promoting health, wellness, and social cohesion in our communities.

Let us work together to create a more inclusive and equitable sports sector that benefits all Zambians, regardless of their backgrounds or abilities.

Thank you!

SECRETARY GENERAL'S MESSAGE

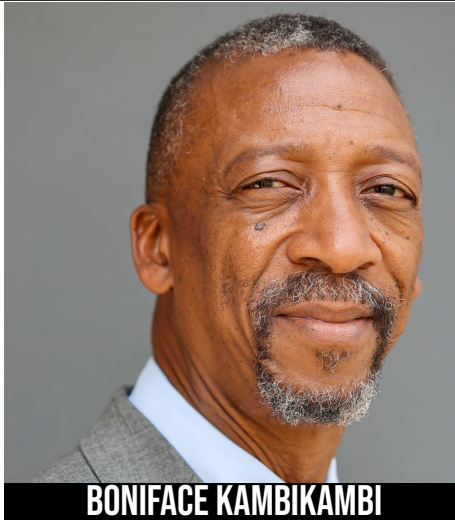
It is with great pleasure that I present to you the NOC Zambia 2022 Annual Report. This year has been marked by several significant achievements and milestones that have shaped our operations and advanced our objectives as an organization.

The year 2022 started on a positive note, as we received a generous donation of assorted items worth K80,000 from the Zambia Basketball Federation President and Businessman Shawki Fawaz. This donation enabled us to have an upper hand in implementing the newly introduced O! Yes (OlympAfrica Youth Empowerment through Sport) program by the International Olympic Committee (IOC) and the OlympAfrica Foundation, which seeks to promote the social development of young people through sports and education. We are thrilled to have seen the program gain momentum throughout the year, with an ever-growing number of participants.

In addition, we hosted the first edition of the 2022 Annual Futbolnet Festival, which was a resounding success, with over 250 children participating in various sport and non-sporting activities. It was heartwarming to see parents joining in the celebration of the festival, and we look forward to hosting many more successful editions of this event.

As part of our constitutional mandate, we held our Annual General Meeting (AGM), which also served as an Elective General Meeting. This saw us usher in a new Executive Board to lead the operations of the committee for the next quadrennial. We also instituted a Board Charter to guide the NOCZ Board and its Commissions in the discharge of their duties and responsibilities and accountability in accordance with the principles of good corporate governance and best practices.

Our athletes made us proud by performing well at the 2022 Birmingham Commonwealth Games, where we brought home three medals in the form



BONIFACE KAMBIKAMBI

of Gold, Silver, and Bronze. To achieve our goal of supporting athletes and teams in their journey towards the Paris 2024 Olympic Games, we have made some significant changes. We have expanded the recipient base for the Olympic Solidarity Scholarships to now include 10 athletes. Additionally, we have extended our support to include two team sports through the Team Support Grants program. These changes are aimed at providing the necessary resources to help our athletes and teams qualify for the upcoming games.

We continued to enhance capacity building by undertaking the first Generic Sports Administration Course in the New Quadrennial for various affiliate federations and associations. We also hosted a Refresher Coach Developer's seminar aimed at refreshing the minds, providing additional training, and finding better ways to help improve Coaching Development skills in their respective federations.

Furthermore, we embarked on supporting affiliate National Federations in the development and formulation of strategic plans that will give them direction in terms of their goals and objectives in line with strategic objective 2 of the NOCZ Strategic Plan 2022 – 2028.

In recognition of the rise of mental health issues within the country and around the world, the Gender

Equity Sports Commission of the NOC organized a remarkable mental health seminar that supplemented the efforts of the NOCZ Board to address and give the desired attention towards this vice. We also ensured awareness against doping was heightened, with local sports associations meeting with NOCZ and the National Sports Council of Zambia that saw over 50 representatives of various sports associations attending the training workshop. Looking ahead to 2023, We are excited to continue our efforts to promote and develop sports in the country. We aim to build on the progress we have made in 2022 and further our commitment to capacity building and supporting the development of strategic plans for our affiliate federations.

We also look forward to supporting our athletes as they prepare for upcoming events, including the African Beach Games, Youth Commonwealth Games and the PARIS 2024 Olympic Games. We will continue to prioritize the well-being and mental health of our athletes, coaches, and officials, and explore ways to further promote gender equity and inclusion in sports.

As we move forward, we will strive to ensure that our programs and initiatives are aligned with the NOCZ Strategic Plan 2022-2028 and that we uphold the principles of good governance and best practices. We are confident that with the continued support of our stakeholders and partners, we will achieve our goals and make significant contributions to the development of sports in Zambia.

In conclusion, I express sincere appreciation to the board and stakeholders for enabling athletes and federations to gain much-needed knowledge through the various capacity-building programs we run throughout the year.

I extend heartfelt gratitude to the NOC/CGA Zambia Commissions and

secretariat for their dedication and hard work in ensuring the smooth running of our programs. Looking ahead, we are excited to continue advancing the cause of sports in our great nation and anticipate an even more successful year ahead. Once again, thank you all for your unwavering support.

WHO WE ARE...

The National Olympic Committee of Zambia (NOCZ) is the National Olympic Committee recognized by the International Olympic Committee (IOC) pursuant to the Olympic Charter.

As of December 2022, its membership is comprised of 28 affiliated member sports associations/ federations.

OUR PRINCIPLE ORGANS ARE:

- (i) **The Olympic Council**
- (ii) **Executive Board**
- (iii) **Secretariat; and**

(iv) Commissions

In fulfilment of our mandate, NOCZ is guided by its Constitution, Olympic Charter, Olympic Agenda 20+5, Olympic Quadrennial Plan 2021-2024 and its Strategic Plan (2022-2028).

The Key performance areas guiding the programming and implementation of the NOCZ Programmes over the current quadrennial (2022-2025) whose results and effects are highlighted in this report are:

(i) Athlete Development and Support

(ii) Organisational Effectiveness and Sustainability

(iii) Business Development

(iv) Olympism and Olympic Values Education

(v) Athlete Development and Support

MISSION



We promote Sport, Olympism and Commonwealth Values through sustainable programmes for our stakeholders.

VISION



A leading NOC globally in Excellence and promotion of Olympism.

CORE VALUES



Equity
Respect
Integrity
Excellence
Teamwork
Commitment

Connect With Us



OUR EXECUTIVE BOARD

PRESIDENT

Alfred FOLOKO (JUDO)

VICE PRESIDENT

Hazel KENNEDY (HOCKEY)

SECRETARY GENERAL

Boniface KAMBIKAMBI (TEQBALL)

TREASURER

Victor BANDA (HANDBALL)

BOARD MEMBER

Susanna DAKIK (EQUESTRIAN)

BOARD MEMBER

Dickson JERE (TEQBALL)

BOARD MEMBER

Mutale MASALA (WEIGHTLIFTING)

BOARD MEMBER

Rodrick NDHLOVU (BASKETBALL)

BOARD MEMBER

John ZULU (MINISTRY OF YOUTH, SPORT AND ARTS)

BOARD MEMBER

Richard MULENGA (ATHLETES COMMISSION CHAIRPERSON)

OUR COMMISSIONS

ATHLETES

Richard MULENGA
(CHAIRPERSON)

LEGAL & ETHICS

Dickson JERE
(CHAIRPERSON)

SPORT & ENVIRONMENT

Susanna DAKIK
(CHAIRPERSON)

NATIONAL OLYMPIC ACADEMY

Hazel KENNEDY
(CHAIRPERSON)

GENDER EQUITY

Susanna DAKIK
(CHAIRPERSON)

FINANCE & ADMIN

Victor BANDA
(CHAIRPERSON)

MEDICAL

Dr. Titus FERNANDO
(CHAIRPERSON)

SAFE SPORT

Gloria MUBITA
(CHAIRPERSON)

TECHNICAL COMMISSION

Boniface KAMBIKAMBI
(CHAIRPERSON)

MARKETING & FUNDRAISING

Boniface KAMBIKAMBI
(CHAIRPERSON - INTERIM)

OUR SECRETARIAT

Boniface KAMBIKAMBI

HEAD OF SECRETARIAT

Gloria M. KHONDOWE

ADMINISTRATION OFFICER

Chaelelwa KAZIKA

ACCOUNTS OFFICER

Prudence N. HACHITAPIKA

SAFE SPORT OFFICER

Tinyiko L.K NOOMBO

OLYMPAFRICA CENTRE DIRECTOR

Chipo M. MAINDA

PROGRAMMES OFFICER

Felix MUNYIKA

MARKETING & COMMUNICATIONS OFFICER

Musonda ZYAMBO

ASSISTANT MARKETING & COMMUNICATIONS OFFICER

Francis MWANSA

OFFICE ASSISTANT

Jabess ZULU

CARE TAKER - OLYMPAFRICA CENTRE

INTRODUCTION

Dear Valued Stakeholders,

We are delighted to present to you the 2022 Executive Report, which provides a comprehensive account of our key programs, activities, major milestones achieved, and challenges faced during the period under review. We are proud to report that we have made significant progress in advancing our mission and objectives, and this report highlights our accomplishments while setting the stage for our future plans and strategies.

Throughout the year 2022, our team worked tirelessly to drive growth and innovation across our organization, despite the challenges and uncertainties we faced.

We remained resilient and adaptable, leveraging our strengths and capabilities to overcome obstacles and seize opportunities.

We are grateful for the dedication and perseverance of our members, partners, and stakeholders who supported us throughout our journey.

We invite you to read the 2022 Executive Report to learn more about our achievements and progress.

We are excited about the opportunities ahead and look forward to continuing to work together with you to drive growth and success for our organization and our stakeholders.

2022 ACTIVITY HIGHLIGHTS

ELECTIVE ANNUAL GENERAL MEETING

The National Olympic Committee and Commonwealth Games Association of Zambia (NOC/CGA Zambia) held its Annual General Meeting (AGM) on 15 January 2022, which was also an Elective General Meeting. The 2021 AGM held at the New Government Complex in Lusaka with all 27 affiliate federations and associations present, ushered in a new Executive Board to lead the operations of the committee for the next quadrennial.

Alfred Foloko was re-elected as President with Hazel Kennedy as his Vice while Boniface Kambikambi was re-elected as Secretary General of the Committee.

Victor Banda went unopposed as Treasurer. Other members include Susanna Dakik, Mutale Masala and Rodrick Ndhovu. The assembly also approved the NOCZ audited accounts for the 2020 financial year.

Among some of the decisions passed by the assembly was the re-appointment of auditing Firm HLB as auditors for the 2022 NOCZ accounts. The assembly also approved membership of Triathlon Zambia as an affiliate member of NOCZ.

OLYMPIC SOLIDARITY PROGRAMMES

GENERIC SPORTS ADMINISTRATION COURSES | 25-27 February 2022



NOCZ undertook the first Generic Sports Administration Course in the New Quadrennial for various affiliate federations and associations from 25-27 February 2022. The three-day training took place at the OYDC Zambia-Sports Development Centre in Lusaka.

The 22 participants that took part in the course represented 15 National Sports Federations /Association, National Course Directors Mweembe D Kaona, Bessie Chelemu, facilitated it and Boniface Kambikambi supported by guest facilitators Dr. Titus Fernando

and Prudence Hachitapika. The participants were trained on topics ranging from governance, management, social change and sport to anti-doping, safe sport and promotion.

The course had a learning approach that included both knowledge dissemination and interactive sessions with the participants. At the end of the course, participants received

certificates and sports administration manuals. While speaking at the close of the Course Workshop, NOCZ

President Alfred Foloko disclosed that the Olympic Committee plans to have all General Secretaries from the affiliate 27 National Sports Federations/ Associations undertake a Sports Management Course as part of the promise to enhance administrators' performance.



BOARD AND COMMISSION INDUCTION | 11 March 2022

NOCZ held an induction and orientation workshop for the NOCZ Board, OYDC Zambia Sports Development Centre Board and NOCZ Commission members at OYDC Zambia - Sports Development Centre. The orientation was facilitated by Institute of Directors Zambia and saw a successful onboarding of these individuals in office.



COMMISSION	MEMBERS	COMMISSION	MEMBERS
ATHLETES	Richard Mulenga Sydney Siame Carol Moono Mubanga Kunda	FINANCE	Victor Banda Boniface Kambikambi Martin Chewe Andrew Chibuye
GENDER EQUITY	Susanna Dakik Besa Chibwe Alice Hakasenke Tara Atalabi Martha Sichone Dorothy Nyambe Shimo Dr. Lombe Mwambwa Dionne Rennie Bryan	LEGAL & ETHICS	Dickson Jere Besa Chibwe Comfort Mulenga
MARKETING & FUNDRAISING	Shawi Fawaz Jatin Misra Daisy Kopolo Boniface Kambikambi	MEDICAL	Dr. Fernando Titus Dr. Chileshe Chisela Dr. Shula Chanda. Dr. Charles Mukunta Capt. Bernard Bwalya Dr. Brian Mwila Noleen Jonga
NATIONAL OLYMPIC ACADEMY	Hazel Kennedy Mayamba Sitali Likando Nangonde Elijah Zgambo Susanna Dakik Col. Priscilla Katoba Muyundana Siyanga	SAFE SPORT	Gloria Mubita Dont Malimba Kanyanga Foster Hamuyube Mutale Amon Masala Nchimunya Mweetwa
SPORT & ENVIRONMENT	Susanna Dakik Rodrick Ndhlovu Inonge Sakala Kachikoti Banda Ephraim Shitima Juliet Lwenje Enock Mwewa Tendayi Charmunorwa Isabel Mukelabai Siatwiinda Mabele Siatwiinda Comfort Mulenga	TECHNICAL	Boniface Kambikambi Sombwa Musunsa Mabvuto Ng'uni Raphael Mulenga Samuel Matete Westie Chewe Kingsley Mulenga Pritchard Ngoma Mutale Amon Masala Sophie Peach Katongo Moonga

PLAY TRUE DAY | 8 April 2022

On April 8th, NOCZ enthusiastically joined the global celebration of Play True Day, an annual event that promotes clean and fair play in sports. Play True Day is a World Anti-Doping Agency (WADA) initiative that aims to raise awareness about the harmful effects of doping in sports, and to inspire athletes, coaches, and sports fans to uphold the values of fair play, respect, and integrity.

As part of our commitment to promoting clean sport, NOCZ utilized

its social media platforms to share informative posts, messages, and Play True for Peace frames, featuring NOCZ's name. These frames are a symbol of solidarity and support for the Play True Day campaign, which encourages athletes and sports organizations around the world to unite in the fight against doping in sports.

Additionally, we followed the WADA digital campaign closely on their Play True Day wall, which is a platform for sharing Play True Day activities

and events in real-time. The WADA Play True Day campaign is a powerful tool for engaging sports fans, athletes, and the public, and it reaches millions of people each year.

Play True Day is an important event that reminds us of the importance of clean and fair play in sports, and NOCZ was proud to participate in this global initiative to promote clean sport and uphold the values of fair play and integrity.

STRATEGIC PLANNING WORKSHOP | 13-15 MAY 2022



NOCZ successfully conducted a strategic planning workshop, which resulted in the development of a comprehensive strategic plan to guide the organization from 2022 to 2028.

The planning process was inclusive and thorough, beginning with a request for feedback on the past strategic plan from all stakeholders via a question circulated widely. Additionally, a strategic objectives form was sent to board members to review the previous strategic plan.

The three-day workshop was facilitated by expert Robert Mutsauki and supported by team leaders, and the team collaboratively developed the strategic plan. Afterwards, a select few refined the plan to ensure its effectiveness and alignment with NOCZ's mission and goals.

Overall, the strategic planning process was a success and has equipped NOCZ with a comprehensive roadmap for achieving its objectives in the next six years.



MEDIA ENGAGEMENT FORUM & STUDIO SHOWCASE | 03 JUNE 2022

We hosted our inaugural media engagement forum with the aim of educating attendees on the mandate and operations of the NOCZ as a sports organization.

The event attended by media houses such as the Zambia National Broadcasting Corporation (ZNBC), Diamond TV, Zambia Daily Mail and UNZA Radio among others concluded with a presentation of the media studio equipment that we acquired with the help of Olympic Solidarity, as well as our planned utilization of this equipment.

The Digital Media Studio consists of two primary components, namely the content development studio and the cloud software component. The media studio includes state-of-the-art audio, photography, and video technologies that will enable the NOC and our Sports Federations, to create in-house content for digital distribution across multiple platforms.

Additionally, it allows for high-quality coverage of sporting events, enabling the organization to reach a broader audience and attract more attention to our operations.



OLYMPIC DAY | 20-24 JUNE 2022

The 2022 Olympic Day Celebrations in Zambia took place in four different cities, namely, Lusaka, Livingstone, Kabwe and Zambezi under the auspices of the National Olympic Committee of Zambia (NOCZ).

The Olympic week of 2022 was a bustling and exciting time for all involved, culminating in a remarkable event that left a lasting impression. The week kicked off on the 20th of June and continued until the 24th, during which time a plethora of activities were held to commemorate the occasion.

The OVEP tournament for Netball and Hockey was a highlight of the week's

sporting activities. These games were designed to be reflective, utilizing different spaces to promote discussion among the players. The games were divided into three parts, with the first part giving players the autonomy to discuss and agree on the rules of the game. If someone disrespected a teammate, a penalty would be awarded.

The second part of the games involved playing for 30 minutes, allowing participants to develop their ability to relate to each other. Instructors encouraged them to take responsibility for their actions, promoting a sense of ownership and accountability.

In the final part of the games, participants engaged in critical discussions to assess how the games had gone. Winners were decided based on their behavior and application of the Olympic value in question.

The Olympic Day Commemoration saw an impressive turnout, with 760 people participating in the various activities planned. It was a testament to the power of the Olympic spirit to bring people together and create a sense of camaraderie and goodwill. Overall, the Olympic week of 2022 was a tremendous success, leaving a legacy of teamwork, responsibility, and respect.



PARIS 2024 SCHOLARSHIP AWARD CEREMONY | 20 AUGUST 2022

On the 20th of August 2022, the NOCZ awarded ten deserving athletes from various sports, including Athletics, Boxing, Equestrian, Judo, and Swimming, with the highly coveted Paris 2024 Olympic Solidarity Athlete Scholarships. Additionally, the Senior National Women's Football Team and the Handball Men's National Team were both awarded Team Support Grants.

The Olympic Solidarity Scholarships, which run from 2022 to 2024, offer financial support entirely funded by the International Olympic Committee (IOC)

to help prepare the athletes for the Paris 2024 Olympic Games.

Out of a competitive pool of athletes, the NOCZ selected ten talented recipients, each representing different sports codes. The Athletics category had Rhoda Njobvu and Niddy Mingilishi, while Boxing was represented by Patrick Chinyemba, Stephen Zimba, and Margret Tembo. The Equestrian category had Bunty Howard, while Steven Mung'andu and Simon Zulu were the recipients in the Judo category. Finally, the Swimming category was represented by Mia Phiri

and George Mwaba.

This is an exciting achievement for all the athletes involved and a testament to their hard work, dedication, and talent.

The NOCZ's decision to award these scholarships and grants highlights their commitment to supporting athletes in their pursuit of excellence and bringing pride to their country on the international stage. Congratulations to all the recipients and best of luck in their preparations for the Paris 2024 Olympic Games!

CAMPAIGN AGAINST DOPING IN SPORT | 17 SEPTEMBER 2022

In a joint effort to combat doping in sports, the National Olympic Committee of Zambia (NOCZ) and the National Sports Council of Zambia (NSCZ) hosted a training workshop in Lusaka on 17 September 2022. The workshop, named the 'Anti-doping Awareness Programme,' was attended by over 50 representatives from various sports associations.

During the workshop, several important issues were raised on how athletes can be best protected from engaging in vices that can lead to doping in sports.

The aim of the workshop was to raise awareness about the harmful effects of doping and encourage athletes to compete in a clean and fair manner.

The event was a collaborative effort between the NOCZ and NSCZ towards the establishment of an independent National Anti-Doping Organisation in Zambia. Currently, the NOCZ serves as the de-facto NADO for Zambia.

This initiative is crucial in promoting fair play in sports and ensuring that athletes have access to proper resources and education to prevent

them from engaging in doping.

By bringing together various sports associations, the NOCZ and NSCZ are taking a proactive approach in addressing the issue of doping and protecting the integrity of sports in Zambia.

The training workshop was a step in the right direction towards creating a cleaner, fairer, and safer sporting environment in Zambia. It is hoped that such initiatives will continue to be implemented, and athletes will be empowered to compete at the highest level without the use of prohibited substances.

THIRD GENERAL SECRETARIES SEMINAR | 8-9 OCTOBER 2022

NOCZ held the third edition of the General Secretaries Seminar from 8th to 9th October 2022 in Lusaka. This was the first physical seminar held by NOCZ after the COVID-19 pandemic.

The two-day gathering brought together General Secretaries and Representatives from 25 sports federations. The seminar aimed to provide a platform for representatives to exchange ideas, share best practices, and discuss challenges and opportunities facing their respective federations.

During the seminar, representatives from National Sports Federations were encouraged to contribute effectively towards the growth of the sports sector by coming up with innovative initiatives.

The seminar was a success and provided a valuable opportunity for representatives from various sports federations to come together, share their experiences and learn from one another. It is hoped that the ideas generated during the seminar will be implemented to help drive the growth and development of the sports sector

in Zambia.

The seminar demonstrated NOCZ's commitment to supporting the development of sports in Zambia and their willingness to collaborate with various stakeholders to achieve this goal. By bringing together representatives from different federations, NOCZ provided a forum for the exchange of knowledge and ideas, which will help to strengthen the sports sector in Zambia.

MENTAL HEALTH IN SPORT SEMINAR | 28-29 OCTOBER 2022



NOCZ organized a two-day Mental Health in Sport Seminar on the 28th and 29th of October 2022 in Lusaka. The event, which attracted more than 100 participants from all over the country, was graced by Beatrice Lungu Cains, a Munich 1972 Olympic Games Team Zambia Olympian who is currently based in England.

The seminar provided a platform for stakeholders in the sports industry to discuss mental health and its impact on athletes. Participants had the opportunity to engage in interactive sessions that delved into various topics, including the importance of mental health in sports, how to identify mental health issues, and strategies for promoting positive mental health in athletes. The seminar was a step in the right direction towards creating more awareness about mental health in sports and ensuring that athletes receive the support they need to excel both on and off the field.



During the seminar, Cains shared her personal experience in sports and highlighted the various challenges that athletes face, including receiving negative feedback from others. However, she encouraged athletes to remain focused and not let these challenges deter them from pursuing their goals.

OLYMPIANS MEETING 30 OCTOBER 2022



NOCZ provided support to the Olympians Association of Zambia by hosting their annual meeting. The meeting brought together 23 Olympians and Paralympians who have competed in various games ranging from the Mexico City 1968 to Tokyo 2020 Games.

During the forum, the Olympians and Paralympians discussed various issues related to sports and how they can give back to the community. It was a great opportunity for these athletes to reflect on their experiences and to share their insights and knowledge with the community. NOCZ's support for this event shows their commitment to promoting sports and empowering athletes in Zambia.

ATHLETES ANNUAL ENGAGEMENT MEETING 5 NOVEMBER 2022

The Athletes Commission of NOCZ organized its annual engagement workshop on Saturday, 5th November 2022, in Lusaka. The workshop aimed to discuss various issues affecting athletes from different National Federations in Zambia.

The event brought together 31 athletes from diverse sports such as Judo, Hockey, Football, Weightlifting, Swimming, Boxing, Skate, Taekwondo, Handball, Volleyball, Basketball, Cycling, Baseball & Softball, Martial

Arts, and University Sports. The athletes engaged in interactive discussions on topics such as athlete welfare, support, and development programs.

The workshop also provided a platform for the Athletes Commission to gather feedback from the athletes and understand their concerns. The insights from the event will help NOCZ's Athletes Commission to develop and implement athlete-centered initiatives that cater to their unique needs.



COMMONWEALTH SPORT PROGRAMMES

COMMONWEALTH DAY | 21 MARCH 2022

NOC/CGA Zambia celebrated the 73rd anniversary of the modern Commonwealth with a commemorative event held at OYDC Zambia-Sports Development Centre in Lusaka. The event was held on March 21, 2022, a week after Commonwealth Day, which falls on the Second Monday of March, and was held under the theme 'Delivering a Common Future.' The event brought together over 250 people, including pupils from 10 invited schools, six of which were part of the Commonwealth Connections program, a joint project from the British Council and the Birmingham Organizing Committee for the 2022 Commonwealth Games.

The Commonwealth Connections



program twinned 60 schools in the West Midlands with counterparts from the Caribbean, Sub-Saharan Africa, and South Asia. The event's activities focused on Zambian Traditional games, with dramatic presentations on the effects of Climate Change, A Common Future, and Traditional dances performed by the schools invited to the commemoration event.

The celebration highlighted the importance of the Commonwealth Sport Movement in fostering unity, promoting diversity, and supporting the development of sport in the participating countries.

The Commonwealth Games is one of the significant sports events that bring

together athletes from various countries to compete in various sports. It is a platform that allows athletes to showcase their talents, learn from one another, and foster friendship.

The NOC/CGA Zambia's participation in the commemoration of the Commonwealth Day shows its commitment to promoting sport development in Zambia and fostering partnerships with other countries through sport. The event was a testament to the NOC/CGA Zambia's efforts to support the development of sport and promote its values. Through the Commonwealth Games, NOC/CGA Zambia hopes to provide opportunities for Zambian athletes to compete at the highest level and represent the country on the international stage.



EQUIP INTERNSHIP PROGRAMME

On 31st August 2022, the Secretariat bid farewell to Loretta Ching'andu, the 2021 eqUIP intern who had been working in the Communications Department. During her time at NOCZ, she managed the social media pages of NOCZ/CGA and made significant contributions towards the media visibility and coverage of the organization.

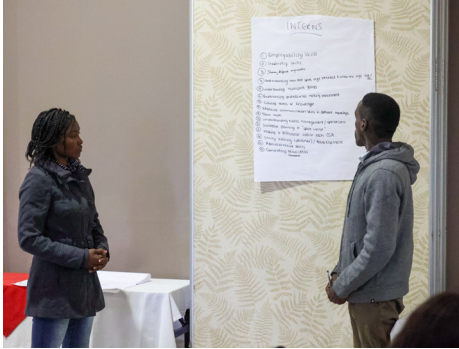
Ching'andu's work in the communications department was highly appreciated, and her contributions were acknowledged by the NOCZ/CGA management. She played a vital role in promoting the organization and its activities through social media and other channels.

In addition, the Secretariat also acknowledged the contribution of Chapman, the Coordinator of Sports for Life, who oversaw the expansion of the Sports for Life programme in various provinces. His work has contributed significantly to the establishment of a number of sport for life stations and grassroots sport.

The Secretariat expressed its appreciation for the contributions made by both Ching'andu and Chapman, and wished them success in their future endeavors. The organization recognized the valuable contributions made by its employees, and the Secretariat committed to continue providing a supportive and enabling environment for staff to grow

and excel in their roles.





On 16 October 2022, NOC/CGA Zambia welcomed a new intern, Musonda Zyambo, under the eqUIP Internship Programme. Musonda holds a Mass Communication and Public Relations degree from Cavendish University Zambia and has taken up the position of Assistant Marketing and Communications Officer at the NOC/CGA Zambia Secretariat. The eqUIP Internship Programme is an initiative of the Commonwealth Sport Foundation (CSF) in partnership with various universities in the six continental regions of the Commonwealth.

Musonda Zyambo becomes the seventh intern to be engaged by the NOC/CGA Zambia since the inception of the Internship Programme. Her role as Assistant Marketing and Communications Officer will involve working in the communications department and contributing to the social media management of NOCZ pages among other things.

Following her appointment, Musonda joined interns from 19 other Commonwealth Games Associations (CGAs) from Africa, Europe, and the Caribbean for the eqUIP Orientation/ Midterm Workshop held in Lobatse, Botswana from 6-9 November 2022. The workshop was designed to give the interns an understanding of the role of a CGA, the Commonwealth Games and the values of the Commonwealth Sports Movement. It also provided an opportunity for them to learn from experienced professionals in the sports industry and to network with their peers from other CGAs.

The NOC/CGA Zambia remains committed to developing young professionals in the sports industry through initiatives such as the eqUIP Internship Programme. The programme provides interns with the opportunity to gain practical experience in a professional environment while also contributing to the development of sports in their countries.

BIRMINGHAM 2022 COMMONWEALTH GAMES | 28 JULY - 8 AUGUST

Zambia was one of the 72 countries that competed in the highly anticipated Birmingham 2022 Commonwealth Games, held from July 27 to August 8, 2022, in England. The Zambian team consisted of 43 athletes from nine different sports disciplines, including Athletics, Badminton, Boxing, Cycling, Judo, Squash, Para Powerlifting, Rugby, and Swimming. With this being their 15th appearance at the Commonwealth Games, Team Zambia brought their second-largest contingent in the past six editions of the games, spanning from Manchester 2002 to Birmingham 2022. Led by flag bearers Muzala Samukonga and Margret Tembo, the Birmingham 2022 Commonwealth Games proved to be an exciting, refreshing, and learning experience for Team Zambia's athletes, with some making their debut at the Games.

Let's take a closer look at Team Zambia's performance in Birmingham.

ATHLETICS

Team Zambia was represented by six track athletes: Rhoda Njobvu (Women's 100m and 200m), Niddy Mingilishi (Women's 400m), Kennedy Luchembe (Men's 400m/4x400m Relay), Muzala Samukonga (Men's 400m/4x400m Relay), Patrick Nyambe (Men's 4x400m Relay), and David Mulenga (Men's 4x400m Relay). Despite facing tough competition, some athletes achieved notable results. Rhoda Njobvu made it to the semi-finals of the Women's 200m with a time of 23.85s, while Muzala Samukonga won the Men's 400m race with a personal best time of 44.66s, becoming a Commonwealth Games champion. In the Men's 4x400m Relay, the Zambian quartet comprising Samukonga, Luchembe, Nyambe, and Mulenga, clocked their personal best time of 3:04.76s to take fifth place in the final.

BADMINTON

Badminton squad, consisting of Ogar Siamupangila, Elizabeth Chipeleme, Chongo Mulenga, and Kalombo Mulenga, had a challenging schedule of fixtures at the Birmingham 2022 Commonwealth Games.

In the mixed team event group stage, the squad faced tough opponents such as Malaysia, South Africa, and Jamaica, but unfortunately lost all three games: Zambia 0-5 Malaysia, Zambia 1-4 South Africa, and Zambia 1-4 Jamaica. As a result, Zambia did not advance to the next round of the competition.

Moving on to the doubles competition in the team mixed doubles event, Chongo Mulenga and Elizabeth Chipeleme lost 2-0 against Evans Alphous and Prospera Nantuo of Ghana, while Mulenga Kalombo and Ogar Siamupangila lost 2-0 against

Terry Kai Yong Hee and Han Wei Jessica Tan of Singapore. In the women's doubles, Elizabeth Chipeleme and Ogar Siamupangila lost 2-0 to Jinee Tara Lona Bodha and Kobita Dookhe in the round of 32. However, in the men's doubles, Chongo Mulenga and Kalombo Mulenga won 2-0 against Ahmad Samad Abdul and Evens Kelvin Alphous of Ghana in the round of 32, but lost 0-2 to Brian Kasirye and Daniel Wanagaliya of Uganda in the round of 16.

In the women's singles event, Ogar Siamupangila lost 0-2 to Husina

BOXING

Zambia had four boxers, two male and two female, participating in the Commonwealth Games. Patrick Chinyemba was in the Men's flyweight category, Stephen Zimba in the Men's welterweight, Felistus Nkandu in the Women's Lightweight, and Margret Tembo in the Women's Minimumweight.

In the Men's flyweight Round of 16, Chinyemba won against Charles Fauma Keama of Papua New Guinea via RSC (Referee Stops Contest). He then faced Alex Winwood of Australia in the quarterfinals, where he won via Knock Out (KO) and advanced to the Bronze Medal Fight in the Semifinals.

CYCLING

Oberd Chembe and Davies Kawemba were two young and ambitious cyclists who had been training hard for their debut appearance at the Commonwealth Games. They were both thrilled to represent their country in the Mountain Bike Men's Cross Country and the Men's Road Race events.

JUDO

Team Zambia sent a five-member Judo contingent to compete in the Men's half-lightweight (66 kg) and Women's -60kg categories at the Birmingham 2022 Commonwealth Games. The team was led by Steven Mungandu,

Kobugabe of Uganda in the round of 64, while Elizabeth Chipeleme lost 0-2 to Jessica Li of the Isle of Man. In the men's singles event, Chongo Mulenga lost 0-2 to Muhammad Bhatti of Pakistan in the round of 64, but Kalombo Mulenga won 2-0 against Zaki Shaheed of Maldives. Kalombo advanced to the round of 32, where he defeated Brian Kasirye of Uganda with a score of 2-1. However, in the round of 16, Kalombo Mulenga lost 0-2 to Julien Georges Paul of Mauritius, bringing an end to the badminton squad's campaign at the Birmingham 2022 Commonwealth Games.

However, Chinyemba lost to Subedar Amit of India via a unanimous point decision of 5-0 and settled for the Bronze Medal.

In the Men's welterweight Round of 16, Stephen Zimba was drawn against Eugene McKeever of Northern Ireland, which he won via RSC. He then advanced to the quarterfinals, where he won against Owen Isaac Kibira of Uganda via a unanimous point decision of 5-0.

Zimba went on to win against Rohit Tokas of India in the Semi-Final (Bronze Medal Fight) via a split point decision of 3-2 and secured a spot in the final.

Despite facing stiff competition from other seasoned athletes, Oberd Chembe did not let the pressure get to him. He gave his all in the Mountain Bike Men's Cross Country event and managed to finish 25th out of 26 competitors. However, the road race proved to be a tougher challenge for him, and he unfortunately did not finish

and the other members included Simon Zulu (-60 kg), Matthews Mwangi (-73kg), Rita Kabinda (-57kg), and Taonga Soko. Steven Mung'andu won his first match against Abdulrabi Alawi Abdulla of



However, he settled for a silver medal after losing to Ioan Croft of Wales via a unanimous point decision of 5-0.

In the Women's Lightweight category quarterfinals, Felistus Nkandu faced Amy Sara Broadhurst of Northern Ireland and lost via RSC.

In the Women's Minimumweight quarterfinals, Margret Tembo lost to Demie-Jade Resztan of England via a unanimous point decision.

the team put in an overall good performance as they bagged two medals from the Birmingham 2022 Games.

the race.

Davies Kawemba was also eager to showcase his cycling skills at the games. He put his heart and soul into the Mountain Bike Men's Cross Country event and managed to finish 22nd out of 26 competitors. However, like his teammate Chembe, he also faced a tough time in the road race and was unable to complete the race.

Tanzania in the Elimination Round of 16 but lost in the quarterfinals to Finlay Allan of Scotland. He was given another chance in the Repechage round but lost to Nathon Burns of Northern Ireland.

Simon Zulu won his Elimination Round of 16 match against Tyrone Charles of Trinidad and Tobago but lost in the quarterfinals to Petros Christodoulides of Cyprus. He then won his Repechage match against Daniel Rabbitt of Wales but lost to Joshua Katz of Australia in the Bronze Medal Contest.

PARA - POWERLIFTING

Richard Lubanza was the sole representative in Para-Powerlifting -72kg weight category. He proved his mettle through rigorous training and dedication. He qualified to be part of Team Zambia's contingent for the Birmingham 2022 Commonwealth Games after successfully completing two training camps in Birmingham, England, and Stellenbosch, South Africa under the GAPS Africa Programme by the Commonwealth Games Federation (CGF).

RUGBY SEVENS

Team Zambia's Rugby Men's Team showcased their skills and spirit as they made their consecutive appearance in the Commonwealth Games from Gold Coast 2018 to Birmingham 2022. The team faced a tough challenge as they were drawn in Pool C against heavyweights Fiji, Wales, and Canada, all of whom are known for their exceptional rugby skills.

Despite the challenges, Team Zambia put up a strong fight in their Pool C

SQUASH

Two talented squash players, Zulema Chisenga and Kundanji Kalengo, were honored to be part of the prestigious Team Zambia contingent for the Birmingham 2022 Commonwealth Games. These players competed in the Women's and Men's Singles Event, respectively, representing their country with pride and enthusiasm.

Unfortunately, the competition proved to be quite challenging for Zulema Chisenga. In the Women's Singles Round of 64, she faced off against Leungo Katse of Botswana and lost

Matthews Mwangi lost his Elimination Round of 16 match against Faye Njie of Gambia in the Men's 73kg category.

Rita Kabinda lost her Elimination Round of 16 match against Suchika Tariyal of India in the Women's 57kg category.

Richard Lubanza made his debut in the Men's Lightweight category at the Commonwealth Games, where he displayed his skills and talent. After a successful day of competition, Richard Lubanza was ranked eighth in the competition, having recorded two clean lifts out of three attempts, accumulating 100.9 points.

Richard Lubanza's impressive performance at the Commonwealth Games is a testament to his hard work,

dedication, and perseverance. In Match 1, they faced Fiji, one of the top teams in rugby, and unfortunately lost with a score of 0:52. In Match 2, they played against Wales and, despite their best efforts, lost 5:38. However, in Match 3, they were able to score 12 points against Canada, though ultimately lost 12:24.

Team Zambia was relegated to the ranking competition, where they faced Tonga in the Men's 9-16 Quarterfinal.

3-0, thus being eliminated from the main competition. Despite this setback, she continued to support her teammate and her country throughout the rest of the tournament.

Kundanji Kalengo, on the other hand, started off strong in the Men's Singles Round of 64, but eventually lost 3-1 to Nick Sachvie of Canada. However, he remained resilient and determined to finish strong, even after being eliminated from the main competition.

He continued to compete in the plate

Taonga Soko lost her Elimination Round of 16 match against Cecilia Chineye James of Nigeria in the Women's 60kg category. Overall, the Judo Team's competition ended with Taonga Soko's loss.

Richard Lubanza's success is not only a personal achievement but also a source of inspiration for other aspiring Para Powerlifters in Zambia and across Africa. Richard Lubanza's dedication to the sport and his success at the Commonwealth Games is a shining example of the potential that can be unlocked with the right support and opportunities. His story is a reminder that anything can be achieved through hard work, focus, and determination.

Despite a valiant effort, they lost with a score of 7:19. In their next match, the Men's 13-16 Semi-final, they faced Sri Lanka and put up a good fight, but ultimately lost 14:27.

Despite the results, the Rugby Men's Team represented Zambia with pride and fought hard throughout the competition. In the end, the team was ranked 15th Overall after the competition.

competition, a secondary competition away from the main, and went on to win the plate final after posting impressive results. He won the Round of 16 3-0 against Jace Jervis of the Cayman Islands, the quarterfinal 3-0 against Jason Doyle of Saint Vincent and the Grenadines, and the Semi-final 3-0 against Julian Morrison of Jamaica. Finally, he won the Plate Final by a scoreline of 3-0 against Muqtadir Sadruddin Nimji of Kenya, ending his Commonwealth Games experience on a high note.

SWIMMING

Team Zambia's swimming contingent consisted of four swimmers - two males and two females - who competed in individual races and the 4x100 Medley Relay. Tilka Paljk, making her third consecutive appearance at the Commonwealth Games, competed in the Women's 50m Freestyle, 50m Breaststroke, and 100m Breaststroke. She clocked a time of 27.94s in the 50m Freestyle, taking up fourth position in Heat 4, but failed to progress to the next round. Similarly, she hit a time of 34.20s in the 50m Breaststroke, taking up eighth position in Heat 5, and failed to qualify for the next round. In her final individual race, the 100m Breaststroke, she clocked a time of 1:15.80s, taking up sixth position in Heat 2, but couldn't secure a slot in the next round.

Kumaren Naidu, also making a consecutive appearance at the Commonwealth Games, competed in the Men's 50m Butterfly, 50m Breaststroke, and 100m Breaststroke. He clocked a time of 27.39s, taking up seventh position in Heat 2, which was enough to secure a slot in the next round in the 50m Butterfly. In the Men's 50m Breaststroke, he recorded a time of 31.31s, taking up fourth position in Heat 2. For his final individual race, the Men's 100m Breaststroke, he recorded a time of 1:11.79s, taking up sixth position in Heat 1, which was enough to secure a slot in the next round.

Jade Phiri was one of the two youngsters making their Commonwealth Games debuts. She competed in the Women's

50m Butterfly and 50m Freestyle, clocking times of 29.15s and 28.16s, respectively. Despite taking up the first and second positions in Heat 3 of their respective categories, she failed to qualify for the next stage of competition. Zach Moyo, also making his debut at the Commonwealth Games, competed in the Men's 50m Breaststroke, 100m Breaststroke, and 200m Breaststroke. He posted times of 32.78s, 1:12.83s, and 2:44.35s, respectively, but failed to secure a slot in the next round.

In the 4x100m Medley Relay, Team Zambia clocked a time of 4:30.43s, placing them in second position in Heat 1, but they were unable to qualify for the next round.

OVERALL TEAM PERFORMANCE...

Team Zambia exhibited an improved performance at the Birmingham 2022 Commonwealth Games, which can be attributed to their hard work and adequate preparations. This included a pre-Games training camp held at Durham University from July 16th to 25th, 2022, and an official residential training camp held locally from July 1st to 14th, 2022, before departure for the Games. Additionally, in recognition of their achievements, the Commonwealth Games Federation

(CGF) and the Birmingham 2022 Commonwealth Games Organizing Committee awarded certificates of merit to seven Zambian athletes who recorded a Top 8 finish in their individual events.

The recipients of the certificates were Stephen Zimba, who placed 2nd in Boxing Welterweight, Patrick Chinyemba who placed 3rd in Boxing Flyweight, Simon Zulu, who placed 5th in Judo -60 kg, Felistus Nkandu, who

placed 5th in Boxing Lightweight, Margret Tembo, who placed 5th in Boxing Minimumweight, Steven Mung'andu, who placed 7th in Judo -66 kg, and Richard Lubanza, who placed 8th in Para-powerlifting Lightweight. Victor Banda, the delegation leader, expressed gratitude for the opportunity to train at Durham University's world-class facilities, which provided a significant boost to the team's preparation for the Games.

ANOCA PROGRAMMES

WORLD CLEAN UP DAY | 17 SEPTEMBER 2022

NOCZ continued its tradition of joining the rest of the Olympic Movement in Africa led by the Association of National Olympic Committees of Africa (ANOCA) and other organisations across the globe in commemorating World Clean Up Day by participating in the 2022 edition.

The clean-up activities were held on the 16th and 17th of September 2022 in two locations - Lusaka and Chingola in the Copperbelt Province.

NOCZ Sport and Environment Commission, led by Mrs. Susanna Dakik, organized the Chingola cleanup activities which were held at Kansoka and Ndashi Primary Schools and Kansoka Village Area. Before the clean-up exercise, Ndashi Primary School hosted a mini football game and an environmental awareness session. Several athletes, led by NOCZ Athletes Commission Chairperson Richard Mulenga, also participated in the cleanup activities in Chingola.

In Lusaka, NOCZ collaborated with Borda Zambia and held an awareness and sensitization campaign, followed by a clean-up exercise at Katambalala Market in Chipata Compound on Friday, September 16th, 2022. On Saturday, September 17th, 2022, NOCZ joined the Lusaka City Council and other partners for the clean-up exercise, which was carried out in the Central Business District of Lusaka as part of the Keep Zambia Clean, Green, and Healthy Campaign.

NORGES IDRETTSFORBUND (NIF) PROGRAMMES

NIF PARTNERS MEETING | 27 APRIL

NOCZ, led by President Alfred Foloko and Secretary General Boniface Kambikambi, recently took part in the NIF Partners Meeting. The event was hosted by the Norwegian Olympic and Paralympic Committee and Confederation of Sports, and it brought together more than 20 representatives from 10 partner organizations based in Botswana, Zambia, and Zimbabwe.

During the meeting, attendees shared

the progress made in NIF-supported programs and activities within their respective organizations over the past year. They also discussed plans for 2022, which included strategies for improving sports development and promoting social inclusion in the region.

The NIF Partners Meeting was an excellent opportunity for NOCZ to connect with other organizations in the region, share experiences,

and learn from one another.

The event provided a platform for the exchange of ideas and best practices, and it helped to strengthen partnerships between the organizations. Overall, the meeting was a successful collaboration that will undoubtedly have a positive impact on the development of sports and the promotion of social inclusion in the region.

SAFE SPORT SPOC TRAINING | 26- 28 MAY 2022



On Saturday 28 May 2022, NOCZ successfully concluded a 3-day training workshop for Safe Sport Single Points of Contact (SPOCS).

The workshop was attended by 13 individuals from various national sports federations/associations who have been trained as SPOCS to be attached to their respective organizations.

The closing ceremony was graced by NOCZ Secretary General Boniface Kambikambi and Safe Sport Commission Representative Foster Hamuyube.

The workshop was facilitated by NOCZ Safe Sport Officer Prudence Nswana in collaboration with IOC Believe In Sport Ambassador Nchimunya Mweetwa.

The 13 newly trained SPOCS are in addition to the 8 trained in 2021, bringing the total number of Federations with a SPOC to 21 out of the 27 affiliates.

NOCZ aims to have all affiliate federations/associations with a trained and certified SPOC.



ADOPTION OF NEW CONSTITUTION | 3 SEPTEMBER 2022

NOCZ adopted a new constitution following a rigorous consultative process supported by NIF that began in 2020 with local and international stakeholders. The amended constitution was adopted during the Extraordinary General Meeting held on September 3rd, 2022, in Lusaka. During the meeting, NOCZ President Alfred Foloko urged the delegates to make realistic, truthful, and futuristic contributions to the Olympic Committee's operations for future sports leaders, while keeping in mind good governance as the cornerstone of their operations.

Notable amendments in the new constitution include a change

in the composition of the Executive Board, with the Secretary-General no longer being an elective position. Instead, the board will appoint the Secretary-General following advertising and interviews to serve as the Chief Executive Officer (CEO), without the right to vote. The board will also ensure a 30% representation of different genders on the Executive Board, with the underrepresented gender being given priority after the elections of new members. Additionally, a member of the Executive Board will only serve a maximum of two successive terms (four years each) in the same position on the NOCZ Executive Board.

Under Article 22, no person shall be

eligible for election as a member of the Executive Board if they have reached the maximum age limit of 70 years old on the election date. The new constitution was unanimously adopted and came into effect immediately. NOCZ President Alfred Foloko commended the NOCZ Legal and Ethics Commission for leading the constitution review and amendment process in collaboration with the secretariat, and thanked Commission Chairperson Dickson Jere and his team for their part in this process.

The EGM was attended by members of the NOCZ Executive Board and 29 delegates from 17 affiliated National Federations and Associations.

INCLUSIVE SPORT FESTIVAL | 7 OCTOBER 2022



On Friday, October 7th, 2022, the 6th edition of the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF) partners Inclusive Sports Festival was held at the National Heroes Stadium in Lusaka.

The event was a great success, attracting over 600 participants, and was celebrated under the theme of **“creating safe, equitable, and inclusive space for all.”**

This annual sports festival has continued to gain popularity since its inception in 2017, with an increasing number of participants each year.

The Inclusive Sports Festival is funded by NIF and organized by NOCZ in collaboration with several National Sports Federations and Sports NGOs, including Zambia Athletics, Zambia Judo Association, Netball Zambia, Response Network, Sport In Action, Edusport Foundation, and Response Network.

This collaborative effort aims to promote inclusivity and equal opportunities in sports, allowing individuals from diverse backgrounds to participate in various activities and showcasing the power of sports in bringing people together. The success of the festival highlights the significance of partnerships in advancing the development of sports and promoting social inclusion in the region.

ZAMCOACH360 COACHING SEMINAR | 8 NOVEMBER 2022



On Tuesday, November 8, NOCZ in collaboration with NIF organized the ZAMCOACH360 Coaching Seminar, which brought together 21 coaches from various sports including Volleyball, Netball, Handball, and Basketball.

The seminar took place at the OYDC Zambia - Sports Development Centre and featured both theoretical and practical sessions facilitated by Jon

Grydeland. As an ICCE Trained Coach Developer Trainer, Senior Advisor Coach Development (NIF), and former Head Coach for the Norwegian Beach Volleyball Team, Jon Grydeland provided valuable insights and expertise to the attendees, having participated in four Olympic Games as a top player in both volleyball and beach volleyball. the ZAMCOACH360 Coaching

Seminar was an excellent opportunity for coaches to enhance their knowledge and skills in their respective sports. Through the practical sessions, attendees had the chance to put into practice what they had learned during the theoretical sessions, helping them to better understand the principles of coaching and how to apply them in their coaching roles. The collaboration between NOCZ and NIF ensured the success of the event and highlighted the importance of partnerships in the development of sports in the region.



COACH DEVELOPERS RE-FRESHER TRAINING | 10-11 NOVEMBER 2022

From November 10th to 11th, 2022, NOCZ organized a two-day Coach Developers seminar in Lusaka, aimed at refreshing and enhancing the coaching development skills of 13 International Council for Coaching Excellence (ICCE) Trained Coach Developers from various federations in Zambia, as well as two experts from Norway. The seminar also sought to identify better ways to improve coaching development in the respective federations.

The seminar was facilitated by Pelle Kvalsund and Jon Grydeland from the Norwegian Olympic and Paralympic Committee and Confederation of Sport (NIF), and attracted two ICCE Trained Coach Developers from Zimbabwe.

This training is part of the Zamcoach



360 Coach Developers program, a collaborative effort between NOCZ, the National Sports Council of Zambia, the Ministry of Youth Sport and Arts (MUSA), NIF, and ICCE. Through this initiative, NOCZ aims to enhance the skills and knowledge of

coaches in Zambia and beyond, in order to ensure the development of world-class athletes. The success of the seminar highlights the importance of collaborations and partnerships in the advancement of sports development in the region.

WORKPLACE TRANSFORMATION TRAINING | 13-16 DECEMBER 2022

From December 13th to 16th, 2022, NOCZ collaborated with NIF to conduct a 3-day Staff Workplace Transformation Team Training for the Secretariat. The training aimed to promote a productivity culture through team development, create a system of productivity culture, and establish a foundation for accountability, measuring, and staff evaluation through engagement.

All 10 Secretariat Staff, led by the Secretary General Boniface Kambiakambi, participated in the training. By promoting a productivity culture, the initiative seeks to enhance the effectiveness and efficiency of the Secretariat and the entire organization. The success of the training highlights the importance of investing in staff development and capacity building to ensure the sustainability and growth of

sports organizations.

The full list is as follows: Boniface Kambikambi (Secretary General and Head of Secretariat), Gloria Makungu (Administration Officer), Chaelelwa Kazika (Finance Officer), Prudence Nswana (Safe Sport Officer), Chipu Mulenga (Programmes Officer), Tinyiko Kamanga (Programmes Officer), Felix Munyika (Communications Officer), Musonda Zyambo (Assistant Communications and Marketing Officer), Jabess Zulu (Caretaker, Olympafrica Centre), and Francis Mwansa (Office Assistant). Additionally, Diane Huffman represented NIF.



OLYMPAFRICA PROGRAMMES

NOCZ RECEIVES DONATIONS | 4 JANUARY 2022

On January 4, 2022, the National Olympic Committee of Zambia (NOCZ) received a generous donation of assorted items worth K80,000 from businessman and former Zambia Basketball Federation (ZBF) President Shawki Fawaz on behalf of the Olympafrica Centre in Lusaka. NOCZ President Alfred Foloko and

Secretary General Boniface Kambikambi received the donation, which included 50 food hampers, 250 pairs of shoes, 100 basketballs, and 10 footballs.

The items were distributed to parents as a way of appreciating their commitment to ensuring that their

children utilize the facilities at the centre. ZBF General Secretary Rodrick Ndhlovu presented the donation, which was also a way of giving back to the underprivileged in the community. Both Ndhlovu and Foloko expressed gratitude for the gesture, stating that it would go a long way in boosting the morale of the athletes and parents.



OLYMPAFRICA FUTBOLNET FESTIVAL | 4 MARCH 2022

The Olympafrica Centre in Lusaka hosted the first edition of the 2022 Annual Futbolnet Festival on March 4, 2022. The festival aimed to celebrate children and athletes between the ages of 5-18 and attract parents to participate in the event.

Over 250 children participated in various sports and non-sporting activities, while Marie Stopes, an organization that expands access to Sexual and Reproductive Healthcare, offered Sexual Reproductive Health and Rights (SRHR) and family planning talks with parents and teenage athletes at the Centre.

The Drug Enforcement Commission (DEC) Educational department

representatives and Doping Control Officer spoke to the children and athletes on the effects and consequences of drug abuse and doping in sports. Parents also received an Olympic Values Education Programme (OVEP) and participated in an interactive session on Safe Sport and Prevention of early marriages led by a team from the Zambia Centre for Communications Programme (ZCCP). The festival aimed to apply the FutbolNet methodology more in-depth with the participants and increase the impact of the programme on beneficiaries while extending the programme to other sports practiced at the Centre.



O! YES PROGRAMME | 27 OCTOBER 2022



The OlympAfrica Centre in Lusaka, in collaboration with NOCZ, organized a young leaders training program on Thursday, October 27, 2022, as part of the O! Yes (OlympAfrica Youth Empowerment through Sport) program.

The O! YES program is an educational and sports program established by the International OlympAfrica Foundation with the support of the International Olympic Committee (IOC).

The workshop was attended by 40 young leaders from the community.

BRAND VISIBILITY

NOCZ has made significant efforts to establish a strong online presence through six major digital media platforms, including Facebook, Twitter, TikTok, Instagram, LinkedIn, and YouTube. These platforms, in addition to the NOCZ website, are being utilized to increase the organization's brand awareness locally and globally, as outlined in the NOCZ 2022-2028 Strategic Plan.

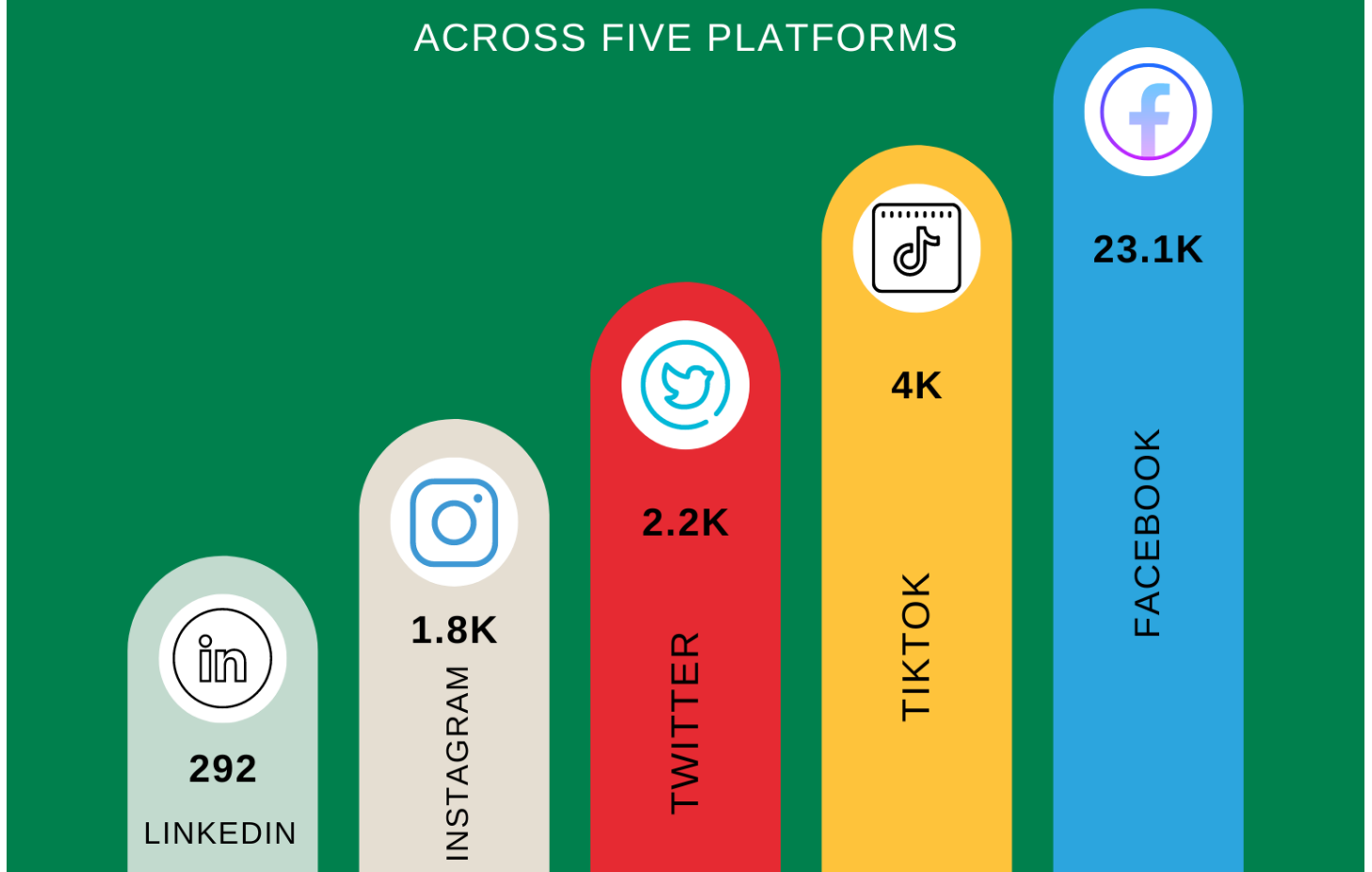
The organization is committed to strengthening and expanding its presence across these existing digital media platforms to achieve its strategic goals.

In 2022, NOCZ has closely monitored its brand visibility performance and has seen positive results. The organization has successfully increased its reach and engagement across its social

media channels, including a significant increase in followers and likes. NOCZ has also leveraged various digital marketing campaigns and initiatives to promote its mission and values, resulting in improved brand awareness and recognition. Moving forward, NOCZ will continue to prioritize its brand visibility efforts to achieve its strategic objectives.

WHERE WE ARE NOW

A LOOK AT OUR CURRENT NUMBERS ACROSS FIVE PLATFORMS



In 2022 we recorded

3.2 Million*

Impressions across our digital media platforms

*

Statistics generated from insights and analytics tools on Facebook, Twitter, Instagram, LinkedIn, YouTube and Wix website manager.

In 2023 and beyond, our social media platforms will prioritize content that fosters quality engagement and builds relationships with our followers and fans. We believe that this approach will result in sustainable social media growth and align with our overall goals and objectives.

Based on industry best practices, we anticipate a healthy and sustainable social media growth and engagement rate of 5-10% per month in 2023. We will continuously evaluate our social media performance and adjust our strategy accordingly to ensure that we meet our targets and continue to engage with our audience effectively.

FINANCIAL STATEMENTS



REPORT OF THE INDEPENDENT AUDITORS

TO THE MEMBERS OF NATIONAL OLYMPIC COMMITTEE OF ZAMBIA

Opinion

We have audited the financial statements of **National Olympic Committee of Zambia** ("the Organisation"), which comprise the statement of financial position as at **31 December 2022**, and the statement of profit or loss and other comprehensive income, statement of changes in accumulated funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Organisation as at **31 December 2022**, and of its financial performance and cash flows for the year then ended in accordance with Generally Acceptable Accounting Principals (GAAP) and the requirements of the Societies Act of Zambia.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (ISAs). Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Organisation in accordance with the International Ethics Standards Board for Accountants' code of ethics for Professional Accountants (IESBA Code) that are relevant to our audit of the financial statements, and we have fulfilled our other responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Board members' responsibilities for the financial statements

The Board Members are responsible for the preparation of the financial statements in accordance with the Generally Acceptable Accounting Principals (GAAP), and for such internal control as the Board Members determine necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Board Members are responsible for assessing the Organisation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Board Members either intend to liquidate the Organisation or to cease operations, or have no realistic alternative but to do so.

Board Members are responsible for overseeing the Organisation's financial reporting process.

Auditor's responsibilities for the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion.

THE GLOBAL ADVISORY AND ACCOUNTING NETWORK

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HLB Zambia is an independent member of HLB International the global advisory and accounting network

NATIONAL OLYMPIC COMMITTEE OF ZAMBIA
STATEMENT OF INCOME AND EXPENDITURE
for the year ended 31 December 2022

	NOTES	2022 K	2021 K
INCOME			
Grant income	Sch I	13,145,008	11,602,249
Capital grant	Sch I	3,564,726	3,564,726
Exchange (loss)/gain	Sch II	(74,917)	126,049
Other income	Sch I	88,922	167,218
Total income		16,723,739	15,460,242
EXPENDITURE			
<i>Core operating cost</i>			
Depreciation	Sch II	(3,970,354)	(3,876,259)
Employee cost	Sch II	(963,172)	(787,225)
Operating costs	Sch II	(1,455,913)	(1,411,730)
Amortisation	Sch II	(3,564)	(3,564)
		(6,393,003)	(6,078,779)
<i>Specific Project Expenditure</i>			
International Olympic Committee	Sch II	(4,905,656)	(8,832,262)
Norwegian Olympics & Paralympic Committee & Confederation of Sports Federation (NIF)	Sch II	(1,126,371)	(857,283)
Commonwealth Games	Sch II	(5,273,681)	(57,400)
Anti-doping Control Officers Training	Sch II	(4,749)	-
		(11,310,458)	(9,746,946)
Total expenditure		(17,703,461)	(15,825,725)
Deficit for the year		(979,722)	(365,483)

NATIONAL OLYMPIC COMMITTEE OF ZAMBIA
STATEMENT OF INCOME AND EXPENDITURE
for the year ended 31 December 2021

	NOTES	2021 K	2020 K
INCOME			
Grant income	Sch I	11,602,249	7,839,353
Capital grant	Sch I	3,564,726	3,564,726
Exchange gain	Sch II	126,049	1,049,919
Other income	Sch I	167,218	227,191
Total income		15,460,242	12,681,189
EXPENDITURE			
<i>Core operating cost</i>			
Depreciation	Sch II	(3,876,259)	(3,839,911)
Employee cost	Sch II	(787,225)	(631,809)
Operating costs	Sch II	(1,411,730)	(578,310)
Amortisation	Sch II	(3,564)	(3,564)
		(6,078,779)	(5,053,595)
International Olympic Committee	Sch II	(8,832,262)	(2,641,159)
Norwegian Olympics & Paralympic Committee & Confederation of Sports Federation (NIF)	Sch II	(857,283)	(555,275)
Commonwealth Games	Sch II	(57,400)	(5,000)
Anti-doping Control Officers Training	Sch II	-	(39,276)
		(9,746,946)	(3,240,710)
Total expenditure		(15,825,725)	(8,294,304)
(Deficit)/Surplus for the year		(365,483)	4,386,885

***The above information has been extracted from the audited financial statements for the years 2021 and 2022.**

CONCLUSION

This report serves as a testament to what can be achieved when we all unite to strengthen the role of sport in society. The activities outlined in this report demonstrate the power of collaboration, dedication, and hard work.

The NOCZ executive board and secretariat remain committed to serving affiliate federations/associations, and we believe that by working hand in hand, we can further develop sports in Zambia.

Throughout 2022, we saw various initiatives and programs that have contributed to the growth and development of sports in the country. From hosting events and workshops to providing resources and support to athletes and coaches, we have worked tirelessly to create an environment that promotes sports and encourages participation. We have also made strides in improving our digital presence, which has increased NOCZ's brand visibility locally and internationally.

we would like to extend our gratitude to everyone who has contributed to the success of our endeavors. We recognize the hard work and dedication of our staff, athletes, coaches, volunteers, and partners who have played a critical role in achieving our goals. We also acknowledge the support of the government, sponsors, and the general public, without which our efforts would not have been possible.

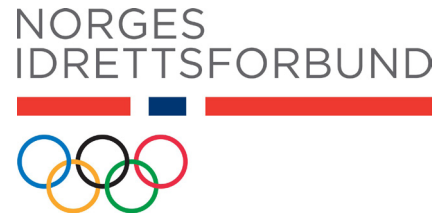
As we move forward into 2023, we are confident that we will continue to make strides in advancing sports in Zambia. We look forward to more opportunities to collaborate, innovate, and create a positive impact in our communities through sports.

Connect With Us

OUR PARTNERS



INTERNATIONAL
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We would like to express our sincere gratitude for your unwavering support throughout the years. It has been a pleasure to have you as our valued partner, and we eagerly anticipate the opportunity to collaborate with you in 2023 and the years to come.

2022 IN PICTURES





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