

## CELEBRATING A CONNECTED COMMONWEALTH

**ON** 11<sup>th</sup> March 2019, the Commonwealth Games Association of Zambia (CGA Zambia) joined the rest of the Commonwealth Community in Commemorating COMMONWEALTH DAY.

CGA Zambia commemorated this day for the first time ever and the 2019 edition was celebrated under the Theme: **'A CONNECTED COMMONWEALTH'**.

2019 also marked 70 years since the establishment of the modern Commonwealth as it is configured now, with old ties and new links enabling cooperation towards social, political and economic development which is both inclusive and sustainable.

Team Zambia held the commemoration event at Lusaka Oaktree School in Makeni where various activities such as Educational Sessions on Commonwealth Values, Cultural display, Fun games, Hand Painting, Banner Signing and Tree Planting were done.

CGA Zambia President Mr. Alfred Foloko speaking at the event said that The Commonwealth Games Association of Zambia was commemorating the day for the first time ever despite Zambia competing in fourteen editions of the Commonwealth Games, the first being in 1954 as Northern Rhodesia.

Mr. Foloko said CGA Zambia perceived that the step taken will be sustained for future endeavors and lead to the growth of the association and will be able to promote the Commonwealth Games and its values at a larger scale.



**British High Commissioner to Zambia Mr. Fergus Cochrane Dyet OBE poses for a photo with Lusaka Oaktree School Pupils during Commonwealth Day Commemoration— Picture by Felix Munyika/NOCZ**

***"This event speaks for the commitment that all of us at CGA Zambia hold for the Commonwealth and everything it stands for," He added .***

Meanwhile British High Commissioner to Zambia Mr. Fergus Cochrane-Dyet OBE who was guest of honour said that with over 2.4 Billion people, the Commonwealth is home to one third of the world's population, 60% of which are under 30. The Commonwealth network has influence in nearly every international country grouping, has some of the world's fastest growing economies and accounts of one-fifth of global trade.

Speaking at the same event Lusaka Oaktree Head of School Mrs. Judith Chimese highlighted the need for the Commonwealth Day Commemoration Local Organising Committee to consider hosting a much bigger

Commonwealth Day celebration event at the School in the years to come.

There was also a presentation of #TeamZambia Athletes that have represented Zambia at Various multi-sport events i.e Benny Muziyo 2014 Glasgow Commonwealth Games Bronze Medalist (Boxing) and Hockey 5's u18 Players Phillimon Bwali and Joseph Mubanga who won Silver at the 2018 African Games in Algeria.

Also present at the event was Mrs. Brenda Chipande CGA Zambia Executive Director.



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# 2019 COMMONWEALTH DAY COMMEMORATION IN PICTURES





## **D.C.O TRAINING WORKSHOP**

**THE** National Olympic Committee of Zambia (NOCZ) in conjunction with the National Sports Council of Zambia and Ministry of Youth Sport and Child Development hosted a Doping Control Officer training workshop from 26-28 January 2019 at the Olympic Youth Development Centre (OYDC) in Lusaka.

The Training workshop which was facilitated by Deslyn Pather a Senior Doping Control Coordinator from the South African Institute for Drug Free Sport attracted 10 participants including Dr. Titus Fernando who is also the Chairperson of the Medical Commission at NOCZ.

During the 3 day's workshop, DOC trainees covered topics such as the preparation of doping IOC and Out Of Center (OOC), Urine Sample collection procedure, report writing and recording keeping, DCO impacts on Anti-Doping Administration and Management System (ADAMS), OOC testing and recruiting and training Special Containment Procedures (SCP).

Speaking during the final day of the training workshop, Ministry of Youth, Sport and Child Development Director of Sport Mrs.



**DCO Training participants pictured with (L to R seated) Brenda Mumba, Deslyn Pather, Bessy Chelemu, Brenda Chipande and Ralpheal Mulenga - Picture by Felix Munyika/NOCZ**

Bessie Chelemu urged the newly trained DCO's to promote zero tolerance towards doping and to also keep in mind that as DCO's, they will be called upon any time for them to execute their duties which means they have to be ready at any moment.

After completion of the training workshop, Zambia is expected to have 11 DCO's based on the results obtained from the examination which all the participants were subjected to.

Also present at the workshop was Mr. Raphael Mulenga, Acting General Secretary National Sports Council of Zambia, Mrs. Brenda Chipande, NOCZ Executive Director and Mrs. Brenda Mumba, Doping Control Officer ( Africa Zone VI Regional Anti-Doping Office).

The participants were as follows: **Masiye Stephen, Siame Loveness, Mumba Mulenga, Chintima Alexandrimah, Tonga Nollen, Dr. Fernando Titus, Rhoda Thera Mkandawire, Likemore Mahunje, Elton Zulu and Chip Mulenga .**



**South African Institute for  
Drug-Free Sport**



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# NOCZ ATHLETES' COMMISSION LAUNCHED



NOCZ Athletes' Commission members pose for a picture, from Left to Right Ralph Goveia, Sydney Siame, Suwilanji Mpondela (Chairperson), Mubanga Kunda, Seth Sibanda and Sipho Changwe — Picture by Felix Munyika/NOCZ

fellow sprinter **Sydney Siame**, swimmer **Ralph Goveia**, basketball player **Sipho Changwe**, karateka **Seth Sibanda** and table tennis player **Mubanga Kunda** make up the Athletes Commission.

NOCZ President Alfred Foloko congratulated Mpondela and urged her to work closely with the Executive Board as she represents the athletes from the 25 National Federations affiliated to the organisation.

He claimed that the NOCZ is committed to ensuring athletes' voices are heard and experiences used for the improvement of sport.

Mr. Foloko also said that through the Olympic Solidarity, which aims to organise assistance for all the NOCs, the NOCZ has taken the initiative to create the Athletes' Commission for the period 2019-2020.

Also in attendance was NOCZ Secretary General Mr. Boniface Kambikambi and its Executive Director Mrs. Brenda Chipande.



## Athletes' Commission Workshop participant list –

Kennedy Katungu (ZTTA), Muziyo Benny (ZBF), Joseph Mwanza (TAZ), Abraham Mwape (TAZ), Mark Banda (BAZ), Suwilanji Mpondela (ZAAA), Floyd Chomba (ZHA), Juliana Kasonka (ZBF), Ralph Goveia (ZASU), Carol Moono (NAZ), Abraham Tembo (ZAVA), Eniless Mambwe (ZHA), Monica Kayombo (HAZ), Mubanga Kunda (ZTTA), Bernard Mulenga (HAZ), Elizabeth Chipeleme (BAZ), Sipho Changwe (ZBA), Enala Pondani (ZBA), Seth Sibanda (ZAMAF), Maureen Moomba (ZAMAF), Lillian Mukosha (ZRU), Emmamuel Daka (ZRU) and Matthews Punza (ZJA).



Athletes' Commission Workshop participants pose for a picture with (From L to R seated) NOCZ SG Boniface Kambikambi, Facilitator Kady Kanoute Tonkoura, NOCZ President Alfred Foloko and NOCZ ED Brenda Chipande—Picture by Felix Munyika/NOCZ

# IN BRIEF....

## Quadrennial Implementation Plan session for NF's

**16 March 2019** – NOCZ Consultant Robert Mutsauki made a presentation to National Sports Federations affiliated to NOCZ entitled Opportunities for National Sports Federations (2019-2020).

The presentation covered topics such



as Quadrennial Implementation Plan, Olympic Solidarity World Programmes which included Opportunities for Athletes, Coaches & Competition Officials and Sports Administrators, Continental Programmes managed by the Association of National Olympic Committees of Africa (ANOCA), guidelines for funding NOC Activities: Development of Sport and Strengthening the role of the NOC & Promotion of Olympic Values.

The Presentation was witnessed by over 35 officials from National Sports Federations affiliated to NOCZ.

Also, in attendance was NOCZ President Mr. Alfred Foloko, NOCZ SG Mr. Boniface Kambikambi and NOCZ ED Mrs. Brenda Chipande.

## NOCZ COMMISSIONS INDUCTION SESSION

**BUILDING** up from the quadrennial implementation plan session for National Sports Federations, NOCZ hosted a Commissions induction session facilitated by Consultant Mr. Robert Mutsauki from RM Sports Management.

Present at the induction session was eight NOCZ Commissions Chairpersons, NOCZ President Mr. Alfred Foloko and NOCZ ED Mrs. Brenda Chipande.

NOCZ Commissions and their Chairpersons: **Athletes** – Suwilanji Mpondela, **Ethics and Legal** – Dickson Jere, **Finance and Administration** – Victor Banda, **Marketing and Fundraising**

– Guy Phiri, **Medical** – Dr. Titus Fernando, **National Olympic Academy** Hazel Kennedy represented by Sitali Mayamba, **Technical** – Victor Banda (Acting), **Women and Sport** – Nakaonga Kakoma.



## DID YOU KNOW ?

**ZAMBIA** has athletes currently benefitting from the Tokyo 2020 Olympic Scholarships through Olympic Solidarity World Programmes. The scholarship athletes are:-

- ♦ Benny Muziyo (Boxing) - Tilka Paljk (Swimming)
- ♦ Steven Mung'andu (Judo) - Ralph Goveia (Swimming)
- ♦ Sydney Siame (Athletics)
- ♦ Suwilanji Mpondela (Athletics)
- ♦ Hazemba Chidamba (Athletics)





# NATIONAL SPORTS FEDERATION

# Spotlight

## TAEKWONDO ASSOCIATION OF ZAMBIA

**TAZ** welcomed four Taekwondo Peace Corps from South Korea for a month long training camp in Lusaka.

The Peace Corps who were based at the Olympic Youth Development Centre (OYDC) spent most of their time teaching taekwondo techniques at OYDC and Olympiafrica Center.

Kim Yunji, Seo Juhui, Choi Garam and Heo Junyoung who are graduates in the sport, coached children and youths in Lusaka from 16<sup>th</sup> January to 13<sup>th</sup> February 2019.

The World Taekwondo Peace Corps (TPC) was launched in 2008 with the theme of "World Peace through the Great Taekwondo Spirit." The members of the TPC are volunteers armed with one of the greatest spiritual heritages of Korea, "the Taekwondo Spirit," and they work world-wide with the values of that spirit to spread peace.

The TPC members are young men and women who have the will and capability to bring peace to the world despite a harsh environment. They are a great resource of Korea to be dispatched to developing and developed countries in order to spread peace through the art of Taekwondo.

Furthermore they promote mutual understanding, friendship and peace, regardless of gender, ethnicity or religion. Due to the initial success of the TPC program, the World Taekwondo Peace Corps Foundation was officially established in 2009 to help elevate the program's efficiency and scale.

The mission of the TPC:

- Taekwondo Peace Corps is a pillar for the future growth of Taekwondo which brings energy to young people all over the world in order to create peace and harmony for the future development of Taekwondo.
- Communicate peace, fortitude, love of your neighbors and provide hope and service in a world that is suffering from poverty, in the spirit of Taekwondo.



Taekwondo Peace Corps pose for a Photo with Zambian Jeja's (Taekwondo Students) during one of their sessions at OYDC- Picture by Noah Silomba/OYDC





# NATIONAL SPORTS FEDERATION

# Spotlight

## ZAMBIA JUDO ASSOCIATION

**ZAMBIA** Judo Association conducted a joint training camp with the Malawi National Judo team from 24 to 28 February 2019 at the OYDC Judo Centre.

The training camp included Judokas such as Matthews Punza and Steven Mung'andu among others who are also preparing for the upcoming 40<sup>th</sup> African Judo Championships slated for Cape-town South Africa from 23<sup>rd</sup> to 24<sup>th</sup> April, 2019.

The African Judo Championships will also be used as an Olympic Qualifier for Tokyo 2020 Olympic Games.

**Meanwhile** on Friday 8<sup>th</sup> March 2019, Zambia Judo Association welcomed a team from Meheba Refugee Settlement in Northwestern Zambia for the Judo League Competition at OYDC.

The athletes who are part of the Judo for Peace Program were led by their Coach Faustin a refugee himself, four



Zambia Judoka Matthews Punza in action during the Zambia-Malawi Judo Training Camp

– Picture By Noah Silomba/OYDC

Nishimwe Bendrix, 17 yrs, -66kg (Burundi), Kabange Roger, 15 yrs, -60kg (DRC), Uwimbabazi Carle, 18 yrs -55kg (Burundi), Mwamba Fiston, 21 yrs -73kg (DRC).

Alfred Foloko, President of the Zambian Judo Association and President of the National Olympic Committee of Zambia said: “The participation of refugees from a number of countries in our League is a demonstration that sport can be used as a tool for the integration of refugees in social and economic activities of Zambia. It further demonstrates the power that it has over other interventions in creating a conducive environment in which refugees can live. “

Last December, a new dojo, financed by the Norwegian Olympic Committee, was inaugurated within the Meheba Refugee settlement. Three of the four athletes who participate in Lusaka are now training in that dojo. It is sure that in the months to come, more of the refugee athletes will gain enough confidence to win more medals and to build a better life.



Judokas in action during the Zambia-Malawi Training Camp - Picture by Noah Silomba/OYDC

Judokas from Meheba Refugee Settlement pose for a photo with ZJA President Alfred Foloko.





# NF HIGHLIGHTS



*Japan and Zambia Handball teams pose for a picture before the game—Picture by Felix Munyika/NOCZ*

**THE** Handball Association of Zambia (HAZ) held its annual Zambia-Japan handball friendship match on Saturday 9<sup>th</sup> March 2019 at the National Sports Development Centre (NASDEC) in Lusaka.

The match which was being played for the third year running saw Zambia edge Japan by 24 goals to 22 in a match mostly dominated by the Zambian team.

The Zambian team led by Handball Association of Zambia (HAZ) President Victor Banda were tactically a better side with national team coach Nicolai Moenster scoring powerful goals.

Present at the game was Japanese ambassador to Zambia H.E Hidenobu Sobashima, NOCZ President Mr. Alfred Foloko, NOCZ Secretary General

Mr. Boniface Kambikambi and National Sports Council of Zambia Acting

General Secretary Mr. Raphael Mulenga.

H.E Sobashima reaffirmed Japan's commitment towards rendering continuous support for the development of Handball in Zambia and further stated that the Japanese people were looking forward to Zambia's qualification to the Tokyo 2020 Olympic Games.

Meanwhile NOCZ President Mr. Foloko thanked the Japanese Embassy for their continued expert and financial support to handball.

**MATERO** Magic and UNZA Honeys have been crowned champions of the 2019 Zambia International Basketball Tournament held from 22<sup>nd</sup> to 24<sup>th</sup> March 2019 in Lusaka.

The tournament which was held across three venues (NASDEC, OYDC and ZAMSURE) in Lusaka attracted 36 teams from Zambia, Zimbabwe, Malawi and Tanzania.

The teams that participated are as follows; **LADIES** – JKT (Tan), Dolphins (Zam), Lady Lynx (Zim), Brave Hearts (Mal), Angels (Zim), Spax Storm (Zam), UNZA Honeys (Zam), Vixens (Zim), Cezobel Trio (Mal), Magic Sparks (Zam), Napsa Breeze (Zam), Lakers (Zimb), HC Hornets (Zim) and Green Buffaloes (Zam).

**MENS** – Central Knights (Malawi), Matero Magic (Zam), Foxes (Zim), Green Buffaloes (Zam), Bull Dogs (Zam), Brave Hearts (Mal), Raiders (Zim), Nishati Denvers (Zam), Lunga Bullets (Zam), HC Hornets (Zim), JKT (Tan), Falcons (Zim), Napsa Hurricanes (Zam), Munali Suns (Zam), Kansanshi Panthers (Zam), Cougars (Mal), Matero Warriors (Zam), Hawks (Zam), JBC (Zim) and UNZA Pacers (Zam).

The Second edition of the Zambia International Basketball Tournament was dominated by local teams as Matero Magic edged Matero Warriors for the Gold medal while UNZA Honeys ran passed Green Buffaloes to be crowned 2019 champions.



**2019 NAZ Open participants pose for a picture at OYDC**



**NETBALL** Association of Zambia hosted a stakeholder's forum at the Olympic Youth Development Center on 23<sup>rd</sup> March 2019.

The main aim of the forum was to allow participants formulate a strategic plan for Netball development in Zambia. Participants included officials from UK Sport, England Netball, the International Netball Federation, NOCZ, local sports NGO's, Area associations and other government departments.

NAZ also held A 2-days 2019 season opening tournament at OYDC.

Preceding the tournament an Africa Award C Coaching and Umpiring training course was held at the same venue.

According to NAZ General Secretary Mr. Pritchard Ngoma, over 300 youths from the netball hubs participated in the 2019 NAZ Open tournament besides the elite teams bringing the total to 600 athletes from across Zambia.



# #TEAMZAMBIA



Joseph Mubanga, Phillimon Bwali and Benny Muziyo during the 2019 Commonwealth Day Commemoration event.

## UPCOMING EVENTS

(From March 2019 – June 2019)

APRIL	HOCKEY REGIONAL TECHNICAL WORKSHOP
JUNE	FUTBOLNET CUP
JUNE	OLYMPIC DAY

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