

NOCZ

NEWSLETTER

6th Edition



Miraitowa

Tokyo 2020 Olympic mascot

Official Newsletter for the National Olympic Committee of Zambia (NOCZ) and Commonwealth Games Association (CGA Zambia) . October — December 2019 Edition.

CELEBRATING EVERY ABILITY



Felix Munyika - NOCZ (a) 2019

Female and Male participants playing Netball during the Inclusive Sports Festival at OYDC Zambia - Sports Development Centre

National Olympic Committee of Zambia

(NOCZ) in partnership with the Norwegian Olympic and Paralympic committee and confederation of sports (NIF) hosted the 2019 edition NIF Partner's Inclusive Sport Festival for under 17 boys and girls at OYDC Zambia Sports Development Centre in Lusaka on 9th November 2019.

NOCZ President Alfred Foloko, Secretary General Boniface Kambikambi and Executive Director Brenda Chipande were present at the festival which was being held under the theme **'CELEBRATING EVERY ABILITY'**.

Former Zambia national football team and Zesco United FC defender Nyambe Mulenga was guest of honour at the event.

Mulenga was part of the Zambian U-20 side which made the quarterfinals of the 2007 FIFA U-20 World Cup in Canada. In December 2014, he was involved in a road accident, breaking his leg.

The 2012 Africa Cup of Nations gold medal winning defender retired from football after failing to recover from an injury he sustained in a road traffic accident in December, 2014.

The goal of the festival was to create more opportunities for young persons with disabilities to take part in the sport of their choice in a structured, safe, inclusive and fun environment and provide a platform to share Olympic Value Education Programmes (OVEP), healthy lifestyle and safe sport sessions with the young athletes.

Over 500 young boys and girls from Livingstone, Maheba Refugee Camp in Solwezi and Lusaka participated.

The Festival was organised in conjunction with the Norwegian Olympic Committee (NIF) partners in Zambia i.e. NOWSPAR, Sport in Action, Edusport, Response Network and selected Sport Associations (i.e. Handball, Judo, Athletics, Netball).



A selection of pictures from the festival.

IN THIS ISSUE

Page 2– SAC WORKSHOP

Page 3– ZAMCOACH 360

OLYMPAFRICA SPORTS FESTIVAL

Page 4– ATHLETES' FORUM

Page 5– 2019 AGM

OVEP TRAINING OF TRAINERS

Page 6– NF SPOTLIGHT

Page 7– NF SPOTLIGHT

**Page 8- 2020, OLYMPIC YEAR
BACK PAGE**

SPORTS ADMINISTRATORS COURSE FOR NF'S

NOCZ conducted a Sports Administration Course workshop for the Active Sports Federations in Zambia from 31st October to on 3rd November 2019 at OYDC – Sports development Centre.

The workshop attracted 20 participants from affiliate National Sports Federations.

The Sports Administrators Workshop offered a platform for open discussion targeting issues such as good governance for sports organisations, Values and principles of ethical sport and characteristics & achievements of the Olympic movement.

NOCZ/Commonwealth Games association of Zambia President Mr. Alfred Foloko, speaking during the closing Ceremony expressed the importance of Gender Balance in representation from the federations and emphasized that the federations take that request seriously.



NCD Mwembe Kaoma facilitating a session during the course

He also commended the vigorous contribution and commitment of the participants during the deliberations, reiterating the Progression of the Olympic solidarity through the NOCZ.

“we are trying to create a commission that will be more useful to the development of the girl child and our women, so we’ve taken the issue of our women and girl child seriously as the National Olympic Committee of Zambia,” he said.

Foloko then went on to push forth the worth of the Athlete and Commend their presence be known, encouraging the Federations to invite members of the board to their main events, shining a light on the unwanted culture of “them” and “us” in the sporting family in Zambia, requesting to work and move together as a team.

On the other hand NOCZ/CGA Secretary General and Boniface Kambikambi presented favourably the Agenda 2020 for Olympic movement that 50% of participation even at competition must be female, highlighting that at the All Africa Games 50% of the medal presentation was for female athletes.

A selected Number of Participants were given a chance to express themselves and concerns based off of what they had absorbed, noticed and learned from the workshop.

All Participants were awarded Sports Administrators Course Certificates.

National Course Facilitators included: Mr. Boniface Kambikambi NOCZ Secretary General, Mr Foster Hamuyube Head of Research and Planning - Human Rights Commission Zambia, Mrs. Brenda Chipande NOCZ Executive Director, Mr. Dickson Jere, Chairperson of the Legal and Ethics Commission of the NOCZ, DR. Titus Fernando, Chairperson of the Medical Commission of the NOCZ, Mr. Isaac Mwape, Mr. Mweembe Kaona, and Mr Sipoh Nakalowa from Athletes Commission among others.



NOCZ President Alfred Foloko awarding a certificate to one of the participants.

ZAMCOACH 360



Coach Developers pose for a group picture during the training.

NOCZ with support from Olympic Solidarity collaborated with the International Council for Coaching Excellence (ICCE) and the Norwegian Olympic and Paralympic Committee and Confederation of Sport (NIF) to run Part II of the Coach Developer training from 11 November to 15 November 2019 at Sandy's Conference Centre.

The theme for this training was 'Supporting Coaches in Practice', and was facilitated by Penny Crisfield from ICCE and Pelle Kvalsund.

Participants were drawn from various sports federation from Malawi, Zimbabwe and Zambia (Football Association of Zambia, Zambia Judo Association, Zambia Volleyball Association among others).

The training included theoretical and practical coaching assessment sessions. Practical sessions were conducted OYDC - Zambia Sports Development Centre while theoretical sessions at Sandy's Conference Centre.

The aim of the training is to equip current and future coach developers and technical directors (from Malawi, Zambia and Zimbabwe) with information on current trends coach education and development, and skills to facilitate learning.

NOCZ Board Member Mr. Dickson Jere officiated at the closing ceremony of the ZAMCOACH 360 Coach Developers Workshop. Mr Jere has encouraged Coaches to apply what they have learnt in their various National Sports Federations.

OLYMPAFRICA YOUTH SPORTS FESTIVAL

The Olympafrica Centre in Lusaka hosted the 2019 edition of the annual Olympafrica Youth Sports Festival which was being held under the theme '**PROVIDING SPORTING OPPORTUNITIES TO YOUNG PEOPLE**'.

The Festival attracted over 400 Children who participated in different sporting activities namely Athletics, Football, Boxing, Cricket, Netball, Table Tennis, Volleyball, Basketball, and Taekwondo.

National Olympic Committee of Zambia (NOCZ) Secretary-General Boniface Kambikambi graced the event.

Olympafrica Centre Programmes Officer Frevious Mushindu applauded the turnout and advised the participants to spend more time at the centre taking part in various sporting activities as a way to keep themselves busy and healthy so that they can desist from engaging in vices that might harm their wellbeing.



Participants in action during the festival



Athletes' Forum

The Zambia Athletes Commission hosted its first ever Athletes' Commission forum since being put into effect earlier this year.

The forum which was held on 23rd November 2019 at OYDC-Zambia Sports Development Centre attracted 31 activate athletes from various national sports federations affiliated to the National Olympic Committee of Zambia (NOCZ).

Speaking during his opening remarks, NOCZ and Commonwealth Games Association of Zambia (CGA Zambia) President Alfred Foloko said that NOCZ's strategic roadmap for the future includes a number of reforms that will increase NOCZ's engagement with and support for athletes.

"This forum is just one of many positive outcomes as a result of our strategic plan for 2018 to 2021," he said.

The President added saying, it is his hope that all the athletes present will use the knowledge from the forum to explore opportunities as well as those of their respective national federations.

Also present at the forum was Olympian Jonathan Chipalo a former 400m sprinter, who represented Zambia at the Seoul 1988 Olympic Games in South Korea.

Chipalo who is a beneficiary of Athlete365 opportunities encouraged athletes to take centre stage and engage in various activities that will prepare them for life after active sports.

He said that through the Athletes' Commission they are privileged to be assisted with various projects and programmes by the International Olympic Committee (IOC) through Olympic Solidarity and NOCZ.

Meanwhile NOCZ and CGA Zambia Secretary General Boniface Kambikambi who was also present at the forum disclosed that NOCZ is a process of securing funds from Olympic Solidarity that will cater for Zambia Athletes' Commission activities programmes and activities for the year 2020.

The forum was characterised by different educative and informative sessions which included an introduction to the Athlete365 platform, anti-doping and game manipulation among others. All athletes present also used the opportunity to sign up for the Athlete365 Online platform.

Athlete365 is an IOC initiative created by athletes, for athletes. Its purpose is to support athletes throughout their journey in sport on and off the field.

NOCZ through Olympic solidarity a development wing of the IOC launched the athletes' commission on 9th march 2019 for the period 2019-2020 whose main purpose is to safeguard athlete's interests, advice and guide the NOCZ board on matters that affect athletes.



Zambia AC Forum 2019 - Felix Muniyika/NOCZ



Zambia AC Forum 2019 - Felix Muniyika/NOCZ



Zambia AC Forum 2019 - Felix Muniyika/NOCZ



Less than 200 days to go! Are you game?

2019 AGM



NOCZ Executive Board during AGM at OYDC Zambia Sports Development Centre

NOCZ hosted the 2019 Annual General Meeting on 7 December 2019 at OYDC Zambia - Sports Development Centre in Lusaka.

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

The Board also used the opportunity to present matters for ratification which included the co-option of two new Executive Board Members and an application by Skateboarding Association of Zambia to be an affiliate of NOCZ.

It can be noted that the 14 National Sport Federations present ratified the co-option of two new

Executive Board Members namely Mrs. Susanna Dakik who will be Technical Commission Chairperson and Mr. Jatin Misra who will join the Marketing Commission.

The Skateboarding Association of Zambia was also ratified to be an affiliate of the National Olympic Committee.

OVEP TRAINING OF TRAINERS

Friday 20 December marked the end of a two day Olympic Values Education Programme (OVEP) Training of Trainers Workshop which was held from 19 December 2019 at OYDC Zambia – Sports Development Centre in Lusaka.

The Training attracted 23 young leaders from various sports organisation such as NOWSPAR, Sport In Action and Olympafrica among others.

Day one of the training was characterised by a session on the background of OVEP, presentation on the OVEP Toolkit, Olympic Movement (Rings & Ceremonies and the Torch and Living the Olympic dream.

On the other hand day two included sessions on mainstreaming, planning and Implementation of OVEP in the participant's plans, a tree planting exercise launch and presentation of certificates to the participants concluded the training.

Speaking during the closing ceremony, NOCZ Treasurer and Acting Technical Commission Chairperson Mr. Victor Banda said that Olympism and Olympic Values Education is amongst the key performance areas in the NOCZ Strategic plan with the aim of implementing OVEP in 200 primary schools ,100 secondary schools and 50 tertiary institutions across the country. And the training was the first step in achieving NOCZ objectives.



Participants pose for a group photo after the conclusion of the training workshop

The training organised by National Olympic Committee of Zambia (NOCZ) through the National Olympic Academy (NOA) was facilitated by Mr. William Sikapanda and Mr. Pearson Banda.

Taekwondo Association of Zambia President who also serves as National Olympic Academy member Mr. Likando Nangonde and Seoul 88' Olympian Mr. Jonathan Chipalo were also present at the closing ceremony.



NATIONAL SPORTS FEDERATION

SPOTLIGHT

ZAMBIA SWIMMING UNION



Zambia Swim Team during the opening ceremony of the CANA ZONE III Swimming Championships in Kenya

A TEAM of 12 swimmers won 70 medals at the CANA Zone Three Swimming Championships in Nairobi, Kenya, with 15-year-old Brandon Rumball emerging the best swimmer in his category.

The CANA Zone Three is composed of East African countries. Zambia and South Africa participated as guests following an invitation from the organizers of the competition.

From the 70 medals, 32 are gold, 18 silver and 20 bronze.

Zambia Swim Team comprised of sent six male and six female swimmers who participated in various heats. The Swimmers were accompanied by national coach Matthew Shone and team manager Mercedes Milner, to participate in the East African tournament from November 28 – December 1 2019.

According to ZASU vice president, Adewale Grillo, the tournament provided the team an exposure to compete at an international level.

Grillo said the team was well-prepared for the competition after successfully taking part in three ZASU sanctioned events held in Lusaka and Ndola.

He said Zambia accepted to participate in the tournament despite falling under CANA Zone IV sector, because it wanted to give its swimmers an opportunity to perform at international level.

The was as follows:

Female swimmers	Male swimmers
Antonia Liacopoulos	Brandon Rumball
Chisanga Mosho	Derick-Juan van Staden
Jade Phiri	Jack Zeravica
Joanna Coates	Kulazi Sichone
Julijana Vidmar	Liam Rumball
Tamenji Miti	



Brandon Rumball awarded overall best swimmer in his category

Part of the Zambia Swim Team showing off their medals during the swimming championships



NATIONAL SPORTS FEDERATION

SPOTLIGHT

FOOTBALL ASSOCIATION OF ZAMBIA

The Zambia under 20 national football Team were on 14 December 2019 crowned 2019 Under 20 Council of Southern Africa Football Associations (COSAFA) champions after beating regional arch-rivals and defending champions South Africa by 3 goals to nil in the final match of the tournament played at Lusaka's Nkoloma Stadium.

Hosts Zambia found the back of the net in the first half when Jonathan Munalula and Francisco Mwepu scored a goal each to send the young Chipolopolo boys to half time leading two goals to nil.

In the second half Munalula finished his brace to help Chipolopolo beat South Africa by three goals to nil.

Midfield sensation Patrick Gondwe emerged player of the tournament and was sponsored to Club Deportivo Numancia de Soria (CD Numancia) in Spain for trials.

Zambia recorded a 100% win record in all the five matches they played at the 2019 Championships.

They kick started the tournament with a five goals to nil thrashing of Botswana, followed by a win against Comoros by 2 goals to none then closed their group matches with another win over Malawi by two goals to one.

They met Angola in the semi-final who they managed to beat by three goals to nil before playing the final against South Africa.

The win takes Zambia's tally to a record 12 COSAFA U-20 titles with South Africa remaining second with their tally of eight titles.



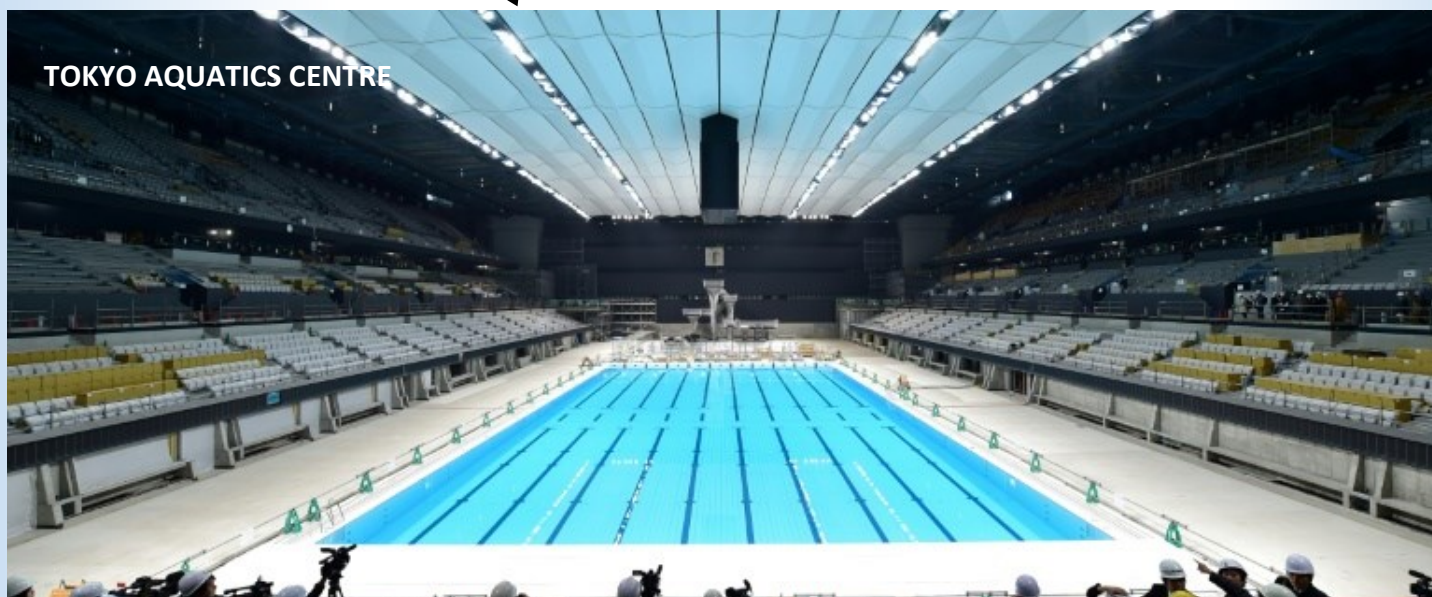
Zambia u20 Football Team celebrate their COSAFA 2019 Championship triumph at Nkoloma Stadium in Lusaka.



Zambian footballers (White) in action against South Africa (Gold and Green)



2020, OLYMPIC YEAR!



As of 30 December 2019, 139 National Olympic Committees have qualified for the Tokyo 2020 Olympic Games, including Zambia. The Games will feature 339 events in 33 different sports, encompassing 50 disciplines. Alongside the five new sports that will be introduced in Tokyo, there will be fifteen new events within existing sports, including 3x3 basketball, freestyle BMX and Madison cycling, and new mixed events in several sports.

11,091 Athletes are expected to participate in the Tokyo 2020 Olympic Games and will be placed across 42 Venues that have been selected to host events.



UPCOMING EVENTS

JANUARY	OLYMPAFRICA DIRECTORS MEETING
JANUARY	OYDC STAKEHOLDERS MEETING
MARCH	COMMONWEALTH DAY 2020

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