

ZAMBIA CELEBRATES OLYMPIC DAY IN STLYE AS TWO CITIES HOST EVENTS SIMULATENOUSLY .



2019 Olympic Day commemoration participants from Kwame Nkrumah University .Picture by Felix Munyika/NOCZ

NATIONAL Olympic Committee of Zambia (NOCZ) celebrated the 2019 Olympic day edition in two Cities simultaneously for the first time in Zambia's Olympic movement history.

The two host cities were Kabwe in Central Province and Kitwe on the Copperbelt Province even though activities crossed over three cities, Lusaka being the third.

Venue for the activities in Kabwe was Kwame Nkrumah University. The University welcomed hundreds of people to take part in activities that included Aerobics, Olympic Day Run and Walk, Judo Display, Cultural Dances, Poems and Blood donation conducted by the Zambia Red Cross Society among other activities.

NOCZ Treasurer and Technical Commission Chairperson

Victor Banda was present at the commemoration event in Kabwe and urged all the participants to take up sport active lifestyle in whatever they do.

"As we celebrate the 125th anniversary of the Olympic Movement, everyone should take a keen interest in participating in sports, a day like this should make our bodies Move, Learn and Discover what activities can help us lead a sport active lifestyle," He said.

Meanwhile Atlanta 1996 Olympic Games 400m Hurdles Silver Medalist Samuel Matete headlined the activities on the Copperbelt. Activities at the Kitwe Playing Fields included Cycling, Volleyball, Hurdles, 5km Fun Run and Basketball Basic intro among others, about 112 students from four nearby schools attended the event.



Matete said the day was fun and inspirational for the kids especially those with dreams of replicating his Olympic success.

The organizing committee of the event in Kitwe was headed by NOCZ Vice President and National Olympic Academy Chairperson Ms. Hazel Kennedy.

Olympic Day activities concluded the planned Olympic Week cleaning exercises and youth hockey exhibition games held on 21st June 2019 in Lusaka.



CONTENTS:

- Page 2: *Thank you for your service*
- Page 3: *ZamCoach 360 Training*
- Page 4: *SA gets new Hockey Coaches*
- Page 5: *CGF Appointment*
- Page 6: *NF Spotlight*
- Page 7: *NF Spotlight*
- Page 8: *Other News*
- Page 9: *Road to AAG 2019*

OLYMPIC DAY 2019 PICTURES



THANK YOU FOR YOUR SERVICE!

NOCZ President Mr. Alfred Foloko in the Company of his Veep Ms. Hazel Kennedy handed over a small token of appreciation to the Former NOCZ President Mrs. Mirriam Moyo on 10th March 2019.

The token which was presented in form of a 55 inches Hisense UHDTV was given to Mrs. Moyo thanking her for her service to the Zambian Olympic Movement.

Mr. Foloko said that Mrs. Moyo worked very hard for the development of Sport in Zambia and the results of her hard work can be seen everywhere in the Country.

He added that even though Mrs. Moyo is no longer part of NOCZ, are expertise in the field still proves cardinal for the betterment of Sports in the Country and the Continent at Large.

Meanwhile Mrs. Moyo expressed gratitude over the gift she received.

She sent special thanks to the NOCZ Executive Board for what she received.

Mrs. Moyo said that even though isn't part of the board anymore, she is available to help out anytime if there is any need.

Mrs. Moyo spent over 20 years in NOCZ, where she served as a Secretary General, Vice President and President between 1991 and 2017.

She is the current Vice President for the African Region in the Commonwealth Games Federation Executive Board.



ZAMCOACH 360 TRAINING COHORT 2

National Olympic Committee of Zambia (NOCZ) collaborates to deliver the Zamcoach ICCE coach developers' training course in Kafue.

The event was held at Chita Lodge from April 29 to May 3.

NOCZ worked alongside the National Sports Council of Zambia, the International Council of Coaching Excellence (ICCE) and the Norwegian Olympic and Paralympic Committee and Confederation of Sport (NIF) to deliver the project.

The training held under the theme of "facilitating learner-centred coach development".

The five-day event attracted 14 participants from Malawi, Zimbabwe and Zambia, with volleyball, football, judo and basketball represented.



Training participants pose for a picture with NOCZ President Mr. Alfred Foloko, MYSCD Director of Sport Mrs. Bessy Chelemu and ICCE Expert Prof. Larissa Galatti - Picture by Felix Munyika/NOCZ

The course sought to provide coach developers with principles and tools that will enhance their efficiency in training and supporting coaches across sport disciplines.

NOCZ President Alfred Foloko opened the event by stating the training was designed to be practical with lectures, examples and exercises to provide skills, encourage participation and information exchange.

He expressed his hope that participants would use the knowledge gained to enhance their coaching capabilities.

Foloko believes the course will also aid their respective national federations when the coaches return with an enhanced set of skills which they can share.

Ministry of Youth Sports and Child Development (MYSCD) director of sport Bessy Chelemu was present at the opening.

She stated that the national sport policy advocates for quality training of various stakeholders of sport development in the country including coaches, technical officials, administrators and athletes.

The course had been viewed as complimentary to this aim, as it would help ensure highly-trained coaches who were able to provide better training opportunities to athletes.

It was delivered by NIF senior consultant Pelle Kvalsund, Dr. Hakibwa Chipande from the University of Zambia and Larissa Galatti, an ICCE expert from Brazil.

The course concluded with a session led by Nchimunya Mweetwa, former Zambia national football player and founder of the Nchimunya Mweetwa Sports Foundation.

The session stressed the need for both integrity and character.



SOUTHERN AFRICA GETS NEW HOCKEY COACHES



Participants pictured during one of their practical sessions— Picture by Felix Munyika/NOCZ

Zambia hosted a five-day hockey level two technical coaching course at the Olympic Youth Development Centre in Lusaka with seven of the 20 people who participated from across South Africa passing.

Those who passed were awarded certificates of competence and also received Olympic Solidarity certificates for taking part, along with those who did not make the grade.

The awarding of certificates was carried out by Victor Banda, the National Olympic Committee of Zambia (NOCZ) treasurer and technical commission chairperson, and Tahir Zaman, the course facilitator on behalf of Olympic Solidarity and the International Hockey Federation (FIH).

Banda thanked Zaman for improving the skills of the region's young coaches in hockey, which is witnessing rapid growth, especially in Zambia.

He cited the performances of Zambia's boys' team at the 2018 African Youth Games in Algeria's capital Algiers, where they finished runners-up to South Africa, and the 2018 Summer Youth Olympic Games in Buenos Aires in Argentina, where they ended fourth.

Banda added that the participants who attained competence should take advantage of the knowledge and skills gained to popularise and improve hockey in the countries from which they hail.

As for the others, he said they should keep trying until they achieve competence.

Zaman thanked everyone who played a part in ensuring he was able to visit Zambia, especially Olympic Solidarity, the FIH, the NOCZ, the Zambia Hockey Association and the participants.

He said that since the last time had visited Zambia in 2013, hockey had improved drastically not just in the country but also across southern Africa.

Speaking on behalf of the participants, Zimbabwe's Kudzai Nyabezi thanked the organisers and Zaman for being part of the training and assured everyone that with the skills and knowledge gained, they would strive to improve the sport from grassroots level.



Zambian participant Shadrack Katele receives his certificate as NOCZ Treasurer Mr. Banda (Left) and Course Facilitator Mr. Tahir Zaman (Right) looks on—Picture by Felix Munyika/NOCZ

Ten of his fellow participants were from Zambia – Martha Kalomo, Annie Mvula, Richard Lungu, Shadrack Katele, Phillimon Bwali, Andrew Moyo, Gift Bwalya, Peter Muchoka, Kelvin Mbulo and Brenda Kalunga.

There were also three from Malawi – Geoffrey Biya, Temwa Chirwa and Ulemu Ngwira – and three from Botswana, who were Thoriso Bogwasi, Conrad Benn and Sox Mpho.

Among the others present were Eswatini's Prosper Sithole and Zimbabwe's Kanyiwe Tafuma.



KAMBIKAMBI GETS CGF APPOINTMENT

Commonwealth Games Association of Zambia and Zambia's National Olympic Committee Secretary General, Mr. Boniface Kambikambi has been appointed to represent Africa on the Commonwealth Games Association (CGA) Advisory Group.

In a letter of appointment and released by the Head of CGA Relations under the Commonwealth Games Federation, Mr. Andrew Hibbert, Mr Kambikambi joins 5 other members in representing the 6 regions in the World until 2022.

The Advisory Group provides a forum for both the Commonwealth Games Federation (CGF) and Organising Committees (OCs) to seek input from a representative group of CGAs regarding CGA needs and seek feedback from the CGA's with respect to planning of facilities and services at Commonwealth Games. National Olympic Committee President, Mr. Alfred Foloko said he was excited to have a member of his team being appointed as the first Zambian ever to sit on the CGA Advisory Group.

"Speaking on behalf of the NOC, we couldn't be more pleased with this news that our very own Secretary General has been appointed to such a prestigious group. For us this is testament that we must be doing something right and he has our full backing," Mr. Foloko said.

Ministry of Youth, Sport and Child Development, Permanent Secretary Mr. Joe Kapembwa said Government was happy to learn of the appointment and had no doubt that Kambikambi would represent Zambia and Africa as a whole effectively.

The full list of the Advisory Group is:

Africa – Boniface Kambikambi - SG Zambia

Americas – Katura Horton-Perinchief – CdM Bermuda 2018

Asia – Syed Shahed Reza – SG Bangladesh

Caribbean – Annette Knot – SG Trinidad and Tobago

Europe – Paul Blanchard – CEO England

Oceania – Jake Wilkins - Team services NZ



ATHLETES OFF TO FRANCE

Athletes Benny Muziyo (Boxing) and Steven Mungandu (Judo) have left Zambia for France to attend a yearlong training camp.

The two athletes are recipients of the Olympic Solidarity Scholarship and they will be based at the Regional Center Youth and Sports in Yerville, France as they prepare for the Tokyo 2020 Olympic Games.

Their Scholarships will run from 1st May 2019 until May 2020 hence the high-performance training camp will enable them to take part in the qualifiers for the Tokyo 2020 Olympic Games.

Speaking during the sendoff ceremony, NOCZ President Mr. Alfred Foloko said that NOCZ has hope and trust that the International Federations have picked the right athletes working together with their national federations will qualify for Tokyo 2020.

He further urged the athletes to take the scholarships seriously and know that they are not just going there for sports but they are carrying the flag of the nation and they have to ensure that they fly the flag high.

On the other hand, NOCZ Secretary General Mr. Boniface Kambikambi who was with the Athletes at the airport before departure also urged them to be at their best behavior and train hard towards qualifying for Tokyo 2020.

Meanwhile Judoka Steven Mungandu disclosed that both of them will do their best to achieve the dream of being at Tokyo 2020 Olympic Games.



Athletes Benny Muziyo (Left) and Steven Mung'andu (Right) pictured with NOCZ SG Boniface Kambikambi (Center) shortly before departure at KKIA—Picture by Felix Munyika

NATIONAL SPORTS FEDERATION

Spotlight

ZAMBIA SWIMMING UNION

On Saturday 18th May 2019, NOCZ President Mr. Alfred Foloko graced the Zambia Swimming Union (ZASU) Annual Awards ceremony held at Twangale Park in Lusaka.

2018 Buenos Aires Youth Olympic Games Team Zambia Swimmer and 2018 Africa Youth Games Silver Medalist Mia Phiri emerged winner in four categories namely Swimmer of the Season (2018/2019) along side Shaquille Moosa.

Most national records broken (with 20 records broken this season), International Swimmer of the Year alongside Ralph Goveia and best overall performance in regional galas.

Other notable awards included club of the year award which went to the Baobab Barracudas.

Coach of the year was awarded to Coach Ian Stephenson.

The Zambia Swimming Union is an organisation that seeks to promote and develop swimming within Zambia, under the umbrella of the



Award recipients' Mia Phiri (Left) and Shaquille Moosa (Right) pictured with NOCZ President Mr. Alfred Foloko.

National Sports Council and Ministry of Sport, Youth and Child Development. It is affiliated to the world swimming body, FINA as well as the Central African Swimming Association (CANA). The organisation heads up and administers the running of national league galas in which affiliated clubs and schools are invited to participate, as well as our country's participation in and hosting of international galas.

HANDBALL ASSOCIATION OF ZAMBIA

The Handball Association of Zambia hosted the International Handball Federation (IHF) Trophy Africa Zone VI handball tournament at the OYDC from 10th to 16th June 2019.

The games involved U20 and U17 Handball Females selected from ten African countries. Some of the countries that participated included; Madagascar, Seychelles, Malawi, Mozambique, South Africa, Lesotho, Zimbabwe, Botswana, and Zambia.

The U17 Zambia handball team lifted the 2019 IHF Trophy Zone VI after beating Mozambique 30-21.

The games taking place at OYDC, saw Zambia u20 get thrashed 31-25 by Madagascar as the team kept on scoring and receiving massive support from other countries.



Zambian Team in action against Zimbabwe during the Zone VI games at OYDC.

NATIONAL SPORTS FEDERATION

Spotlight

ZAMBIA JUDO ASSOCIATION



IJF Level 1 practical training course pictured with officials from the Ministry of Sports Youth and Child Development, NOCZ and IJF.

NOCZ President Mr. Alfred Foloko has praised the contribution of judo to society in the country after a training course was launched in Lusaka.

The 2019 International Judo Federation (IJF) Academy Level 1 practical training course was officially opened at the Olympic Youth Development Centre.

Foloko, who is also President of the Zambia Judo Association (ZJA), welcomed the participants and IJF experts who helped to deliver the course.

The experts were led by Dutchman Mark Huizinga, the Olympic champion in the under-90 kilograms category at Sydney 2000 and bronze medalist at Atlanta 1996 and Athens 2004.

"On a NOCZ view, I would like to assure IJF of our commitment to collaborate and cooperate and ensure that we continue with this project as it is fully supported by the IOC (International Olympic Committee)," Foloko said.

Foloko added: "We will ensure that in years to come, this project will continue to exist."

"Judo is one of the most educative sports among the Olympic sports, hence we take education very seriously and that's the reason experts are here, so that we take education to another level so that we ensure that the values of our sport are passed on to athletes through education of coaches."

The opening event was also attended by Bessie Chelemu, director of sport and child development from Zambia's Ministry of Youth Sport, and IJF Executive Board member and director of sport Daniel Lascau.

"With the support of different institutions such as the IOC through the NOC and the Zambia Government, it was possible to build a Judo Centre here," Lascau said.

Chelemu revealed the Government was working closely with NOCZ and ZJA to help to increase the number of judo coaches working in Zambia.

OTHER NEWS

TEAM ZAMBIA AT SAL 2019

Zambia's was represented by Cecil Chiila in Freestyle Football at Sal 2019 African Beach Games.

Chiila had an impressive display despite him being eliminated in the quarterfinals of when he came up against eventual gold medalist Barros Nicholas of Cape Verde.

Saidi Noureddine Saidi of Algeria took silver while Djedidi Otumare of Morocco walked away with a bronze medal.

Chiila was accompanied by NOCZ Secretary General Mr. Boniface Kambikambi who was the Chef de Mission (CDM) for the games.

Meanwhile NOCZ President Mr. Alfred Foloko was also in Cape Verde attending the Association of National Olympic Committees of Africa (ANOCA) General Assembly alongside the Secretary General.



OLYMPAFRICA FUTBOLNET TRAINING

The Olympiafrica Centre in Zambia is hosted a FUTBOLNET volunteers training from Tuesday 23 - Thursday 25 April, 2019.

The training which attracted 15 volunteers in addition of 2 centre directors Mr. Previous Mushindu for Zambia and Mr. James Mangani for Malawi was facilitated by Marieme Coumba Olympiafrica Programmes Manager.

FUTBOLNET Programme is a proposal developed by the FC Barcelona foundation designed to educate children



and young people in values, through sport and football, thus promoting human development experiences in neighbor hoods of Catalan cities identified as priority for social and community development.

The trained volunteers included Young Olympic Changer Makers Samantha Miyanda and Jason Miti among others.

ZAMBIA TO HOST 2019 AFRICA WEIGHTLIFTING CHAMPIONSHIP

OYDC will play host to this year's Africa Weightlifting Championship slated for 5th to 9th September, 2019.

Weightlifting Federation Africa (WFA) Vice President Dr. Kevin Duplooy, announced this development during his recent visit to Zambia.

Dr. Duplooy revealed that the competition will attract 15 African countries and further stating that the Championship will be used as qualifiers to the Tokyo 2020 Olympic Games.

He further appreciated the OYDC, National Olympic Committee of Zambia (NOCZ), and the Ministry of Youth, Sport and Child Development and appealed to the National Sports Council of Zambia (NSCZ) to ensure that facilities are available to host the prestigious competition in Zambia.

Mauritius, Nigeria, Madagascar, Egypt, Uganda, Kenya, Morocco, South Africa, and Zambia are some of the countries expected to participate in the competition.

#TEAMZAMBIA

...ROAD TO AAG 2019

Zambia will be participating in the forthcoming All Africa Games slated for Rabat, Morocco. The African games dubbed continent's mini Olympics which will be the 12th edition, will be held from 19—31 August with three cities selected providing all the facilities needed for the 28 events to be competed in.

Rabat will host the opening and closing ceremonies, the other two cities (Casablanca and Sale) would host many events from the other disciplines. Games will also for the first time, be qualifiers for the 2020 Olympic Games in Tokyo in 19 disciplines.

Team Zambia will comprise of athletes from eight sports disciplines namely Athletics, Badminton, Boxing, Chess, Handball, Equestrian, Swimming and Judo.

The team entered camp on 23rd July 2019 at OYDC-Zambia Sports Development Centre in Lusaka.



ALL THE BEST TO TEAM ZAMBIA!!!

UPCOMING EVENTS

AUGUST	ALL AFRICA GAMES
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AFRICA HEADS TO MOROCCO A.A.G 2019

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