

NEWSLETTER 7th Edition





Official Newsletter for the National Olympic Committee of Zambia (NOCZ) and Commonwealth Games Association (CGA Zambia) . January — March 2020 Edition.

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TOKYO 2020 OLYMPIC GAMES POSTPONED!



Japan's Prime Minister Shinzo Abe and International Olympic Committee (IOC) President Thomas Bach agreed on Tuesday 24 March 2020 to postpone the Tokyo 2020 Olympic Games until 2021.

A conference call was held by Japan's Prime Minister and the IOC President to discuss the constantly changing environment with regard to COVID-19 and the Tokyo 2020 Olympic Games. They were joined by Mori Yoshiro, the President of the Tokyo 2020 Organising Committee; the Olympic Minister, Hashimoto Seiko; the Governor of Tokyo, Koike Yuriko; the Chair of the IOC Coordination Commission, John Coates; IOC Director General Christophe De Kepper; and the IOC Olympic Games Executive Director, Christophe Dubi.

In a very friendly and constructive meeting, the two leaders praised the work of the Tokyo 2020 Organising Committee and noted the great progress being made in Japan to fight against COVID-19.

The unprecedented and unpredictable spread of the outbreak has seen the situation in the rest of the world deteriorating. On Monday 23 March 2020, The Director General of the World Health Organization (WHO), Tedros Adhanom Ghebreyesus, said that the COVID-19 pandemic is "accelerating". There are more than 375,000 cases now recorded worldwide and in nearly every country, and their number is growing by the hour.

In the present circumstances and based on the information provided by the WHO, the IOC President and the Prime Minister of Japan concluded that the Games of the XXXII Olympiad in Tokyo must be rescheduled to a date beyond 2020 but not later than summer 2021, to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community.

The leaders agreed that the Olympic Games in Tokyo could stand as a beacon of hope to the world during these troubled times and that the Olympic flame could become the

light at the end of the tunnel in which the world finds itself at present. Therefore, it was agreed that the Olympic flame will stay in Japan. It was also agreed that the Games will keep the name

Olympic and Paralympic Games Tokyo 2020.





Lighting of the Olympic Flame in Greece

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COMMONWEALTH WEEK 2020

Running up to the 2020 Commonwealth Day Commemoration event that was held on Monday 9th March 2020. The week ran from the 3rd – 6th of March 2020.

A series of Commonwealth Values Educational Sessions in various schools around the Chipata-Mandevu Community in a period dubbed 'Commonwealth Week'.

This was a week dedicated to engaging local schools in the community where we share with them the Commonwealth Values, this year driven by the theme delivering a Common Future: Connecting Innovating, Transforming.

First stop was Kings Academy located just behind Mandevu Police Station. Other schools including the schools of Mutambe, Bergen were kind enough to give us a moment of their time to celebrate with them.

The students gave us warm welcome and very activities were receptive the and deeply involved lesson activities. were in the

Values Educational Program Facilitator Mr. Pearson Banda and Our Programs Officer Mrs. Tinyiko L.K Nombo led a team of young leaders to facilitate the sessions accompanied Ms. Denise Cohen our Communications Intern.

March 6th marked the end of commonwealth week, cementing the final day of celebration for this illustrious week that paved way to the upcoming commonwealth day that was celebrated worldwide by all 54 commonwealth countries.

Woodlands A Primary school had the honor of hosting the tree planting ceremony, where the Head Teacher welcomed us all with a warming speech that was followed by a speech from DFID Head of Office Mr. Steven Beel.

Mr. Beel reminded the children that they are the future and emphasized on the importance of climate change and the need to plant trees.



Mr. Foloko receives a Tree from one of the students at Woodlands B School.



"This year's commonwealth theme is delivering a common future: connecting, Innovating and transforming. It recognizes that across the commonwealth, there is an incredibly diverse group of people that are Keentowork to gether for the common good, build their strength and through the extensive global network in the spirit of corporation" said Beel.

The President Mr. Foloko in his speech also commended Zambia's involvement in the commonwealth celebration and further stated that "It is why we stand here today as the Commonwealth Games Association of Zambia, participating in this dignified tree planting ceremony, to promote a positive contribution to the environment, through this sustainable program."

A moving play centered on the possibilities around Para-athletics was displayed in a thrilling show case by the young leaders who have heavily been involved in the commonwealth week from start to finish.

The tree planting ceremony commenced, and indigenous trees were planted successfully at the designated spots around the School. Commonwealth week 2020 was a success week of warm pride, unmatched experience and honest emotions.



DFID Head Mr. Beel and CGA Zambia President Mr. Foloko plnting one of the trees at Woodlands B School

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COMMONWEALTH DAY 2020

On Monday 9 March 2020, Zambia joined the rest of the Commonwealth Family in commemorating Commonwealth Day under the theme: 'Delivering A Common Future: Connecting. Innovating, Transforming.

The Commemoration event was held at OYDC Zambia - Sports Development Centre where over 100 pupils from various special schools round Lusaka took part in sport and non-sport activities that were led by Special Olympics Zambia.

National Olympic Committee and Commonwealth Games Association of Zambia President Mr. Alfred Foloko said that the benefits of sport go beyond the exciting physical abilities.

"Among others, sports has the ability to build resilience and confidence in people and our communities are beginning to embrace sport as a factor in development," he said.

He added saying that the excitement and positive potential of friendliness that was displayed today as commonwealth day was commemorated, will contribute to the success of mission of being the leading Commonwealth Games Association (CGA) in the region.

"At this point allow me to make mention and thank our stakeholders who are important players in ensuring that this event is a success, the British High Commission, British Council, Zambia Agency for Persons with Disabilities, OYDC-Zambia Sports Development Centre, Community Schools, Ministry of the Ministry Education, and Youth Child Development. Sport and



2020 Commonwealth Day Commemoration participants display various flags of Commonwealth Member Countries.

Meanwhile British High Commissioner to Zambia H.E Nicholas Woolley was the Guest of Honor and he read the Queens Commonwealth Day message on behalf of Queen Elizabeth II.

On the other hand Mr. Foloko presented a certificate of Appreciation to the British High Commission in Lusaka for their contributions and continued help rendered for the successful hosting of the 2020 Commonwealth Day.

He also presented certificates of recognition to Special Olympics Zambia Athletes Namely Daisy Nguni, Harriet Chilubula, Joshua Paliso and Joshua Siankulu for their splendid performance at the first ever Special Olympics Pan African Games Held in Egypt earlier this year. Zambia Board Members Mr. Dickson Jere and Mr. Victor Banda were also present at the Commemoration event organized by CGA Zambia the Secretariat collaboration with the British high Commission in Lusaka.









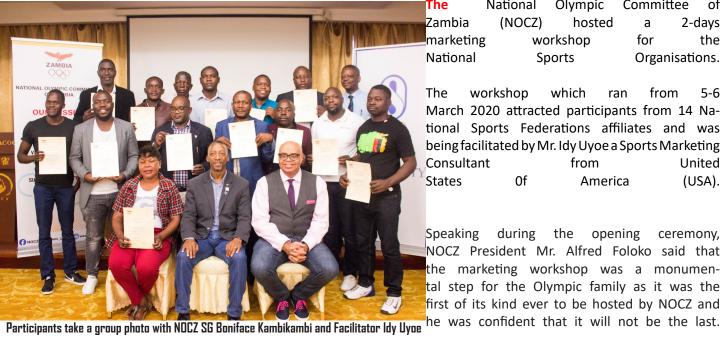




COMMONWEALTH DAY 2020 PHOTO FOCUS

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NOCZ HOLDS MARKETING



National Olympic Zambia (NOCZ) hosted а 2-days marketing workshop for the National Sports Organisations.

The 5-6 workshop which ran from March 2020 attracted participants from 14 National Sports Federations affiliates and was being facilitated by Mr. Idy Uyoe a Sports Marketing Consultant from United States (USA). America

during the opening ceremony. NOCZ President Mr. Alfred Foloko said that the marketing workshop was a monumental step for the Olympic family as it was the first of its kind ever to be hosted by NOCZ and

"We feel honored and privileged to offer this initiative and we hope that it will provide insights into important marketing strategies that federations can implement in to market their sports" he said. Mr. Foloko said that the workshop highlights will help in recognizing the importance of marketing, its power as a tool and how it can be used in sports for federations to gain the best opportunities that can be offered.

Meanwhile, according to Mr. Uyoe, he sees the global sports industry to be more than just recreation and entertainment, but also as an opportunity that federations should take advantage of and participate in.

"Sports 486 billion industry with open doors wide open many companies are willing to invest lot money in sports. If we are able to arm ourselves with proper tools and techniques, we will be able to make a difference," he said.

added He that attract these sponsors/investors federations needed to prepare well-crafted proposals their skill he imparted in the participants. sponsorship packages, а **Topical** of focus during the 2-day workshop



Foundations of Sport Marketing – Defining basic concepts and how to apply them, Brand Marketing and Visibility – What this means and how to apply it to increase revenue, Communication Strategy & Policy – The basics of communications in sports, negotiating contracts - How to ensure you are getting value for your Sport Federation, assessing Marketing Return on Investment – How it works and review Case Studies and Best Practices from Other Olympic Sports Organizations. The 2-day workshop was followed up with a one day marketing strategy and planning workshop for NOCZ Board Members and Staff on 7 March 2020 at OYDC Zambia - Sports Development Centre.



The strategy and planning meeting focused on topics such as Organizational Branding, Tactical Marketing Planning, Planning Data and Analysis and Revenue Creation for Tokyo 2020 after the conclusion of the workshop, Mr. Idy Uyoe thanked NOCZ for the opportunity given to him to share his expertise with Sports Federations in Zambia and NOCZ.

NOCZ Secretary General Mr. **Boniface** Kambikambi expressed gratitude Uyoe to on behalf of the **NOCZ** the workshop for delivering and imparting marketing skills in sports federations NOCZ.

He said that NOCZ will followup federations to check if the tools placed by the consultant are being implemented and if they are working for the federations so that athletes can benefit from the efforts.

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BOXERS QUALIFY FOR TOKYO 2020







Everisto Mulenga

Steven Zimba

Patrick Chinyemba

Zambia's boxing **Flyweight** Patrick trio of Chinyemba, Featherweight **Everisto** Mulenga and Middleweight Steven Zimba have all booked their place at the Tokyo 2020 Olympic Games.

qualified for the games after securing places in the finals of the Africa Zone Olympic boxing The trio Senegal.The National Olympic qualifiers Dakar, Committee of Zambia **Board** led President Alfred Foloko congratulated Executive by the **Boxers** for great achievement

"On behalf of the Olympic Movement in Zambia and the Executive Board, I offer my warmest congratulations to the Boxers for qualifying to the Tokyo 2020 Olympic Games. We are very proud of what the boxers have achieved, "He, said.

Mr. Foloko also extended his congratulatory message to Coaches Wisdom Mudenda and Richard Banda through the Zambia Boxing Federation (ZBF) for guiding the boxers to victories at Africa's biggest boxing stage.

appealed has since to the business He partner with NOCZ and assist the puginity preparing for the upcoming Olympic Games.

The boxers came home with three (Mulenga) medals form of Gold (Chinyemba Zimba) addition Silver and in Qualification. the Tokyo 2020 Olympic Games

Zambia participated in the last 13 editions of the Olympic Games with most recent one being the Rio de Janeiro in 2016, Brazil.

The Tokyo 2020 **Boxing** Road to qualifying Dakar had tournament places with 22 11 for female for male and

The 2020 Summer Olympics commonly known as the Tokyo 2020, an international multi-sport event that was

scheduled to take place from July 24th to August 9th 2020 in Tokyo, Japan has since been re-23 2021 scheduled to July outbreak following the of the COVID-19 Virus.



Red) at the Olympic Qualifying Tournamement in Dakar, Senegal.



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COPPER QUEENS QUALIFY FOR TOKYO 2020



The Zambia National Women's Football Team popularly known as the Copper Queens qualified for their maiden Olympic Games appearance after beating Cameroon at home by two goals to one at a match played on 10 March 2020 at Nkoloma Stadium in Lusaka.

The Copper Queen's journey started with a five goals to nil win at home to the highly rated Zimbabweans before a walkover in Harare after Zimbabwe failed to show up at the match venue.

The next opponents were Botswana whom Zambia beat 1-0 at home before recording an emphatic 2-0 away win before meeting the Harambee Starlets of Kenya in the next round.

In Nairobi Zambia drew 2-2 with Kenya before beating the East Africans 1-0 at home to book a date with the indomitable Lionesses of Cameroon.

After an intensive 10-day training camp in South Africa, The Copper Queens met Cameroon In the first leg in Yaoundé, the Indomitable Lionesses earned a 3-2 comeback win when Aboudi Onguene's brace along with Ajara Nchout's strike subdued the visitors after Grace Chanda's double bounced back in Lusaka with a 2-1 win. The team qualified on away goals rule after a 4-4 aggregate result.

NOCZ extended its sincere congratulations to the Zambia National Women's Football Team for their victory against Cameroon which has guaranteed them a spot at the Tokyo 2020 Olympic Games in Japan. "As the Olympic Movement in
Zambia, we are very happy and proud of this
achievement and I would like to send my
warmest congratulations to the Team for
qualifying to the
Tokyo 2020 Olympic Games." NOCZ President
said.

He added that this qualification will go down in history as the first time ever when Zambia's Olympic Team comprised of a female's football team and the first time in 32 years a Zambian football team will be making an appearance at the multi-sport showpiece.

Mr. Foloko also extended his congratulatory message to the technical bench and the Football Association of Zambia for the subsequent qualification to the Olympic Games after winning home against Cameroon. Foloko further Mr. has reiterated his appeal to the Zambian business community come board and on partner with NOCZ to assist in ensuring that Team Zambia **Athletes** are adequately prepared the for upcoming Olympic Games.

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TEAM ZAMBIA TO CAMP IN ASAHI CITY

ZAMBIA is set to use the training facilities in Asahi in the run up to the Tokyo 2020 Olympic Games after signing a Memorandum of Understanding (MoU) with the city. The MoU is part of the Tokyo 2020 host city initiative, with Zambia now due to camp and train in Asahi in the run-up to the Games.

A Tokyo 2020 pre-training camp guide describes Asahi City General Gymnasium as a facility with a fully equipped gymnasium.

The MoU was signed by the National Olympic Committee of Zambia President Alfred Foloko in December, while Asahi Mayor Tadanao Akechi signed it this month.

"The people of Asahi are ready to welcome and support the Zambian athletes during pre-camp training and the Olympic Games because Zambia has a remarkable historical background on Olympics, especially after hoisting the Zambian flag first at the Tokyo 1964 Olympic Games," said Akechi.

Zambian Ambassador to Japan Her Excellency Mrs. Ndiyoi Muliwana Mutiti witnessed the signing ceremony in Asahi.



"I am optimistic that through this program, the people of Asahi City and the Zambian sports teams will seize the opportunity and promote globalism, and the economic and cultural activities for the two countries," she said.

Team Zambia is expecting to compete in disciplines such as Boxing, Athletics, Swimming, Judo and Women's Football at the Tokyo 2020 Games.

As it stands Team Zambia already consists of Athletes from Athletics (1), Boxing (3) and the Women's Football Team.

SIAME BAGS TOP AWARD AT NSCZ AWARDS CEREMONY

The 2019 National Sports Council Awards ceremony was held at Mulungushi International Conference Centre on 19 January 2020.

The award ceremony saw Rabat 2019 All Africa Games Gold Medalist Sydney Siame awarded Sports Man of the Year while Zambia's most decorated Swimmer and Rabat 2019 All Africa Games medalist Tilka Paljk was awarded Sportswoman of the Year.

While giving his remarks, Siame thanked NOCZ for the support towards his career and also thanked his Coach Mr. Douglas Kalembo, his training partners for the motivation and Zambia Athletics - ZA for been there for him from the time he started his career.

NOCZ President Mr. Alfred Foloko was present at the Awards ceremony.

NOCZ Executive Board led by President Mr. Alfred Foloko congratulated all the award recipients at the ceremony and has further urged everyone who was nominated to continue working hard in their quest to fly the Zambian Flag to greater heights both at regional and International level.

Other notable NOCZ Board Members present that the ceremony included Secretary General Mr. Boniface Kambikambi, NOCZ Legal and Ethics Commission Chairperson Mr. Dickson Jere and NOCZ Marketing and Fundraising Commission Chairperson Mr. Guy Phiri.

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KATIONAL SPORTS FEDERATION



ZAMBIA BASTKETBALL FEDERATION (ZBF)

THE Zambia Basketball Federation (ZBF) held a strategic planning workshop which ran from 10-13 March 2020.The workshop facilitated by NOCZ National Course Director Mr. Mayamba Sitali.

National Olympic Committee of Zambia (NOCZ) Secretary General Mr. Boniface Kambikambi officially opened the strategic planning workshop for the Zambia Basketball Federation which was held at OYDC Zambia - Sports Development Centre.

Mr. Kambikambi stated that organizations that do not engage in strategic planning, reduce their chance of survival and a prosperous future.



"Many sport researchers have highlighted the importance of strategic planning for sport organizations in order for them to survive the turbulent and competitive environment of the sport sector," he said.

He added saying that as such, the need for sports associations to employ various strategies to enable them to anticipate and respond to the changing dynamic environment in which they operate cannot be over emphasized.

"NOCZ recognizes this fact and through its strategic plan (2018 -2021)
objectives aims to support its members, the sports associations by enhancing their capacities in areas of proper planning, management and governance," He added.

On the final day of the workshop National Olympic Committee of Zambia (NOCZ) President Alfred Foloko, commended the Zambia Basketball Federation for conducting a successful strategic planning workshop. The workshop which was held at the OYDC Zambia and came to a close on the 13th March 2020.

During the closing ceremony Foloko, implored ZBF members to put to good use what was discussed during the period of the workshop stating that the NOCZ Board will continue supporting such workshops through the Olympic Solidarity.



Facilitator Mr. Mayamba Sitali during one of the sessions



NOCZ SG Mr. Bonifacekambikambi during the openning ceremony

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FOLOKO APPOINTED SPORT DIRECTOR FOR JUDO AFRICA.

During the Africa Judo Union (AJU) Executive Meeting On the 4th of January 2020 in Bamako, Mali, NOCZ Mr. Alfred Foloko was appointed Sport Director for the Africa Judo Union (AJU).

NOCZ secretariat through Secretary General Mr. Boniface Kambikambi extended their sincere congratulations for this achievement.

Below is the full list of appointments:

Alfred Foloko: AJU Sport Director: Zambia

Princess Thobile: President Judo for Women's Commission:

Swaziland

Nilton Mujovo: President Veterans Commissions:

Mozambique

This appointment came as an addition to other positions that Mr. Foloko holds.

Apart from leading the Olympic Movement in Zambia, he is also the serving President of the Southern Africa Judo Confederation and the Judo Federation of Zambia.

NCD's PLANNING MEETING

National Olympic Committee of Zambia (NOCZ) National Course Directors (NCDs) Convened on 8 February 2020 for a Sports Administration Course (SAC) Planning Meeting for the year 2020.

NOCZ Secretary General Mr. Boniface Kambikambi chaired the meeting whose main objectives included the following:

- Adoption of a revised Sport Administration Course Syllabus in line with the International Olympic Committee's revised SAC Manual.
- Outlining the SAC deliverables with specific action points needed for the success of delivering SAC workshops for National Sports Federations, Clubs and related Institutions among others.

After the meeting, it was agreed that the SAC will syllabus contain topics on the Background, Leadership, Strategic Planning, Governance and Athlete Development with sub topics such as Olympic Values, Constitution, Committee roles, Policies and Compliance Tools and Career transition among others. NCDs present included Mr. Mwembe Kaona, Mr. Mayamba Joseph Sitali and Mr. Isaac Mwape. the were **NOCZ** Also present at meeting Secretariat Staff namely Mrs. Tinyiko L.K Noombo (Programmes Officer), Mr. Felix Munyika (Communications Officer) and Ms. Denise Cohen (Ass. Communications Officer).

COMMISSIONS MEETING.

National Olympic Committee of Zambia (NOCZ) hosted a NOCZ Commissions Meeting for all commission members under NOCZ at OYDC Zambia - Sports Development Centre on Saturday 25 January 2020.

Speaking during the meeting, NOCZ President Mr. Alfred Foloko said that the main objectives of the meeting were; to provide guidance on the implementation of the NOCZ 2018-2021 strategic plan key performance areas (KPA's); strengthening the working relationship between the commissions, the NOCZ Board, Secretariat and various stakeholders and further building on trust and transparency.

"Our strategic roadmap for the future includes a number of reforms that will increase NOCZ's engagement with various stakeholders. This meeting is just one of many positive outcomes as a result of our strategic plan for 2018-2021" he added.

Mr. Foloko further said that the initiative was not only aimed at providing information but encouraging commission members while understanding their role and contributions they can bring forward. This meeting was spearheaded by the NOCZ Executive Board of which NOCZ Secretary General Mr. Boniface Kambikambi and President Mr. Alfred Foloko led the engagement.

Commission members from the Athletes, Ethics & Legal, Finance & Administration, Marketing & Fundraising, Medical, National Olympic Academy, Technical and Women & Sport commission were present at the meeting.



Games of the XXXII Olympiad to be held from

23 July 2021 - 08 August 2021

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Constitution Review

The National Olympic Committee of Zambia (NOCZ) through Legal and Ethics Commission held a Constitution Review and Consultative meeting on 14 March 2020 at OYDC Zambia – Sports Development Centre in Lusaka.

NOCZ Legal and Ethics Commission Chairperson Mr. Dickson Jere chaired the meeting alongside Ms. Besa Chibwe and Mr. Simon Tembo members of the Commission.

NOCZ President Mr. Alfred Foloko, Secretary General Mr. Boniface Kambikambi, representatives from 13 sports federations affiliated to NOCZ, Secretariat Staff led by Executive Director Mrs. Brenda Chipande and the media were present at the meeting.

Meanwhile, when addressing the media after the conclusion of the meeting, Mr. Foloko stated that there is need to have more women in sport not only as athletes but also in decision-making positions.

He said there is need for more female representation in committees in sports federations.

"For me this Consultative meeting, there are two major issues in our governance of sport and one is the women in sport of leadership. That must come out clearly that this gathering has proposed for us to meet the SADC protocols which our country and government are signatory including United Nations (UN) Protocols, it must be women representation and it is the wish of the NOCZ Board and the councilors here that this document is fined tuned and represent to the main council for adoption," he said.

A number of articles in the NOCZ Constitution were revised and some provisions which were agreed on were also added. The amended constitution will be presented before the council for adoption later in the year.

The Olympafrica Centre Director's Network Meeting

From 12-18 January 2020, Zambia hosted the Olympafrica Centre Director's Network meeting which saw Centre directors from Rwanda, Zimbabwe, Malawi, Mauritius, Swaziland, Lesotho, Mozambique and Zambia convene in Lusaka.

NOCZ President Alfred Foloko welcomed and joined them for the first day of the meeting. The focus of the meeting chaired by International Olympafrica Foundation Programmes Manager Mrs. Ly Marieme Coumba was to review the past two year (2018-2019) activities in different Olympafrica Centres and also accessing the most likely activities that should be continued in the Centres.

The Directors present were also given an opportunity to propose new initiatives for the centres and they also looked at economic projects that be delivered at each specific centre. The Centre directors were later joined by Maren Delis Juan Lis from the FC Barcelona Foundation on Facilitated sessions on the Futbolnet Methodology review.

The meeting paved way for the Teqball Coaching Session for selected coaches from Zambia which was facilitated by experts from the Federation International de Teqball (FITEQ).

After the coaching course the Federation International de Teqball (FITEQ) through the International Olympafrica Foundation donated two Teqball Tables of which one is stationed at the Olympafrica Centre in Lusaka and one at OYDC Zambia – Sports Development Centre.

Sport Program for Trinbago 2021

The Sport Program for Trinbago 2021 has been confirmed with eight exciting sports set to feature at the Commonwealth Youth Games next year.

Trinidad and Tobago were awarded the right to stage the seventh edition of the Games by the Commonwealth Games Federation (CGF) in June last year (2020) with the competition set to take place from 1-7 August 2021.

The eight sports codes that will feature at the 2021 Commonwealth Youth Games are:

Aquatics (Swimming) – male and female, Athletics – male and female, Boxing – male and female. Cycling (Road Race, Time Trial and Track) – male and female, Fast5 Netball – female, Rugby Sevens – male and female, Tennis – male and female, Beach Volleyball – male and female

The Sport Program for Trinbago 2021 was confirmed at a meeting of the CGF Sports Committee in London.

CGF President Dame Louise Martin said: "I am delighted that the Sports Program for Trinbago 2021 has now been confirmed and that we have a truly competitive event for the young athletes of the Commonwealth.

"I would like to thank the Trinbago 2021 team and the CGF Sports Committee for their commitment to delivering a top-quality multi-sport event.

"The inspirational approach that Trinidad and Tobago have taken in their planning for the Commonwealth Youth Games is to be commended and we hope this continues as we enter the crucial planning stage for the event.

Trinidad and Tobago Commonwealth Games Association (TTCGA) President Brian Lewis said: "Hosting the Commonwealth Youth Games is a significant occasion in the history of Trinidad and Tobago sport.

One of the highlights of Trinbago 2021 is set to be Fast5 Netball – an exciting variation of Netball that features shortened games and goals worth multiple points.

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The Tokyo 2020 Olympic Games have been resechuled to 2021 due to the outbreak of the Novel Coronavirus Diesease (COVID19). COVID 19 is an infectious disease caused by a new virus. The World Health Organisation (WHO) declared COVID19 a global pandemic. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. You can protect yourself by washing your hands frequently, avoiding touching your face, and avoiding close contact (1 meter or 3 feet) with people who are unwell.

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'PROMOTING OLYMPISM AND COMMONWEALTH VALUES'

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