

NOCZ

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5th Edition



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FADEL SENNA

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ZAMBIA BAGS 5 MEDALS AT RABAT 2019



Team Zambia delegation poses for a picture with Minister of Youth and Sport Hon. Emmanuel Mulenga after a medal presentation ceremony at Government Complex.

TEAM Zambia bagged 5 medals from the 2019 All African Games hosted by Morocco from 19th to 31st August 2019.

The Team that consisted of athletes from eight sports disciplines namely Athletics, Badminton, Boxing, Chess, Equestrian, Handball, Judo and Swimming recorded its first medal in form of a Bronze through Swimmer Tilka Paljk in 50m breaststroke, thereafter more medals followed up through Everisto Mulenga (Bronze – Boxing), Owen Kalombo Mulenga (Bronze) in the men's badminton singles, Lorita Mwango (Silver) in the women's rapid individual chess and Sydney Siame (Gold) in 200m.

Speaking at the welcoming ceremony, NOCZ President Alfred Foloko praised the Zambia contingent for a good outing and also stated that NOCZ is committed to improving performance at international multi-sports events. Foloko congratulated Siame for winning gold in the men's 200 metres and the Zambia Amateur Athletics Association (ZAAA) for helping develop athletes to a level to be able to win continental competitions. Foloko further urged the nation's sports federations to utilise the NOCZ's resources. On the other hand, Siame thanked ZAAA and NOCZ for giving him the opportunity to represent Zambia and reiterated a commitment to improving his performance. Siame and Palijk are both beneficiaries of the NOCZ's Olympic Solidarity Scholarship scheme. A total number of 47 athletes made up Team Zambia, notable athletes included Benny Muziyo (Boxer, 2015 All Africa Games Bronze medallist), Andrew Kayonde (Chess), Diana Dakik (Equestrian), Steven Mung'andu (Judo), the Siamupangila Sisters and the Mulenga Brothers (Badminton) among others.

The African Games dubbed the Mini Olympic Games were staged in 5 cities around Morocco with Rabat hosting the

Opening and Closing ceremonies.



الالعاب الإفريقية
JEUX AFRICAINS
AFRICAN GAMES
JOGOS AFRICANOS
RABAT 2019

Everisto Mulenga (Far right) on the podium after winning Bronze in Boxing Men's Featherweight (57 kg)

IN THIS ISSUE

Page 2- GS SEMINAR

Page 3- MEMOS EXECUTIVE MASTERS

Page 4- OLYMPAFRICA ACTIVITIES

Page 5- NF SPOTLIGHT

Page 6- NF SPOTLIGHT

Page 7- TOKYO 2020 TAKING SHAPE

GENERAL SECRETARIES SEMINAR

THE National Olympic Committee of Zambia (NOCZ) held a one day General Secretaries Seminar for all Sports Federations affiliated to the body on 28th September 2019 in Lusaka.

Speaking during the opening ceremony, NOCZ President Alfred Foloko said that this is the first time such a seminar was held in a long time and it was being done to ensure that experiences are shared in terms of governance amongst those present.

The President said the meeting is a platform for the associations to check on each other and ensure that governance documents are in place for all affiliates.



General secretaries pose for a picture with NOCZ ED Brenda Chipande (Far left), President Alfred Foloko (2nd from left) and SG Boniface Kambikambi (3rd from left) - by Felix Munyika/NOCZ

He further said that engagements

like this will be held from time to time with various stakeholders in a bid to change how sports is managed in the country and also help its affiliates recognise and acknowledge that athletes are prioritized in the operations of the sports federation.

NOCZ held this kind of seminar after a long time, it was facilitated by the NOCZ Secretariat with speakers including NOCZ Secretary-General Boniface Kambikambi, NOCZ Executive Director Brenda Chipande, NOCZ Programmes Officer Chipso Mulenga-Mainda and Foster Hamuyube (Head of Research and Planning - Human Rights Commission) who covered topics ranging from NOCZ Strategic Plan, Olympic Solidarity Programmes, National Federation Governance, Human Rights In sports and Multi-Sports Management among others.

General Secretaries from the Football Association of Zambia (FAZ), Zambia Martial Arts Federation (ZAMAF), Zambia Amateur Athletics Association (ZAAA), Zambia Tennis Association (ZTA), Zambia Weightlifting Federation, Zambia Boxing Federation, Badminton Association of Zambia, Zambia Rugby Union, Zambia Hockey Association, Zambia Judo Association, Netball Association of Zambia, Handball Association of Zambia, Zambia Volleyball Association and Zambia Basketball Association were present at the seminar held at Radisson Blu Hotel in Lusaka.



Facilitators, Brenda Chipande (Left) and Foster Hamuyube (Head of Research and Planning - HRC)

MEMOS EXECUTIVE MASTERS



NOCZ ED Brenda Chipande after her presentation in Lausanne, Switzerland

Her Dissertation was aimed to bring out evidence based and practical information about the experiences and perception of sexual harassment in sport in Zambia, with the hopes that the recommendations of the study will be implemented by the NOCZ.

Out of the 31 of the candidates that came from different countries across the world that attended the scholarship, her Project was among the **TOP FOUR**, an achievement she was greatly humbled by and was proud to call the highlight of her Masters journey so far.

After an unfortunate visa inconvenience, she could not attend the Canada Session last year for her Human Resource (HR) module, and is now scheduled for Australia for her next Module.

National Olympic Committee of Zambia (NOCZ) Executive Director Brenda Chipande has been undergoing the Memos program since 2018 and during her time covered a Masters project with the dissertation topic experiences and perceptions of sexual harassment (of) selected elite athletes in Zambia.

Some driven reasons behind the Captivating topic is a baseline study that was done looking at gender based violence in sport as NOCZ in partnership with the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF), this led to the discovery of a number of issues that arose in regards to the status of gender based violence in Zambia in sport.

Another reason is the NOCZ strategic plan for 2018 – 2020, where there are a number of athletes safe guarding athlete's protection and promotion. The strategic plan provoked the birth of programs and initiatives



NOCZ Executive Director Brenda Chipande (5th from far right) with the rest of the participants at the graduation ceremony in Lausanne, Switzerland - Picture courtesy of IOC.

She is set to finish her program next year in 2020.

MEMOS is an Executive Masters in managing sport organization is an IOC offered scholarship that is divided into 4 residential modules.

MEMOS is scheduled over eleven to twelve months and consists of three nine-to-twelve days residential modules, each dedicated to two to three main subjects, and a three-day final module devoted to the defence and presenting of participants' personal project.

OLYMPAFRICA ACTIVITIES



OLYMPAFRICA CENTRE - ZAMBIA

Participants during the session—by Felix Munyika/NOCZ

THE Olympafrica Centre in Lusaka held a **FIRST AID TRAINING** for Volunteer Coaches based at the Centre.

St. John Zambia facilitated the training which took place on 1st September 2019.

The coaches were capacity built and equipped with First Aid skills.

Attending the training also were Teachers who volunteer their time in Olympafrica programs.

On Saturday 31/08/19, it was the athletes turn to participate in a Sports and Life Skills Clinic bringing together 129 Boys, 52 Girls and 19 Coaches.

The aim of the clinic was to enhance the participation levels in all the 10 sports through the mass participation approach used at the centre.

The coaches were up to the task of delivering various sports skills sports like Football, Basketball, Hockey, Taekwondo, Netball, Cricket, Boxing, Athletics, Volleyball and Table Tennis.

The high of the clinic was the Education sessions, all the participants took part in the discussions focused on Olympic Values, HIV and AIDS (Transmission & Prevention), Gender Equity among other topics. The main hope was that the activities delivered over that weekend Motivated more children and young people to access and participate in the sports and education programs offered at the Olympafrica Centre.



Participants pictured after concluding the training - Felix Munyika /NOCZ



NATIONAL SPORTS FEDERATION

SPOTLIGHT

ZAMBIA MARTIAL ARTS FEDERATION



ZAMAF President Kennedy K. Mukuka (2nd from right) receives his SAC certificate - by Felix Munyika/NOCZ

NOCZ held a sports administration course for the country's martial arts federation.

The event in Lusaka was attended by 24 participants, including athletes across the various martial arts disciplines.

The course concluded on 28 July 2019 which began on 25 July 2019 at OYDC Zambia - Sports Development Centre.

Zambia Martial Arts Federation (ZAMAF) Executive Board members and representatives from other martial arts bodies were also present.

Background on the Olympic Games, ethics, harassment in sport, anti-doping, communication and risk management were among the main topics covered at the workshop.

NOCZ President Alfred Foloko stated that the workshop was a vital tool for anyone involved in managing, administering and organising sport and sports organisations in the country.

Foloko also thanked the attendees at the event and praised the ZAMAF for taking the initiative to ask for the training course to be held.

"The turnout clearly shows the federation's commitment to improving its governance and administration," the NOCZ President added.

Meanwhile, ZAMAF President Kennedy K. Mukuka thanked NOCZ for hosting the course citing the impact of the knowledge gained from the various sessions which ranged from Olympic Background, Ethics and harassment in Sport, Anti-Doping, Communication and Risk Management among others.

On the other hand, NOCZ/CGA Zambia Secretary-General Boniface Kambikambi who was also one of the Course Directors said that NOCZ is fully confident that knowledge gained from the course will go a long way in enhancing sports, martial arts in particular.

He further urged ZAMAF to continue taking up such opportunities to raise the bar for Martial Arts in the Country.

The participants also had a chance to listen to a true life experience story by Former Zambia National Football Team Forward Nchimunya Mweetwa involving Match/Competition Fixing.

NATIONAL SPORTS FEDERATION

SPOTLIGHT

ZAMBIA AMATEUR ATHLETICS ASSOCIATION

The President of the National Olympic Committee of Zambia (NOCZ) Alfred Foloko praised an Olympic Solidarity coaching course which was held at *OYDC Zambia* – Sports Development Centre in Lusaka.

Speaking after the event's Closing Ceremony, Foloko said it had been an honour for NOCZ to host the training for the Zambia Amateur Athletics Association (ZAAA) in collaboration with the International Olympic Committee (IOC).

He added: *"At NOCZ it is our hope that ZAAA will continue to take up such opportunities to raise the bar for athletics in Zambia."*



Participants going through some paces during the course training - by Felix Munyika/NOCZ

Foloko said it was vital to provide quality coaching to improve athlete performance through such training initiatives.

He also noted that there are a variety of programmes for coaches funded by Olympic Solidarity through NOCZ, to provide coaches with further training.

This includes technical courses, coach scholarships and a national sports structure development programme.

Foloko added: "This is merely the start of training and development.

"Learning requires continuous professional and personal development, therefore commitment and passion for your sport is key to being a successful coach."

He congratulated the coaches for participating in the training and wished them all the best in their coaching careers.

The 12-day course saw 24 coaches from eight provinces in Zambia score a 100 per cent pass rate, with seven coaches graduating to level two.

The last day of the training course was comprised of practical and theory examinations before certificates were awarded, with local experts Maureen Kolomwe and Sydney Mushipe spearheading the programme.

Also present at the Closing Ceremony was the acting Director of Sport from the Ministry of Sports Gibson Muyaule, ZAAA President Elias Mpondela and NOCZ Executive Director Brenda Chipande.

This is the third training course NOCZ has facilitated in 2019 for national sports federations through the Olympic Solidarity programme, following judo and hockey.

TOKYO 2020 TAKING SHAPE



With the start of the Tokyo 2020 Olympics about 280 days away, the National Stadium, set to be the Center piece of the Games, is 90% completed and will open its doors for the first time in December.

The 60,000 capacity stadium, which will also host the athletics and soccer events during the Games, was designed by Japanese architect Kengo Kuma and aims to embody Japan's connection with nature.

UPCOMING EVENTS

OCTOBER	SPORTS ADMINISTRATORS COURSE
NOVEMBER	ALL INCLUSIVE SPORTS FESTIVAL
NOVEMBER	ZAMCOACH360 ICCE COACH DEVELOPER TRAINING

**Editorial Team: Boniface Kambikambi – Chief Editor , Felix Munyika - Senior Editor,
Denise Cohen - Contributor**



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