



# M O C newsletter

MONTHLY REVIEW OF MALAWI OLYMPIC

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## ARENEO DAVID BACK IN SWITZERLAND



# President's Message



**HON. JAPPIE MHANGO**  
*president*

In a very difficult COVID-19 Pandemic, MOC has implemented a number of important activities both to cushion athletes and officials against the impact of the pandemic but also to build capacity in our Coaches and Administrators.

Let me take this opportunity to thank all our stakeholders and colleague Board Members for the support given to me this far.

Together we shall achieve more.

*Hon. Jappie Mhango*  
PRESIDENT

## *MOC elects new committee*

Malawi Olympic Committee (MOC) in March went to polls where they elect new office bearers at its Annual General Meeting (AGM) held in Mangochi.

The committee will run the affairs for a four-year term.

The elected President Jappie Mhango unveiled his vision which focused on enhancing athletes performances, Good Governance, Strategic Partnership and Marketing.

Mhango, who received twelve nominations, went unopposed as his predecessor, Oscar Kanjala withdrew from the race.

"I thank the associations for entrusting me with this highest position. I am not promising the moon but I am promising you miracles," he said in his acceptance speech.

Malawi athletes have for ages, failed to qualify for the Olympic Games and they sneaked on Solidarity grounds.

"I want us to start qualifying on performance based. This can be achieved if we work together with all National Sports Associations," he said.

During the elections, Flora Mwandira retained the position of Vice President while Captain John Kaputa Rtd became the Secretary General.





## *(contd)...* **MOC elects new committee**

Frank Chitembeya is the Vice General secretary .

Henry Sakala retained his position as treasure.

All the top positions went unopposed as some aspirants' were disqualified on constitutional grounds.

Andrew Mkwezalamba and Ousborne Banda were elected as Executive Members.



Kenneth Dzekedzeke who holds the Malawi national record in the 800 meters was elected athletes' representative after defeating former swimmer Yona Walesi with landslide victory.



Malawi National Council of Sports acting Executive Secretary Henry Mereka said they were looking towards maintaining strong working relationship with the new leadership.

“We believe in coordinated efforts when it comes to improving sports in the country. MOC has always been a trusted partner and will remain as such,” Mereka said.





# MOC TRAINS TAEKWONDO COACHES

The Malawi Olympic Committee says it is committed to develop Olympic sports codes in the country through capacity building.

MOC President Jappie Mhango said this during the graduation of 20 coaches from across the country who took part in a nine-day taekwondo Level 1 coaching course at Kamuzu Institute for sports in Lilongwe.

In an interview on the sidelines of the event, the MOC President said coaches are vital to the development of athletes.

He said: "It is, therefore, essential that all our coaches are consistently provided with the highest quality training so that they can drill our athletes to compete at the highest level and with medals."

Course facilitator Medson Mtila, who is an accredited World Taekwondo trainer, said he was impressed with the response from the participants.



Since the period was short, we had to compress the modules. But I am glad that we achieved success. I can vouch for these participants that they now have the capacity to train athletes," he said.

He urged the participants not to be idle, but to go flat out to mentor more athletes so that the sport can grow.



Grace Tebulo, a participant based at Blantyre Youth Center, said she has learnt a lot from the course and she is ready to impart the knowledge to athletes.

This course has been an eye-opener as we learnt a lot about the technicalities of the sport. We also learnt about competition rules and game management. It's been worth it," she said.





# MOC CELEBRATES OLYMPIC DAY IN RUMPHI

Malawi Olympic Committee (MOC) organised celebrations to commemorate the Olympic Day in the north at Rumohi Stadium.

Olympic Day, is a global celebration event of the founding of the International Olympic Committee and the modern Olympic Movement by Pierre de Coubertin in 1894.

The day-long event, was celebrated under the three pillars of the Olympic Day, which are move, learn and discover.

Through the messages, sports organisations

promoted the benefits of physical exercises, inspiring people to be active and enabling them to discover new sporting disciplines, while on the other hand embracing the Olympic ideals regardless of their abilities or backgrounds.

The event was commenced from 7am with support from Olympians, that includes a multi-sports demonstration and a 5 km Run in Rumphu.



## Areneo David back in *switzerland*

Malawi's renowned Archer, Areneo David has returned to Switzerland to resume his trainings in readiness to Tokyo 2020 Olympic Games scheduled to take next year from July to August, 2021.

Areneo, who is on Tokyo 2020 Olympic Scholarship for Athletes, his training program suffered a setback in March due to the outbreak of Covid - 19 Pandemic in that saw him returning back home.

Confirming on the good news of his return to Switzerland, Archery Association of Malawi, General secretary, Henry Sakala said Areneo has been called back to because the situation has stabilized in that country.

He said the athlete will be training at World Archery Excellence Centre in Lausanne, Switzerland.

"We expect him to improve his skills and tactics towards qualifying events for Tokyo 2020 Olympic Games hence being very excited that our Archer has been called back for training," Sakala said.



Sakala further said that, Covid-19 has been a major challenge on his performance as training from home was not as usual comparing to the training centre.

Areneo commented that, staying home was indeed a good remedy for Covid -19 but a backsliding factor to his performance and mastering skills, as he was unable to execute most high ranges he is required to do at his level.

"It was also not safe to shoot arrows at home as I feared injuring the people surrounding me, because safety is also a key in Archery, and this made my trainings very hard. But am happy that am back in Switzerland to re start my trainings, I will do my best to make my country and coaches proud, Said Areneo."

Areneo David set off for Switzerland on 22nd August 2020 from Kaunda International Airport in Zambia.





## MOC donates K5M to associations for Covid 19 Relief.

As COVID-19 pandemic continues to take its toll in sports in the country, Malawi Olympic Committee (MOC) donated a total of 5 Million Kwacha to twenty-two Sports Associations to mitigate the impact of the pandemic.

Each affiliated association received K250 000 meant for Athletes to buy personal protective equipment among other things.

MOC Treasure General, Henry Sakala said the donation an encouragement to the associations.

Currently the athletes are training from home since March 2020.

"As we are aware that the pandemic is amongst us, MOC decided to assist the Athletes," Sakala said.

Handball Association of Malawi's General Secretary, Dennis Kumwenda, hailed MOC for the timely gesture, saying most associations are failing to cope with the current situations.

"The country is going through a very tough

situation with the covid-19 pandemic and since MOC has come in, it is a very welcome development as most associations are failing to get resources to help Athletes." said Kumwenda.



He then appealed to the associations to give the donation to intended prime beneficiaries, who are the athletes.





# MOC organises a six-day *symposium*

Malawi Olympic Committee (MOC) with support from the Olympic Solidarity, organized a six-day symposium from 25-30 August, 2020 at the it's offices and Kamuzu Institute for Sports

The workshop, aimed at educating participants, drew a total of participants from Athletes Commission, selected Athletes and Coaches from National Sports.

The symposium was facilitated by Honorable Jappie Mhango, Osbourne Banda and Yona Wales.

Some of the tackled area were, Harassment and Abuse in Sports, Doping and Covid-19.

At the end of the workshop participants formulated a safeguarding policy.





# *Purity sanitary* Products Limited donates to MOC

Purity Sanitary Products Limited on 14th August rendered support to Malawi Olympic Committee (MOC) by donating several sanitary products

The donation was meant to enhance personal hygiene to Athletes, especially those from rural areas.

MOC Treasurer, Henry Sakala, applauded Purity Sanitary Products Limited for the donation.

He appealed to the company to continue helping the athletes.

In response, the Managing director of Purity Sanitary Products, Jil Linggang said that they are geared to support sports development in the country and hoping that the items given will play a greater role in assisting the athletes.

The donation includes 300 Sanitary pads and 300 Body Lotions.

Purity Sanitary products Limited is one of the leading sanitary products manufactures company in the country and was established operation in 2011.



# *MOC interface with Athletes and coaches on covid-19*



Malawi Olympic Committee (MOC) on June 2, 2020 held an interface meeting with some Lilongwe based athletes and Coaches drawn from eleven Sports Associations.

The participants were from Volleyball, Archery, Athletics, Boxing, Basketball, Table Tennis, Swimming, Judo, Wrestling, Handball and Netball and were about fifty in total.

Speaking in interview, MOC's Public Relations Officer Kythrina Phiri, said that the aim of the meeting was to discuss the impact of COVID-19 in sports community and also to encourage coaches and athletes to keep training and practicing at home

The other objective was to share ideas on how to keep training while observing preventive measures of the virus.

Phiri described the meet as successful, saying they heard from the participants' point of view on the pandemic.

"Our technical department will then look into those issues and rectify them so as to keep every sport going", said Phiri.

He said MOC is looking forward to conduct another interface meeting in different parts of the country if funds permit.

After the meeting the participants were given one kilogram of rice, sugar, salt, two litres of cooking oil, one hundred grams of soya pieces, hand washing soap (sanitizer) and a bucket to help them sustain during this pandemic.

The goods were totaling to K700 000.





# BASMAL coaching course at civo

Over twenty-one local Basketball coaches recently took part in a coaching course that was organised by Basketball Association of Malawi (BASMAL) at Civo Stadium.

The course, was supported by Olympic Solidarity through Malawi Olympic Committee (MOC) and facilitated by Hope Chisamanga.

Speaking during the closing ceremony, BASMAL Secretary General Peter Gomani said he was confident that the course has helped the coaches to acquire vast knowledge which will be essential in discovering the untapped talent from the grassroots level.

He also said that it has fulfilled one of the association's intended goals of developing local coaches.

“We want our coaches to also compete at international level. We have lined up a

programme to enable these coaches to deliver at their respective zones,” he said.

MOC vice-secretary general, Frank Chitembeya said the course was in line with the committee's Strategic Plan.

“We are trying to achieve the objectives of our strategic plan, covering for 2017 to 2020 in which we emphasized on capacity building. This is what we are doing by drawing participants from across the country to gain technical knowledge so that the sport can grow to another level,” he said.

Course Facilitator, Hope Chisamanga, said he anticipated that the skills and knowledge and skills imparted into the participant will take the sport to the higher level.

“It's our desire that the coaches will be training kids and youthful players. They will impart them with basic knowledge of the sport,” he said.





## ***MOC DISBURSES K19M COVID-19 SUPPORT***

Malawi Olympic Committee has distributed assorted items and cash amounting to K19 Million to cushion effects of COVID-19 among Sports Associations.

The items included Body Lotions, Hand Wash, Hand Sanitizer, Rice, Sanitary Pads, facial masks and eggs and cash amounting to 250,000 to each association that included Boxing, Basketball, Netball and Squash.

The donation have been going on for the past week in Lilongwe, Salima, Mzuzu and Blantyre.

In an interview, MOC Board member, Osbourne Banda said the support is aimed at helping sports recover from the ruins of COVID-19.

Local Sports is just resuming after almost a seven-month suspension as the country battle to suppress the spread of Corona Virus.

Said Banda. "We are in the process of resuming sporting activities that is why we are giving out this support.

He said the beneficiaries of the donations are athletes and administrators as " both have been affected economically by the pandemic."

Basketball Association of Malawi president, Masawani Jere said the donation will motivate athletes as they return to the fields.

"The health of an athletes is very important . So the foodstuffs and other donated items will help us motivate the athletes," he said.



# *gallery*





# *head office*

## **Malawi Olympic Building**

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Schedule  
**8:00HRs -16:30HRs**

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