

# MALAWI OLYMPIC COMMITTEE

## FEBRUARY - APRIL 2023 NEWS BULLETIN



### TRAINING CAMP FOR ATHLETES

Malawi Olympic Committee (MOC) on 13 February, 2023 started a preparatory training Camp for Athletes which is aimed at assisting the Athletes in their qualifications for Paris 2024 Olympic Games. Judo, Athletic, Archery, Swimming have been earmarked for Paris 2024.



Figure 1: Athlete during training      Figure 2: Judokas during training

### SPORTS ADMINISTRATION COURSES

MOC held two Sports Administration Courses concurrently in Mzuzu and Mulanje District, from 6 – 10 March, 2023, with a total number of 23 and 26 respectively.



### COMMONWEALTH DAY CELEBRATION



Figure 4: Acting British High Commissioner planting a tree

CGA Malawi held 2023 Commonwealth Day Celebration on 13 March in partnership with British High Commission, under the theme **“FORGING A SUSTAINABLE AND PEACEFUL COMMON FUTURE”**. It involved Tree planting and Sporting Activities including Judo, Archery, Netball and Athletics at Olympafrica Center.

### MOC HEEDS GOVERNMENT'S APPEAL FOR SUPPORT TOWARDS CYCLONE FREDDY VICTIMS



Figure 5: MOC representatives (SG, VP, TG among others) donates

MOC on 22 March, 2023 donated assorted items to Tropical Cyclone Freddy Flood Victims in Chiradzulu District at Nguludi primary school.



## MOC ANNUAL GENERAL MEETING



Figure 6: Attendees of AGM group photo

MOC 2023 Annual General meeting held on 1 April, 2023, at Sunbird Mount Soche Hotel in Blantyre. Prior to AGM, Affiliates were also involved in the midterm review of the MOC's 2021 – 2025 Strategic plan. The AGM was graced by the Zambia Olympic Committee President, Mr. Alfred Foloko who is also President of Africa National Olympic Committee Zone VI.

## SPORTS ADMINISTRATION COURSE



Figure 7: Course participants group photo

MOC Conducted yet another Sports Administration Courses with 26 participants in Lilongwe from 3 – 6 April, 2023

## CGA MALAWI DELEGATES ATTENDED 2023 CGF AFRICA REGIONAL MEETING

CGA Malawi delegates attended the 2023 CGF Africa Regional Meeting in Zambia on 13 and 14 of April, 2023. In attendance was President, Secretary General and Director.



Figure 8: delegates in group photos

## MARKETING WORKSHOP

MOC conducted a three-day Marketing workshop from 26 to 28 April, 2023 at Lingadzi Inn in Lilongwe with a total number of 34 participants.



Figure 9: Marketing workshop Participants

## SIMWAKA SHINES AT GOLDEN GRAND PRIX



Figure 10: Simwaka right in action

Asimenye Simwaka Finished second position in women 400M B Race at Grand Prix which was held in Gaborone, Botswana on 29 April, 2023.

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