

MAY - JULY, 2023 Newsletter



Inside this

- Mental Healthy Workshop
- Malawi Olympafrica Center conducts O! Yes Programme.
- Malawi Olympafrica Centre Awards Iba Mbaye Program Beneficiaries
- Mark Abel Shines at 2nd Official Harare Archery Championship.
- Development of National Sports System in Archery.
- MOC Celebrates 2023 Olympic Day
- Hon. Mhango appointed into ANOCA Games Commission.
- MOC Conducts Technical Course for Coaches in Taekwondo
- MOC Office Construction
- Malawi Olympafrica Center Celebrates O! YES Day.
- Chikondi and Nalicy in top 10 at Hammamet 2023 Africa Beach games
- Simwaka and Liffa shines at Botswana Track and Field Competition

CGA MALAWI MENTAL HEALTH WORKSHOP

CGA Malawi conducted a Mental Health workshop in trying to complements the effort of curbing suicide among youths in Malawi from 11th – 12th May, 2023 at Kamuzu Institute for Sports in Lilongwe.



Figure 1: Participants group photo

MALAWI OLYMPAFRICA CENTER CONDUCTS O! YES PROGRAMME

Malawi Olympafrica Center held O! YES, workshop on 02nd June, 2023 at Olympafrica Center in Lilongwe, 23 Volunteer Coaches and Primary School teachers benefited from the workshop.



Figure 2: Participants group photo

MALAWI OLYMPAFRICA CENTRE AWARDS IBA MBAYE PROGRAM BENEFICIARIES



Figure 3: Primary School Student (IBA MBAYE beneficiaries)

MALAWI OLYMPAFRICA CENTRE through its IBA MBAYE Programme on 06 June, 2023 awarded gifts equivalent to One Million Kwacha for 6 primary school students in Lilongwe at Olympafrica Centre.

MALAWI OLYMPAFRICA CENTER CONDUCTS O! YES PROGRAMME



Figure 4: Mark Abel & first place certificate

Mark Abel an Archer from Malawi finished 1st position in 2nd official Harare Archery Championship held at Couteney Selous School on Sunday 11 of June, 2023. Abel scored 517 points.

DEVELOPMENT OF NATIONAL SPORTS SYSTEM IN ARCHERY

Malawi Olympic Committee (MOC) in conjunction with Malawi Archery Association conducted the Development of National Sports System. The Course will run for 3 months June to August, 2023 in the three regions Lilongwe, Mzuzu and Blantyre. The course started in Lilongwe at Bingu National Stadium with 25, in Mzuzu at Grand Palace Hotel with 25 Participants and Blantyre at Blantyre Youth Center with 25 participants.



Figure 5: Participants group photo

MOC CELEBRATES 2023 OLYMPIC DAY

Malawi Olympic Committee on 23 June, 2023 celebrated the Olympic Day in Lilongwe at Malawi Olympafrica Centre.



Figure 6: Participants group photo

HON. MHANGO APPOINTED INTO ANOCA GAMES COMMISSION



The Executive Board Management and Staff of Malawi Olympic Committee wishes to congratulate its President, Hon. Jappie Mhango on his appointment in the six-member committee for the Association of National Olympic Committees of Africa (ANOCA) that will oversee the 13th African Games slated for Accra, Ghana, from 5th to 23rd March 2024.

Malawi Olympic Committee (MOC) President Hon. Jappie Mhango was named in the six-member committee for the Association of National Olympic Committees of Africa (ANOCA) Games slated for Accra, Ghana, in 2024.

MALAWI OLYMPIC COMMITTEE CONDUCTS TECHNICAL COURSE FOR COACHES IN TAEKWONDO



Figure 4: Mark Abel & first place certificate

Malawi Olympic Committee (MOC) conducted a 9 days level one technical course for coaches in Taekwondo. The course started from 23 July to 31 July, 2023 in Lilongwe at Kamuzu Institute for Sports with a total of 20 coaches trained. Mr. Edgard Mayamba, a World Taekwondo Expert from the Democratic Republic of Congo facilitated the Course.

MOC OFFICE CONSTRUCTION

Malawi Olympic Committee started the construction of its Office in Lilongwe.



Figure 9: MOC Office Foundation

CHIKONDI AND NALICY IN TOP 10 AT HAMMAMET 2023 AFRICA BEACH GAMES

Chikondi Mwanyali finished on position 8 with 31.12 seconds while in women category Nalicy Chirwa finished on position 10 with 38.28 seconds on 27th June, 2023.



Figure 10: Nalicy & Chikondi

MALAWI OLYMPAFRICA CENTER CELEBRATES O! YES DAY FESTIVAL



Figure 11: Participants group photo

Malawi Olympafrica commemorates the O! YES, DAY FESTIVAL on 29 July, 2023 at Malawi Olympafrica Center in Lilongwe. The International Olympafrica Foundation Program Manager Ms. Marieme Ly Coumba from Senegal graced the commemoration.

SIMWAKA AND LIFFA SHINES AT BOTSWANA TRACK AND FIELD COMPETITION



Figure 12: Simwaka & Lifa

Asimenye Simwaka finished 1st position in both 200m and 400m Women category with 23.35 and 52.74 seconds respectively while Stern Liffa in Men category finished 1st in 200m with 21.49 and third in 100m with 10.51 seconds. The Games were held on 20th July, 2023

Contacts

Malawi Olympic Committee
Post Office Box 31575
Off-Chidzanja Road
Lilongwe
Malawi
Phone: +265 (0) 884 906 011
Email: Info@moc.org.mw

Our pages

Website: www.moc.org.mw | Facebook: www.facebook.com/moc2020 |

Instagram: [malawi_olympic_committee](https://www.instagram.com/malawi_olympic_committee) | YouTube: [MOC_MAW](https://www.youtube.com/channel/UCMOCMAW) | TikTok: [@malawiolympics](https://www.tiktok.com/@malawiolympics)

Written and designed by: *Ausborn Alphon Banda*

Digital Marketing & Social Media Communication Officer

Edited by: *Naomie Chinatu*

Director