

M O C

# NEWSLETTER

*“Developing & Promoting Sports Excellence in Malawi”*



## UK ENVOY HANDS OVER KING'S BATON TO MALAWI

The Deputy British High Commissioner, Ben Nicholson, officially handed over the King's Baton to the Malawi Government as part of the buildup activities for the 2026 Glasgow Commonwealth Games.

The handover ceremony took place at the Civic Center offices in Lilongwe, where Malawi National Council of Sports Chairperson, Sunduzwayo Madise, received the baton on behalf of government. Speaking during the event, Madise said Malawi has proudly participated in every edition of the Commonwealth Games since its debut in 1970, most recently at the Birmingham 2022 Games. However, he noted that Malawi's performance has often fallen short of its full potential, with the country winning only three medals in its history all bronze, and all in boxing. He emphasized the need for serious planning, disciplined preparation, and unity of purpose if Malawi is to achieve greater success in future competitions. Nicholson highlighted the importance of the Commonwealth Games, describing them as a celebration of diversity and unity across the Commonwealth. age.

He explained that the Games also provide an opportunity to showcase various sporting disciplines and cultures. He further noted that the King's Baton Relay is a long-standing tradition, carrying a message from the Head of the Commonwealth, King Charles, to all participating nations and territories. All batons will be reunited at the Glasgow 2026 opening ceremony, where the message will be read aloud to officially declare the Games open.

Vice President of the Commonwealth Games Association of Malawi, Major General Francis Kakhuta Banda, stressed that the Commonwealth Games are built on shared values. He expressed excitement at welcoming the King's Baton, saying it offers Malawi a platform to showcase its sporting talent, cultural heritage, and environmental commitment to the world. Malawi has been part of the Commonwealth Games since 1970, and with renewed commitment, hopes to build on its participation record and secure future victories on the international st

## MOC TRAINS SPORTS ADMINISTRATORS

The Malawi Olympic Committee (MOC) has emphasized that building the capacity of sports administrators is key to achieving podium success for Malawian athletes, who continue to face challenges in securing medals at major international competitions.

This message was delivered by MOC Board Member Junier Bamusi-Kazembe during the official opening of a Sports Administration course in Nsanje on Monday, 26th May.

“We want to impart knowledge and skills to sports administrators on how to effectively manage and develop sports at various levels be it clubs, schools, committees, or associations,” said Bamusi-Kazembe. “This is part of our broader strategy to identify and nurture talent from the grassroots.”

She added that MOC President Jappie Mhango, during a recent Annual General Meeting, expressed concern over the continued underperformance of Malawian athletes at international events.

“This training initiative is a direct response to that concern, aiming to build a strong foundation in talent identification and development,” she said.

The National Director of the course, Flora Mwandira, noted that MOC holds such trainings two to three times a year, and that similar efforts are being replicated across the country, including the recent session in Chitipa.

Participants in Nsanje hailed the initiative. Nsanje District Football Committee General Secretary Grace Tchongwe expressed gratitude, stating, “We are gaining valuable insights into talent identification, management, and nurturing. I thank MOC for this opportunity.”

Echoing the sentiment, Nsanje District Acting Sports Officer Willie Pangani said the training which drew 25 participants is expected to significantly improve sports performance in the district across various disciplines.



## OLYMPAFRICA PROMOTES MENSTRUAL HEALTH AND HYGIENE THROUGH SPORT



The Olympafrica Centre of Malawi conducted a sport initiative to promote menstrual health and hygiene through the ongoing implementation of the Olympafrica Foundation-funded Sport for Menstrual Health project.

MOC Board Member, Maggie Chikuni, said the project is targeting young girls from communities surrounding the Olympafrica Centre.

“Through this programme, we are promoting awareness on menstrual hygiene among girls. We are also encouraging physical activity as part of a healthy lifestyle,” Chikuni said.

She said, apart from creating awareness, the project is also providing reusable sanitary pads to girls. “We are conducting sessions that involve education and sport. The reusable pads are eco-friendly and last longer,” she said. “We are happy that the programme is receiving good response from the communities. This is a pilot project and we are hoping to expand it further,” she said. The initiative is part of Olympafrica commitment to use sport to address cross-cutting issues affecting girls and women in sport.

## MALAWI REPRESENTED AT INAUGURAL OLYMPISM365 SUMMIT IN SWITZERLAND



From 3rd to 5th June 2025, the Malawi Olympic Committee (MOC), through its Director General Naomie Chinatu, proudly participated in the inaugural Olympism365 Summit: Sport for a Better World held in Lausanne, Switzerland.

The high-level summit, hosted by the International Olympic Committee (IOC), brought together over 250 representatives from 100 organisations, including members of the Olympic Movement, United Nations agencies, development partners, civil society groups, and IOC Young Leaders.

This invitation-only gathering provided a dynamic platform to celebrate and expand the growing role of sport in advancing the United Nations Sustainable Development Goals (SDGs).

Through focused discussions, networking, and strategic planning sessions, the summit built on previous Sport for Sustainable Development dialogues to strengthen global partnerships, mobilise co-investment, and launch coordinated actions for greater impact.

The presence of the MOC at this international summit signals Malawi’s continued commitment to leveraging sport as a powerful tool for inclusive development, peacebuilding, and social change. It also reflects the organisation’s engagement with global networks that are working collaboratively to build a more equitable and sustainable world through sport.

Director General Chinatu’s participation ensured Malawi had a voice in shaping the future of Olympism and aligning the country’s sport development agenda with global efforts to use sport as a driver for progress.

As the MOC continues to grow its footprint within international forums, its involvement in the Olympism365 initiative highlights a clear dedication to the values of solidarity, inclusion, and sustainable development through sport.

## SIMWAKA CONTRIBUTES TO GLOBAL DISCUSSIONS ON ATHLETE WELL-BEING



Malawi Olympic Committee (MOC) Athletes Commission Chairperson, Asimanye Simwaka, represented Malawi at the prestigious International Athletes' Forum taking place from 11 to 12 June 2025 in Lausanne, Switzerland.

Organised by the International Olympic Committee (IOC), the forum brings together athlete representatives from around the globe to engage in dialogue on critical issues impacting athletes. Key topics under discussion include:

- Mental health
- Safeguarding in sport
- Anti-doping and competition manipulation
- Career development and transition for athletes

This biennial forum serves as a global platform where athletes can voice their concerns, share best practices, and shape policies that impact their careers and well-being. Through active participation, athletes like Simwaka play a vital role in strengthening athlete representation in governance and decision-making processes within the Olympic Movement.

As Chairperson of the MOC Athletes Commission, Simwaka brings the voice and perspectives of Malawian athletes to the international stage, contributing to the ongoing effort to empower and protect athletes worldwide.

## MOC CELEBRATES 2025 OLYMPIC DAY

The Malawi Olympic Committee has emphasized the importance of people recognizing the value of participating in various sports, as this helps prevent many diseases and promotes physical fitness.

Henry Sakala, the Secretary General of the Malawi Olympic Committee, made these remarks on Saturday in Dowa during the commemoration of Olympic Day, which began with a five-kilometer fun run.

Mathews Mkandawire, the Director of Administration at the Dowa District Council, said the council is highly committed to developing sports and has put in place pillars to support sports development in the district, especially through schools.

Atupele Awalu, a student at Success Private Secondary School in the district, thanked MOC for bringing the event to Dowa, saying it has helped many students showcase their hidden sports talents.

Olympic Day is an event which takes place annually on June 23 across the globe.



## O!YES TOURNAMENT EMPOWERS MALAWI'S YOUTH THROUGH SPORT



The O!YES Youth Sports Tournament, hosted by the Malawi Olympafrika Center, has been hailed as a strong demonstration of Africa's commitment to grassroots sports and youth empowerment. The event brought together young athletes to showcase their skills, teamwork, and passion for sport.

Olympafrika Director James Mangani described the tournament as a milestone in nurturing talent, emphasizing that the center is not only training young athletes but also giving them space to play and grow.

Teachers noted the program's impact on education, with many learners staying in school because they are motivated to participate in athletics and football. Young athletes like Khumbolawo Banda also shared how sport can open new opportunities, from careers in the Malawi Defense Force to roles in officiating. The tournament featured medal presentations, inclusive activities, and sustainability efforts, including the distribution of hygienic menstrual products to support girls' education. This year's O!YES Tournament highlighted the power of sport as a tool for health, education, and social inclusion, while celebrating the future of Malawi's young athletes.

## ANOCA ZONE VI BOARD HOLDS ORIENTATION IN NAMIBIA

The ANOCA Zone VI Board held its physical orientation session on 7 July 2025 at the Namibia National Olympic Committee offices in Windhoek, alongside the AUSC Region 5 U20 Youth Games.

The session, attended by all board members, focused on strengthening governance, unity, and regional cooperation. Former Zone VI President Alfred Foloko graced the event, sharing leadership lessons and urging the new board to prioritise athlete development and collaboration.

According to Secretary General Maxwell Jele, a key outcome was the creation of Zone VI Commissions, to be expanded with skilled experts from member NOCs across 10 countries.

The orientation underscored the region's commitment to Olympic values and youth empowerment, setting a clear path for stronger leadership and greater impact in African sport.



## YOUNG ATHLETES EMPOWERED THROUGH REPRODUCTIVE HEALTH OUTREACH

The Malawi Olympic Committee (MOC) organised sexual and reproductive health workshop at Don Bosco Youth Center in Lilongwe targeting the youths in sports.

The workshop was opened and closed by the Guest of Honor, Asimenye Simwaka, who is the Chairperson of Malawi Olympic Committee Athletes Commission and Athlete representative in Board.

The Participants showcased different games including volleyball, athletics, basketball, netball and karate.

The workshop facilitators were from Family Planning Association of Malawi (FPAM).

MOC Director General Naomie Chinatu said the outreach followed reports of rising early pregnancies and marriages. “We thought it wise to reach out to the youth and give them an education.



We engaged FPAM because they are experts in reproductive health,” she said.

FPAM’s facilitator Caroline Mbeya said access to the right information helps young people protect themselves and sustain their careers.

### **HISTORIC LAUNCH OF BEACH HANDBALL IN MALAWI MARKS NEW SPORTING ERA**

The Malawi Handball Association (MAHA), in partnership with the Malawi Olympic Committee (MOC), on the weekend launched beach handball in the country with the aim of competing in major tournaments. The launch, held in Salima, featured the first-ever beach handball technical coaching course in Malawi.

MAHA General Secretary, Dennis Kumwenda said the absence of technical expertise has hindered the countrys participation in southern Africas beach handball competitions and recognised the importance of the training. Malawi has not been participating in international beach handball competitions because of lack of technical knowledge. This coaching opportunity, however, will enable Malawi to participate in major tournaments such as the Zone 6, said Kumwenda.

In his remarks Secretary General for MOC Henry Sakala, pledged the committees support to ensure Malawis representation in the sport.

Handball is usually overlooked, but as the Olympic Committee, we will make sure Malawi is represented well, said Sakala. A Handball coach from Mzuzu Hamisi Msowoya welcomed the training, saying it has potential to develop young players.

This training will help us pass on the fundamentals of handball to youth in our communities, said Msowoya.

The initiative aims to strengthen Malawis capacity to compete at regional and continental levels.

### **OLYMPAFRICA CENTRE CELEBRATES O!YES DAY**

The Olympafrica Centre proudly hosted O!YES DAY on 26th July, marking the grand and successful conclusion of the 2024–2025 O!YES Program!

This special day brought together young athletes, coaches, community leaders, and partners to celebrate months of dedication, hard work, and collaboration.



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The program has been a remarkable journey, featuring a variety of impactful activities from exciting sports sessions that honed skills and discipline, to Sustainability & Inclusion Workshops that encouraged environmental stewardship and social cohesion. The highlight of the celebration was the thrilling O!YES Tournament, where participants showcased their growth, teamwork, and competitive spirit. Beyond the games and workshops,



O!YES DAY served as a powerful reminder of the program’s mission: to develop talent, empower young people, and promote inclusion through sport. The energy, joy, and passion displayed by the participants reflected the true spirit of Olympafrica — building stronger, more connected communities through sports development.

**MALAWI OLYMPIC COMMITTEE HOSTS ORGANIZATIONAL SAFEGUARDING WORKSHOP**



The Malawi Olympic Committee (MOC) in collaboration with the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF) under the Norad Capacity Building Initiative, hosted an Organizational Safeguarding Workshop on Friday, 29 August 2025, in Lilongwe.

The workshop marked a vital step toward creating safer and stronger sports organizations in Malawi by strengthening safeguarding policies and raising awareness across the sporting community.

MOC was honored to welcome Mr. Musanje from Zambia, a regional safeguarding expert, as the workshop facilitator. His expertise guided participants through practical strategies to enhance organizational culture and ensure the protection of athletes and stakeholders.

The workshop strengthened organizational accountability, ensuring that sports bodies are better positioned to safeguard athletes.

It equipped leaders with the tools needed to prevent abuse and misconduct within their organizations.

It encouraged a culture of transparency in sport organizations, promoting trust and integrity across all levels.

Through this initiative, the MOC reaffirmed its commitment to building an environment where every athlete can thrive in a safe, supportive, and transparent sporting system.

## MALAWI ATHLETES COMMISSION CHAMPIONS CLEAN SPORT THROUGH ANTI-DOPING WORKSHOP

In a continued effort to promote clean sport and uphold integrity among athletes, the Malawi Athletes Commission organized a comprehensive workshop aimed at enhancing anti-doping awareness among athletes and other stakeholders. The event took place on Saturday, 30 August 2025, at the Kamuzu Institute for Sports in Lilongwe. The workshop brought together athletes from various disciplines, coaches, and sports administrators

to educate them on the dangers of doping, the importance of competing clean, and the rules and regulations set by the World Anti-Doping Agency (WADA). Facilitators included experts from national and regional anti-doping bodies, with trained educators Leonard Sharrah from the Malawi Anti-Doping Organisation and Naomie Chinatu from the Malawi Olympic Committee providing valuable insights into the testing process, banned substances, and the rights and responsibilities of athletes.

Speaking during the event, Ammara Pinto, Board Member of the Malawi Athletes Commission, emphasized the importance of education in the fight against doping.

“We stand as a voice in safeguarding and communicating the dangers of doping to our fellow athletes. Our goal is to equip them with the knowledge they need to make informed decisions and compete fairly.

Doping not only tarnishes careers but also endangers the health and integrity of athletes,” she said. The workshop featured interactive sessions, case study reviews, and open discussions to help participants better understand the real-life implications of doping violations.

This initiative marked a significant step forward in Malawi’s ongoing commitment to clean sport and the protection of athletes’ health and careers.



# UPCOMING EVENTS



23rd July- 2<sup>nd</sup> August, 2026



31<sup>st</sup> October - 12<sup>th</sup> November, 2026



14<sup>th</sup> - 30<sup>th</sup> July, 2028

- African School Games- Algiers. 26<sup>th</sup> July-5<sup>th</sup> August, 2025
- Angola 2025 African Youth Games- 10<sup>th</sup> - 20<sup>th</sup> December, 2025
- African Beach Games 2027- Equatorial Guinea

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