

# MOC NEWSLETTER

*"We aim to Develop and Promote Sport Excellence"*



## MOC UNVEILS STRATEGIC PLAN TO TRANSFORM MALAWI SPORT

The Malawi Olympic Committee (MOC) launched its 2026–2033 Strategic Plan, setting a clear direction for the transformation of sport in Malawi. The plan was unveiled during the Annual General Meeting (AGM) held at Sunbird Lilongwe Hotel on 25 April, attended by sports associations and key stakeholders.

MOC President Jappie Mhango described the strategy as a new chapter for the committee, noting that it builds on lessons from the previous cycle by strengthening successes and addressing areas that need improvement.

"Strategic planning is what will transform our ambitions into tangible results," Mhango said.

He called on all affiliated associations to develop clear and practical strategic plans that define priorities, allocate resources efficiently, and set measurable targets to drive progress.

Safeguarding has been identified as a central pillar of the plan, with the committee placing strong emphasis on protecting athletes from abuse, harassment, and exploitation.

"Sport must be safe and inclusive for all participants, especially our young athletes," he added.

Deputy Director of Sports in the Ministry of Youth, Sports and Culture, Joseph Mazaza, welcomed the initiative, describing it as a step in the right direction towards transforming sport in the country. He also urged sports associations to strengthen accountability by consistently holding annual general meetings.

The strategic plan is expected to guide the growth of sport in Malawi through improved governance, stronger planning, enhanced athlete welfare, and a focus on measurable outcomes.

## MOC JOINS SCHOOL TREE PLANTING DRIVE TO PROMOTE ENVIRONMENTAL AWARENESS

The Malawi Olympic Committee (MOC) joined Stepping Stones School's tree planting exercise to promote environmental conservation and climate change awareness. The activity aimed to encourage environmental responsibility among learners and teach them the importance of protecting the environment through practical action.

Charity Kaponya, a teacher at Stepping Stone School, said the initiative educated students on the value of tree planting. "We want to teach our students that trees provide oxygen, shade, and many other essential benefits," she said. James Mangani, representing MOC, expressed commitment to environmental protection. "We're happy to be part of this exercise. As MOC, we're fully committed to protecting the environment," he said. This was the Committee's second participation in the 2024 initiative



James Mangani, MOC Representative, Posing a photo with Pupils

## MALAWI OLYMPIC ATHLETES COMMISSION REVIEWS PROGRESS AND SETS 2026 PRIORITIES

The Malawi Olympic Committee Athletes Commission, led by Chairperson Asimenye Simwaka, conducted a meeting at the Malawi Olympic Committee (MOC) offices in Lilongwe.

During the meeting, the Commission conducted a comprehensive review of its activities from the previous year, highlighting key achievements, challenges encountered, and lessons learned. Members reflected on progress made in advocating for athletes' interests while also identifying areas that required improvement.

The Commission further shared feedback collected from athletes across various sports disciplines, bringing to light concerns related to welfare, communication gaps, and the need for stronger representation. Discussions emphasised the importance of creating more inclusive platforms that allow athletes to actively participate in decision-making processes.

Looking ahead to 2026, the Commission outlined strategic priorities aimed at strengthening athlete welfare, enhancing representation, improving communication channels, and fostering closer collaboration with key stakeholders in the sports sector.

Members also explored ways of increasing athlete engagement and ensuring that their voices remain central in the development of sports policies and programmes.



The meeting concluded with the adoption of clear action points and commitments to guide the Commission's work throughout the year, reinforcing its dedication to promoting and safeguarding the interests of athletes in Malawi.

## MOC PROMOTED ENVIRONMENTAL SUSTAINABILITY THROUGH TREE-PLANTING INITIATIVES



The Malawi Olympic Committee (MOC) remained committed not only to sporting excellence but also to environmental sustainability, actively taking part in the government's tree-planting initiative aimed at restoring and protecting the environment during the tree-planting season.

As part of the initiative, MOC successfully conducted tree-planting exercise at Khumula, Mphungu, and M'bwetu Primary Schools, as well as at the Malawi Olympafrica Centre grounds. The exercise formed part of broader efforts to promote environmental conservation while engaging communities through sport.

The activities attracted the active participation of learners, athletes, and teachers, all of whom demonstrated a strong sense of responsibility and commitment to environmental stewardship. The involvement of young people, in particular, highlighted the importance of instilling values of conservation and sustainability at an early stage.

Through such initiatives, MOC continued to use sport as a platform to influence positive social change, emphasizing that a clean and healthy environment is essential for athletes to thrive.

## MOC PRESENTS OLYMPIC SOLIDARITY SCHOLARSHIPS TO SIX ATHLETES

The Malawi Olympic Committee (MOC) presented Olympic Solidarity scholarships to six individual athletes, marking a major step in preparing for the 2028 Los Angeles Olympic Games. The beneficiaries were Asimenye Simwaka (Athletics), Joseph Phiri (Taekwondo), Chikondi Kathewera (Judo), Ereneo David and Mark Abel (Archery), and Luka Smit (Swimming).

MOC President Hon. Jappie Mhango encouraged the athletes to remain disciplined and committed, emphasizing that any form of indiscipline could affect their scholarships, which came with strict performance and qualification standards.

Asimenye Simwaka, who was set to train in Portugal, shared her excitement: “I was grateful for this opportunity and would work extremely hard to make Malawi proud!”



Photo: Athletes showing their award Certificates

MOC remained committed to supporting athletes, promoting excellence, and preparing Malawi's champions for the global stage.



Photo credit: Namibia Sports Commission

## MHANGO APPLAUDS REGIONAL COOPERATION AT ANOCA ZONE VI GENERAL ASSEMBLY

The President of ANOCA Zone VI and the Malawi Olympic Committee, Honourable Jappie Mhango, praised National Olympic Committees in Southern Africa for their strong cooperation and contribution to the growth of the Olympic Movement in the region.

Speaking at the ANOCA Zone VI General Assembly in Windhoek from 5 to 7 March 2026, Mhango highlighted progress made through regional collaboration, including programmes that support athlete development, institutional capacity, and good governance. The Assembly brought together delegates from across the region to review progress and strengthen commitment to the African Olympic Movement.

The seminar was also attended by Mustapha Berraf, President of the Association of National Olympic Committees of Africa (ANOCA), who announced a new football pitch project in Namibia in partnership with FIFA and the International Olympic Committee.

Namibia's Minister Sanet Steenkamp officiated the opening, while President Netumbo Nandi-Ndaitwah received a commemorative trophy in recognition of the country's support for sports development.

Mhango emphasised that regional cooperation remains key to sustainable sports growth and greater success for African nations on the global stage.

**JANUARY – MARCH, 2026**

## MALAWI OLYMPAFRICA SUPPORTS YOUNG FEMALE ATHLETES WITH MENSTRUAL HEALTH TRAINING

The Malawi OlympAfrica Centre, through the O! Yes Programme, donated menstrual hygiene items and conducted menstrual health training for primary school athletes in Lilongwe Urban, with support from the OlympAfrica International Foundation.

The training, held at the Malawi Olympic Committee offices in Area 17, aimed to encourage girls to remain active in sports during menstruation while addressing stigma and misconceptions.

O! Yes Centre Director James Mangani said the initiative was designed to build confidence among young female athletes. The sessions, facilitated by Health expert Carolyn Mbeya, focused on proper hygiene and appropriate sportswear.

Participants from several primary schools received sanitary pads and other essential items, with beneficiary Natasha Kipangula saying the programme would boost their confidence and strengthen their interest in sport.

The O! Yes Programme aims to empower young athletes through sport and education, guided by key pillars including inclusion, sustainability and development



## MALAWI CGA JOINS THE COMMONWEALTH SPORT COMMUNITY IN CELEBRATING COMMONWEALTH DAY



On 9 March, the Malawi Commonwealth Games Association (CGA) joined the global Commonwealth Sport community in commemorating Commonwealth Day, observed annually on the second Monday of March.

Held in Lilongwe, this year's celebration was guided by the theme "Unlocking Opportunities Together for a Prosperous Commonwealth", emphasizing the importance of collaboration among nations to promote inclusive growth and shared prosperity.

The event was led by CGA Board Member Miss Maggie Chikuni, who guided participants in reflecting on messages from Commonwealth Sport President Dr Donald Rukare.

which emphasized on unity and cooperation in a divided world, and highlighting the continued relevance of the Commonwealth Games in promoting exclusivity, equality, and the unifying power of sport. Chikuni further read a Commonwealth Day Message from commonwealth Secretary General.

Speaking during the event, Chikuni highlighted Malawi's participation in the upcoming 2026 Commonwealth Games in Glasgow, scheduled for July, stating:

"Malawi is actively preparing for the Games through ongoing training programmes and athlete development initiatives, to ensure that our athletes are well prepared and competitive. The Games provide a valuable platform not only for competition at an international level, but also for cultural exchange and strengthening ties among Commonwealth nations."

## JANUARY – APRIL, 2026

As part of the commemoration, the Malawi CGA conducted a tree planting exercise to promote environmental sustainability. The initiative reflects the understanding that sport and the environment are closely linked, as athletes depend on a healthy ecosystem for their wellbeing and performance.

Through this celebration, the Malawi CGA reaffirmed its commitment to advancing Commonwealth values and using sport as a tool for unity, development, and environmental stewardship

### MOC JOINS REGIONAL LEADERS AT ANOCA ZONE VI 2026 MARKETING FORUM

The Malawi Olympic Committee (MOC) was proudly represented at the ANOCA Zone VI 2026 Marketing Forum, held from 25 to 28 February 2026 at Avani Maseru Hotel in Maseru, Lesotho.

Together with other member countries, MOC contributed to discussions focused on sharing best practices, developing regional sponsorship models, and leveraging digital platforms to promote athletes and grow the sports sector.

MOC was represented by Vice President Major General Francis Kakhuta Banda and Director General Mrs Naomie Chinatu, who joined delegates from ten countries across the Zone VI region.

Through this engagement, MOC reaffirmed its commitment to advancing sport development through unity, collaboration, and innovation

The forum, which was officially opened by ANOCA Zone VI Vice President Mr Thabani Gonye, brought together marketing personnel and secretary generals to explore sustainable strategies for resource mobilisation, strengthen marketing approaches, and enhance regional cooperation in sport.



Photo credit: Lesotho NOC

The meeting emphasised the critical role of marketing in advancing sport development and building a unified regional presence.

### MALAWI CHIEF DE MISSION PARTICIPATES IN GLASGOW 2026 CHEF DE MISSION SEMINAR



Malawi Commonwealth Games Association (Malawi CGA) actively advanced its preparations for the Glasgow 2026 Commonwealth Games through its participation in the Chef de Mission Seminar in Glasgow.

The CGA was represented by Chef de Mission, Major General Francis Kakhuta Banda, who took part in high-level engagements aimed at ensuring Team Malawi is well-organized and fully prepared for the Games.

Organized by Commonwealth Sport, the Seminar ran from 23rd to 27th March and brought together leaders from across the Commonwealth to discuss key areas such as delegation planning, athlete services, accommodation logistics, and operational readiness critical components for effective team management during the Games.

As part of the programme, delegates also toured competition venues, gaining valuable insight into the facilities and overall environment that will define the Glasgow 2026 experience.

## **MALAWI OLYMPIC COMMITTEE CONTRIBUTED TO SPORTS POLICY REVIEW IN MZUZU**



including representatives from national sports federations, district sports officers, district education officers, and renowned sports personalities. The consultative process provided a platform for stakeholders to contribute ideas and recommendations towards strengthening the country's sports sector.

As part of the comprehensive review process, similar consultative meetings were scheduled to be held in the Southern, Central, and Eastern regions, ensuring a broad-based and inclusive approach to shaping Malawi's sports policy.

The lead committee, comprising members from the collaborating institutions, was responsible for steering the initiative, which sought to develop a robust and effective sports policy framework for Malawi.

The Ministry of Youth, Sports, and Culture, in collaboration with the Office of the President and Cabinet (OPC), the Ministry of Education, the Malawi National Council of Sports (MNCS), and the Malawi Olympic Committee (MOC), conducted a National Sports Policy Review Consultative Meeting which took place from 26<sup>th</sup> to 27<sup>th</sup> March at Mphatso Motel in Mzuzu.

The meeting aimed to gather input from key stakeholders,

## **SIMWAKA AND KATHEWERA DEPART FOR ADVANCED OLYMPIC PREPARATION FOR LA28 IN PORTUGAL**



Asimanye Simwaka and Chikondi Kathewera, athletes in Athletics and Judo respectively, departed Malawi on 18th March for Portugal, where they joined the Rio Maior Sports Centre for advanced training in preparation for the LA28 Olympic Games.

The two athletes are beneficiaries of the Olympic Scholarship Programme, an initiative designed to support high-performance training while promoting discipline, strong character, and steady progress towards Olympic

qualification.

On the same programme, Luka Smit, swimmer, is in Seychelles where he is conducting his training.

The selection of these athletes into these programs reflected their potential and commitment to excelling at the highest level of sport. The training opportunity marked a significant milestone in their preparation, providing them with access to world-class facilities, expert coaching, and a highly competitive environment essential for their growth and development.

Through this program, the athletes are expected to further sharpen their skills and improve their performance as they worked towards qualifying for the Olympic Games and representing Malawi on the global stage.

## MOC CHAMPIONING SPORTS FOR ENVIRONMENT AND COMMUNITY IMPACT

The Malawi Olympic Committee (MOC), in partnership with the Norwegian Sports Confederation (Norges Idrettsforbund, NIF), conducted a Sport for Environment Community Project at Migowi Resource Centre and Migowi Primary School in Phalombe.

The activity brought together learners, including pupils with different physical disabilities, alongside community participants and stakeholders to promote environmental conservation through sport. The initiative also highlighted Olympic values, inclusion, and the importance of tree planting as part of efforts to protect and restore the environment.

A key highlight of the event was the tree planting exercise, where participants actively took part in planting trees around the Migowi Technical centre and Migowi Primary school reinforcing the message of environmental stewardship. This was followed by sporting activities led by para-athletes, showcasing inclusive education in sport and encouraging disability right equality for all. As part of its community support efforts,



MOC made a donation to the Migowi resource centre, demonstrating its strong commitment to the welfare and wellbeing of the community.

Speaking during the event, MOC Board Member Junier Bamusi Kazembe emphasised that athletes perform best in a clean and healthy environment and called for stronger efforts in promoting reforestation initiatives.

The Director of Education and Sports for Phalombe District Council, Steve Banda, welcomed the initiative, emphasizing that building environmental conservation values in children early in their lives is key to sustainable development.

## MOC CONDUCTS SPORTS ADMINISTRATION COURSES

The Malawi Olympic Committee (MOC) conducted two concurrent sports administration courses in Dowa and Neno districts as part of its strategic plan under the key performance area of capacity building.

The trainings, held from April 15 to 17, 2026, aimed at equipping sports administrators with modern management and governance skills to strengthen sports development from grassroots to elite levels across Malawi.

In Dowa, the course took place at Ram's Executive Lodge at Mponera and attracted participants from across Dowa District.

Speaking during the closing ceremony, MOC Secretary General Henry Sakala emphasised the importance of professionalizing sports administration.

"Sport is a growing business that requires well-trained personnel," said Sakala.

He added that the training forms part of ongoing efforts to equip sports officers with modern skills and knowledge to effectively manage sporting activities, in line with MOC's strategic plan focusing on capacity building.

One of the participants, Elton Banda, said the training would contribute to the growth and development of various sporting disciplines in the country.



On the other hand, the Zalewa, training was held at FACE Vocational Institute and was facilitated by Mary Kalirani and Flora Mwandira.

Speaking after the training, Neno District Commissioner Alfred Hauya expressed satisfaction with the programme.

"I am very satisfied with how the training has been conducted, and I encourage the participants to exercise what they have learned in order to improve sports development in this district," said Hauya.

## JANUARY – APRIL, 2026

Neno District Sports Officer Memory Baluwa described the initiative as a significant opportunity for grassroots sports development.

“This is a great opportunity for people in Neno because sports development starts from the grassroots. We appeal to the Malawi Olympic Committee to continue to conduct such trainings regularly,” said Baluwa.

“We will be following up to ensure that those who attended are implementing what they have learned,” she added.

One of the participants, Jethro Kankhono, said the training had a positive impact.

“I have benefited a lot from this training, and I believe the knowledge I have gained will help improve the way sports are managed and developed in our area,” he said.

A total of 59 participants in both Zalewa and Mponera attended the training and were awarded certificates upon completion.



### MOC DRIVES ATHLETICS DEVELOPMENT WITH DNSS PROGRAMME

The Malawi Olympic Committee (MOC) took a significant step in strengthening athletics development in the country through the implementation of the Development of National Sports Systems (DNSS) programme, aimed at building long-term coaching capacity.

The programme officially kicked off on 13 April 2026 at Bingu National Stadium and was launched by the Minister of Youth, Sports and Culture, Hon. Alfred Gangata.

Funded by Olympic Solidarity and delivered in partnership with the Malawi Olympic Committee and Athletics Malawi, the DNSS programme is designed as a one-year structured initiative focused on strengthening coaching systems, technical development, and athlete progression in athletics.

As part of the launch activities, participants underwent an intensive workshop facilitated by international expert Oliver Scheer.

The session focused on modern coaching methodologies and athlete development pathways, equipping local coaches with contemporary skills aligned with global standards.

In addition, Athletics Malawi integrated a level one coaching course into the programme. The course began with online learning modules and concluded with a final assessment on 16 April 2026, allowing participants to progress towards formal certification under the new system.

The programme reached a key milestone with the awarding of certificates to successful participants. A total of 32 coaches completed the course and received their certificates through the guest of honour, Major General Francis Kakhuta Banda, MOC Vice President.

The DNSS initiative is expected to play a critical role in building sustainable systems for talent identification, coach education, and athlete development, contributing to the long-term growth of athletics in Malawi.



# UPCOMING EVENTS



**OLYMPIC DAY**

**23 June 2026**



**commonwealth  
games**

**GLASGOW 2026**

**23 July - 2 August, 2026**

**DAKAR  
2026**



**31 October - 12 November, 2026**



**20 January - 7 February, 2027**



**14 - 30 July, 2028**

