



ACNOA NEWSLETTER



MONTHLY REVIEW OF AFRICAN OLYMPISM

FEBRUARY 2023



ANOC GENERAL ASSEMBLY

AFRICA AT THE ANOC GENERAL ASSEMBLY



IOC PRESIDENT ON A WORKING
VISIT TO DAKAR



SPECIAL

AFRICA AT THE ANOC GENERAL ASSEMBLY

ANOC HOLDS 26TH ORDINARY GENERAL ASSEMBLY IN SEOUL

XXVI ANOC GENERAL ASSEMBLY SEOUL 2022



The 26th ANOC General Assembly brought together the NOC family and all Olympic Movement stakeholders around a message of solidarity and unity. It was attended by 187 NOCs in person and 16 others online. Also in attendance were the President of the Republic of Korea Yoon Suk Yeol, IOC President Thomas Bach, representatives of

International Federations and Games Organising Committees.

Addressing participants on the occasion, Acting ANOC President, Robin Mitchell said:

“We at ANOC must not take for granted the organisation of such a unique and outstanding event, bringing together representatives of about 200 countries. As a worldwide family of NOCs we draw on a



huge diversity of cultures and backgrounds.”

“But as an international organisation of 204 NOCs, our strength derives from this diversity. It comes from our understanding that not everyone thinks in the same way; and that we are stronger when we work together,” he added.

Taking the floor thereafter, IOC President, Thomas Bach, said: *“At this time of true Olympic solidarity and peace, I urge you all to unite, to stand together*

and in full confidence, as we have always done so well in the past.”

The deliberations featured several discussions on how to boost Olympism and sport in the world through the NOCs. ANOC reaffirmed its support to the IOC recommendations concerning Russia and Belarus, while expressing its support to the Ukrainian Olympic community.

ELECTION

ROBIN MITCHELL ELECTED ANOC PRESIDENT





Robin Mitchell is now the President of the Association of National Olympic Committees (ANOC). He was elected during the 24th ANOC General Assembly

“The General Assembly demonstrated the crucial role played by ANOC in providing a vital platform for NOCs to express their views, exchange ideas and share best practices.”

held in Seoul, South Korea, for a four-year term, which runs from 2022 to 2026.

Reacting to his election, he said he was honoured to have been elected President of ANOC, noting that the NOCs are an essential pillar of the Olympic Movement and ANOC.

As to the way forward and his vision, he added that ANOC has the responsibility to make sure that the interests of NOCs are represented and that NOCs are supported **“to the best of our abilities.”**

He noted that the General Assembly demonstrated the crucial role played by ANOC in providing a vital platform for NOCs to express their views, exchange ideas and share best practices. This is something we must continue to strengthen and promote, he said, insisting that he was ready to work with the ANOC Executive Council and all NOCs to ensure that this is done.

The pace has thus been set, as the new ANOC President intends to make his tenure a foundation of success and performance for the Olympic and sports movement.



MUSTAPHA BERRAF BEARS AFRICA'S VOICE



Yet, we can confidently state that we are well on track and that all the indicators are in the green for the current tenure to be crowned with success

Among the key attendees of the ANOC General Assembly held from 19 to 21 October 2022 in the South Korean



capital, Seoul, was ANOCA President, Mustapha Berraf, who addressed delegates on behalf of Africa. Talking about the initial months

“ We lack words to express warm enough gratitude to the IOC President, our Olympic Champion Dr Thomas Bach, for his unwavering support to African sport

of the current Executive Committee elected in May 2021, he asserted: ***“Today, admittedly, it may seem too early to take stock of the ground covered by this Executive Committee in our mission to promote African youth, who are our focal concern. Yet, we can confidently state that we are well on track and that***

all the indicators are in the green for the current tenure to be crowned with success. In May 2021, at the beginning thereof, the Executive Committee which I am honoured to head undertook to make ANOCA a worthy and respected organisation. Thus, we have been working for a year now to lend fresh impetus to the African Olympic Movement.”

Thanks to member NOCs, we have been able to conduct activities that have given us greater exposure, despite the Covid-19 pandemic that hung over our heads like a sledgehammer.” “Based on a number of indicators, we can easily make an objective evaluation of the year that just ended and to note that it met the expectations of the members of the African family on the whole,” he added.

The ANOCA President also thanked those stakeholders who have been providing





invaluable support to the African Olympic Movement. *“We lack words to express warm enough gratitude to the IOC President, our Olympic Champion Dr*

Mitchell and his team, for brilliantly raising ANOC to its true level. We congratulate and encourage all the athletes who are constantly striving to perform. Through



Thomas Bach, for his unwavering support to African sport. We equally thank our President Robbins

Olympic scholarships they are receiving unconditional support from Olympic bodies,” Berraf noted.

NOCS

IOC PRESIDENT CONGRATULATES AFRICAN NOCS





On the sidelines of the ANOC General Assembly held in Seoul, NOC continental organisations, including Mustapha Berraf (Africa), Spyros Capralos



South Korea, IOC President, Thomas Bach, had a dinner-meeting with all presidents of

(Europe), Robin Mitchell (Oceania), Neven Ilic (America); and Director General Husain Al-



Musallam (Asia). Also present was ANOC Secretary General, Gunilla Lindberg.

African athletes at the Tokyo 2020 Olympic Games.

While addressing ANOCA,

Indeed, in Tokyo, the continent's athletes showed the world the



represented by President Berraf, Thomas Bach congratulated the NOCs on the sustained development of African sport and the achievements of

lovely face of an Africa capable of honourably flying its colours and hauling medals in several sports disciplines.



RECOGNITION

THE PRESIDENT NOC DJIBOUTI AWARDED THE ANOC ORDER OF MERIT





The President of NOC Djibouti (CNOSD) and IOC Member, Aicha Garad Ali, on 19 October 2022 received the International Olympic Movement’s prestigious award, the ANOC Order of Merit, conferred on her by the IOC President, Thomas Bach. When news of the award was made public, the Prime Minister of Djiboutian, Abdoukader Mohamed Kamil, posted the following message on his Facebook page:

“The ANOC Order of Merit has just been conferred on Madam Aicha Garad Ali,

“ I will continue to do my best to develop sport at the highest level

President of NOC Djibouti and IOC Member. This gives all

the people of Djibouti great pride.”

Another strong message came from the Secretary of State for Sports, Hassan Mohamed Kamil: ***“The Secretariat of State for Sports, alongside the entire Sports family, is highly delighted by this recognition, which is further confirmation that national Sport is faring well. It is a well-deserved recognition. Our sincere congratulations, Madam Aicha.”***

Suffice it to note that the ANOC Order of Merit was awarded to Aicha Garad Ali for her leadership and relentless commitment to sport and Olympic values.

Speaking after receiving the medal, Aicha Garad Ali said she was «delighted» with the award: ***“Since I was young, sport has given me everything and, in turn, I have set out to***





give back to it. I will continue to do my best to develop sport at the highest level," she insisted.

President of the Republic, His Excellency Ismaël Omar Guelleh, for his strong support, as well as the CNOSD



The recipient could not conceal her delight, and availed herself of the opportunity to thank the

team, Presidents of national federations and athletes for their trust.

RECOGNITION

RETIRED ALGERIAN ATHLETE, NOUREDDINE MORCELI, AWARDED ANOC ORDER OF MERIT





Still on the sidelines of the ANOC General Assembly held recently in Seoul, South Korea, retired Algerian Athlete Nouredine Morceli, was conferred the ANOC Order of Merit by IOC President, Thomas Bach.

Aged 52, the Olympic champion has several international titles to his credit. A specialist in mid-distance races, Morceli is a four-time 1,500 m world champion.

Besides, he held 7 (seven) world records: 5 (five) open air and 2 (two) indoor, in distances ranging from 1500m to 3000m.

The former world champion is currently a sports adviser at River Side University, California.

"I am proud of this award, and I'm deeply touched. This Order of Merit is the best trophy and it crowns my entire sporting career. I am greatly honoured. I would like to thank all those who nominated me for this award," declared Morceli. ***"I am confident that the next generations will be worthy successors to us. I hope to be an example for young people in every field to distinguish themselves and leave their mark. I would like to point out that the State of Algeria is ever present to support athletes and my case is a glaring example. The support of the authorities has not stopped, and a case in point is the success of the 2022 Mediterranean Games in Oran, which set records in terms of the number of medals won,"*** he added.

RECOGNITION

THE PRESIDENT OF THE GAMBIA NATIONAL OLYMPIC COMMITTEE, BEATRICE ALLEN, HAS BEEN HONOURED WITH THE ANOC MERIT AWARD



Allen was an IOC member from 2006 to 2020 before becoming an honorary member last year. In reaction to the award, the happy recipient said she was very honoured, while thanking the IOC President and the ANOC Acting President, as well

as all the members for the mark of sporting fraternity. She said she was very happy to receive the award, and further thanked them for giving her the opportunity to achieve something that is deemed fit for recognition.



RESOLUTIONS

XXVI ANOC GENERAL ASSEMBLY RESOLUTION ON PRESIDENT BACH'S 'STATE OF THE OLYMPIC MOVEMENT' SPEECH





The ANOC General Assembly applauds and fully endorses the 'State of the Olympic Movement' address delivered by the IOC President Thomas Bach – 19.10.2022

It decides in particular:

- 1. To join wholeheartedly the appeal of the IOC President Thomas Bach to all world leaders: 'Give peace a chance'.***
- 2. To continue to fully support the IOC led initiatives of solidarity with the Ukrainian Olympic community.***
- 3. To fully support the efforts of the IOC in fulfilling its mission to unite the entire world in peaceful competition. In this context, the ANOC General Assembly calls on governments to fully respect the autonomy of international sports organizations as they have declared themselves in a number of recent United Nations declarations. This applies in particular with regard to the decision of which athletes can take part in which competitions.***
- 4. To reaffirm the full commitment of all the National Olympic Committees to the unity and solidarity within the Olympic Movement, and to their contribution to the peace mission of the IOC.***

RESOLUTIONS

XXVI ANOC GENERAL ASSEMBLY SEOUL 2022 RESOLUTIONS





XXVI ANOC GENERAL ASSEMBLY SEOUL 2022



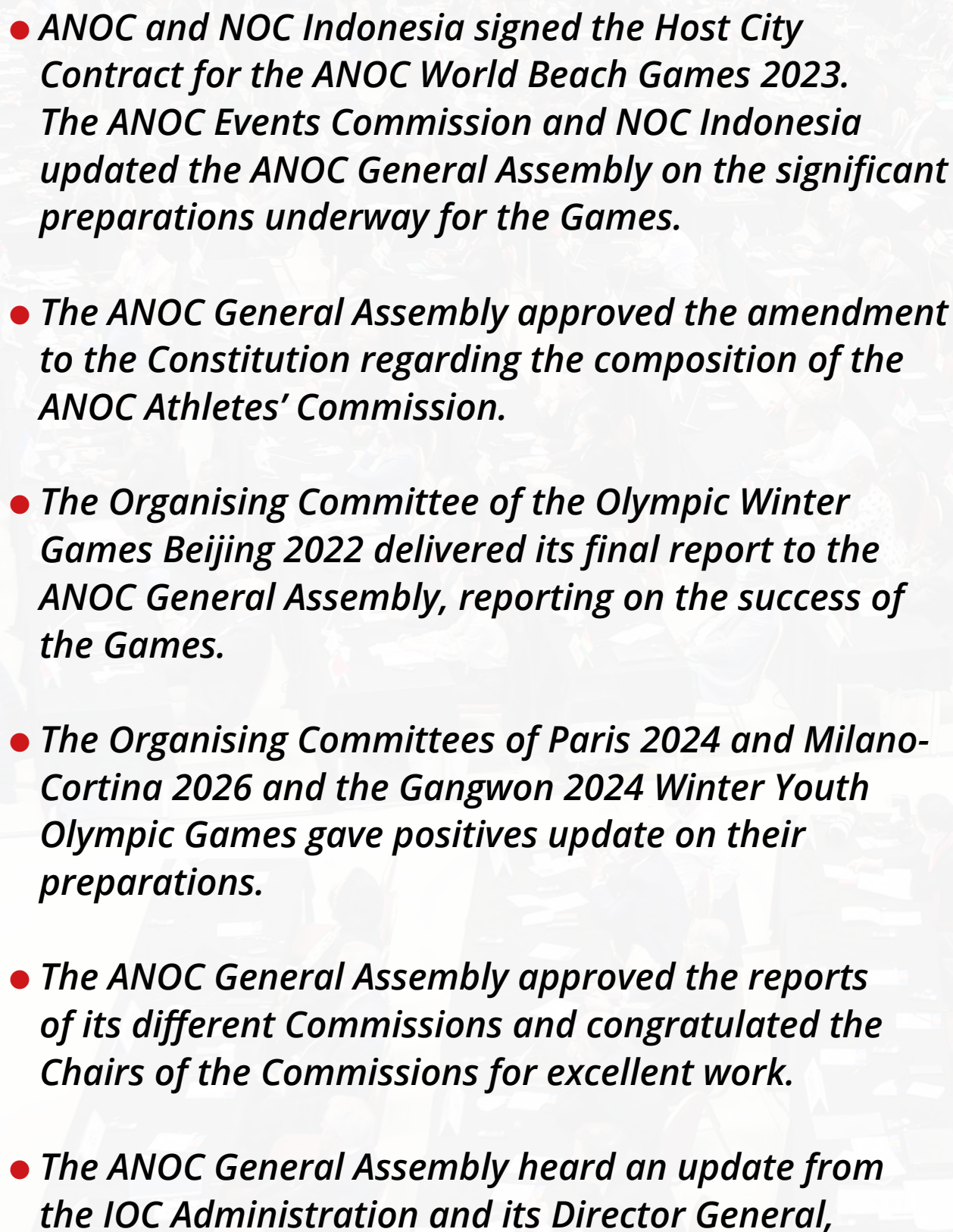
The XXVI ANOC General Assembly today passed the following resolutions:

- ***ANOC congratulated the Korean Sport & Olympic Committee and its President Lee Kee-heung on their excellent hosting of the XXVI ANOC General Assembly and thanked the President of the Republic of Korea for***



attending the meeting.

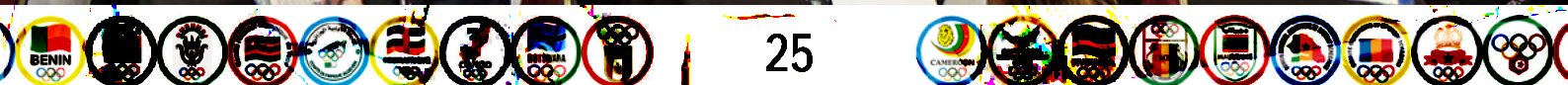
- *The ANOC General Assembly expressed its solidarity with the Olympic Community in Ukraine, as well as with the Olympic Communities in all countries facing conflicts and natural disasters.*
- *Acting ANOC President Robin Mitchell praised the work of the NOCs over the last year and promoted the importance of collaboration and unity in his report to the General Assembly.*
- *ANOC Secretary General delivered a progress report on the implementation of the ANOC Strategic Plan which was approved by the General Assembly in Crete last year.*
- *An update on the ANOC Digital Accelerator Programme was presented and ANOC committed to the continuation and enhancement of the programme.*
- *The ANOC General Assembly approved the Sustainability Plan and approved the Sustainability Pledge. ANOC has committed to reduce its carbon emissions by 50% by 2030 and to reach net zero by 2040.*
- *The ANOC General Assembly approved the Audited Financial Statements for 2021.*

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- *ANOC and NOC Indonesia signed the Host City Contract for the ANOC World Beach Games 2023. The ANOC Events Commission and NOC Indonesia updated the ANOC General Assembly on the significant preparations underway for the Games.*
 - *The ANOC General Assembly approved the amendment to the Constitution regarding the composition of the ANOC Athletes' Commission.*
 - *The Organising Committee of the Olympic Winter Games Beijing 2022 delivered its final report to the ANOC General Assembly, reporting on the success of the Games.*
 - *The Organising Committees of Paris 2024 and Milano-Cortina 2026 and the Gangwon 2024 Winter Youth Olympic Games gave positives update on their preparations.*
 - *The ANOC General Assembly approved the reports of its different Commissions and congratulated the Chairs of the Commissions for excellent work.*
 - *The ANOC General Assembly heard an update from the IOC Administration and its Director General,*



Mr. Christophe de Kepper and from the Director of Olympic Solidarity and NOC Services, Mr James MacLeod, about the support available to NOCs.

- *Chair of the Games Optimisation Group Kirsty Coventry delivered a report on the work of the new Group, which President Mitchell serves on as the representative of the NOCs.*
- *The Chair of the IOC Athletes' Commission, Mrs Emma Terho, gave an update of the work of the Commission and the cooperation with the ANOC Athletes Commission.*
- *The ANOC General Assembly elected Dr. Robin Mitchell to serve as ANOC President for the term 2022-2026.*
- *The ANOC General Assembly elected H.E. Sheikh Joaan bin Hamad Al-Thani to serve as ANOC Senior Vice President for the term 2022-2026.*
- *The ANOC General Assembly took note of the new ANOC Executive Council 2022-2026.*
- *The ANOC General Assembly approved Bali as the host of the next ANOC General Assembly on 13-15 August 2023.*





2ND AFRICAN BEACH GAMES

ANOCA AND TUNISIA SIGN PROTOCOL AGREEMENT



ACNOA - ANOCA

“ This African youth sports and cultural festival will be a great success thanks to the organisational conditions which will be up to expectations.

The hosting agreement for the 2nd African Beach Games billed for Hammamet, Tunisia, from 24 to 30 June 2023, was signed on 3 November between ANOCA President, Mustapha Berraf, Tunisia’s Minister of Youth and Sports, Kamel Deguiche, and the President of NOC Tunisia, Mehrez Boussayene.





The signing took place at the Ministry of Youth and Sports, after an inspection tour of the selected Games venues.

Conveying his deep gratitude to ANOCA, the Minister of Youth and Sports said that the choice of the city of Hammamet was an honour for his country. He reassured the audience of their Government's commitment to make this event a success, for, as he pointed out, ***"This African youth sports and cultural festival will be a great success thanks to the organisational conditions which will be up to expectations."*** For his part, ***President Berraf highlighted Tunisia's expertise in hosting major international sports events as a credit to this great country. He further added that: "The welcoming spirit and hospitality of Tunisians are well known. I doff my hat to the highest State authorities beginning***

with the Ministry of Youth and Sports, His Excellency the President of the Republic, regional authorities of the Governorate of Nabeul, local officials of the city of Hammamet as well as to the National Olympic and Sports Movement, for their commitment and determination to make history during this great African come together. I am also pleased with the great enthusiasm that the African Beach Games are already arousing in Tunisia and especially among young people."

It should be noted that the Yasmine Hammamet resort will be hosting over 1,000 participants for this event, representing the 54 ANOCA member countries.





2ND AFRICAN BEACH GAMES

PREPARATIONS GEAR UP



The Technical Committee for the organisation of the African Beach Games Hammamet 2023 met on 5 December 2022. This important meeting brought together ANOCA representatives led by the First Vice-President Joao Manuel Da Costa Alegre, representatives of African sports confederations of the various sports on the Games schedule, representatives of Tunisia's Ministry of Youth and Sports and the Local Organising Committee led by the NOC

President, Mehrez Boussayene. Vivendi, Sportsense and ADCOM were also present as consultants. Speaking on the occasion, the First Vice President of ANOCA wished for the best in the organisation of the games and then heartily thanked all the stakeholders for their commitment and especially for having taken up the challenge of organising the games despite the difficulties linked to COVID and the war in Ukraine.





Taking the floor thereafter, Mehrez Boussayene stressed that Tunisia will spare no effort in meeting the ANOCA hosting requirements. He further pointed out the urgent need to appoint officials in all the organising committees.

It should be noted that Sportsense(eventmanagement) and ADCOM (communication) were selected by the Local Organising Committee to prepare the competition venues and ensure communication around the event before and during the beach games.

With her experience from the organisation of the maiden African beach games, Filomena Fortez was on hand with her expertise to shed light on certain areas of concern.

Participants also made an inspection tour of the competition venue and the hotels selected for the accommodation of athletes and officials.

According to the First Vice President of ANOCA, preparations have progressed



quite satisfactorily, even if there is still a lot to be done. He declared that Tunisia and ANOCA were working to make the 2nd African Beach Games a great sports event for young athletes. He requested the Local Organising Committee to submit weekly reports, liaise with WADA Africa and take the necessary anti-COVID measures in case of a resurgence. Given that the major public clinics are located in Tunis, it was advised that private clinics be consulted for first aid. Joao Manuel Da Costa Alegre

also recommended that environmental concerns be considered. To this end, he urged the LOC to liaise with Let's do it! World to show that ANOCA is interested in sustainability.

The maiden African Beach Games took place in Sal, Cape Verde, from 14 to 23 June 2019. The African Beach Games project aims to offer the youth of the continent a high-profile event that should drive development and provide experience in promoting beach games.



COOPERATION

UIPM AND ANOCA PARTNER TO PROMOTE MODERN PENTATHLON ACROSS AFRICA



The MOU was inspired by the cooperation ties between ANOCA and International Federations, notably the International Cycling Union (UCI) and the International Swimming Federation (FINA)

On the sidelines of the recent ANOC General Assembly in Seoul, South Korea, the International Modern Pentathlon Union (UIPM) represented by its President, Klaus Schormann, signed a Memorandum of Understanding (MOU) with ANOCA represented by President Mustapha Berraf.



ANOCA undertook, under this Memorandum, to provide equipment, technical support and assistance for modern pentathlon training in Africa. Speaking after the signing, ANOCA Secretary General, Ahmed Hashim, said that the MOU was inspired by the cooperation ties between ANOCA and International Federations, notably the International Cycling Union (UCI) and the International Swimming Federation (FINA).

“Modern pentathlon is a

This African youth sports and cultural festival will be a great success thanks to the organisational conditions which will be up to expectations.

very old sport. UIPM aims to develop its activities in Africa by offering the continent’s athletes the opportunity to benefit from better training conditions, and to increase the number of officials and coaches on the continent. The project has been beneficial for us, as the continent already has over 20 federations, with about 40% in modern pentathlon. We are willing to cooperate with all International Federations,” he underscored. ***“We have already reached agreements with UCI and FINA, and this one is in line with our strategy to open our doors to IFs in order to work together to develop relevant disciplines on the promotion of relative sports in the continent,”*** added ANOCA Secretary General.



PARIS 2024

NOC MOROCCO BRACES FOR PARIS 2024

the NOC Morocco has been stepping up its support for athletes in the run-up to the Paris 2024 Olympic Games. After launching its scholarship programme for qualified athletes, the NOC recently requested all the country's sports federations to update their specific preparation

programmes for the Paris Games, in order to draw up an agreement defining their various commitments as well as the list of beneficiaries (athletes and coaches), the preparation programme, the provisional budget and set objectives.

In accordance with the





official qualification system of International Federations,

For these Games, it was also decided that bonuses be granted to the technical staff responsible for the preparation of qualified athletes

the country's federations with eligible athletes may benefit from a fully funded programme for their preparation on these main budget heads: air transport, living expenses during training and competitions (accommodation, feeding, local transport), general sports equipment, competition and training expenses.

These operations shall be funded under the agreement concluded in April 2019 between

the NOC and the Sports Ministry to implement a multi-annual programme for the preparation and participation of athletes in international sports events between 2019 and 2028.

Besides, the NOC and the Ministry of Sports have reviewed the scale used to reward the country's athletes who will participate in the Paris 2024 Olympic Games. This is meant to spur them to represent the Kingdom of Morocco honourably during these Games.

It follows that these bonuses are no longer limited to qualification, but also reward performance, as an incentive for qualified athletes to give their best and add quality to Morocco's participation in the Paris 2024 Olympic Games.

For these Games, it was also decided that bonuses be granted to the technical staff responsible for the preparation





of qualified athletes, and whose names appear on the agreements signed between

They shall be calculated based on the peculiarities of each sport event, competition



the NOC and the Royal Federations of Morocco. These bonuses shall represent 50% of the total grants allocated for athletes' performance at the Games.

format and the final ranking of each athlete, depending on behavioural, conduct and ethical requirements that must be strictly complied with.



NOC MALI HOLDS GENERAL ASSEMBLY IN BAMAKO



NOC Mali (CNOSM) held its ordinary General Assembly on 3 December 2022 at its headquarters in Bamako. Chaired by Habib Sissoko, the opening ceremony was graced by a host of dignitaries, including Executive Committee members of the NOC, representatives of national sports federations,

the President of the National Olympic Academy of Mali, Mrs Keita Aminata Maiga, the representative of Moov Africa Malitel and the president of the Association of Sports Journalists of Mali (AJSJ). The agenda featured the adoption of the minutes of the 2020 ordinary General Assembly, presentation and adoption of 2021 reports



notably the Progress Report by the Secretary General and the Financial Report by the Treasurer General. After a careful scrutiny, federation representatives adopted all the documents tabled before them.

Delegates did not fail to extend their gratitude and congratulations to President Sissoko and his team: “We have nothing to say, if not to congratulate you on the quality of documents presented ... Thank you for everything that you do for the federations. We are together and the federations have asked me to reassure you of their support,” they said, in a statement read by their spokesperson, Adama Mariko of the Karate Federation.

In turn, the CNOSM President thanked them for **“the work accomplished.”** By certifying the various reports, Habib

Sissoko told them, **“...you have demonstrated that you are masters of the game. I feel proud. I am honoured to have conducted the Annual Session in the spirit of dialogue.”**

He expressed the hope that the next ordinary General Assembly would be prepared with **“the same foresight and wisdom”** by leveraging the **“useful experience”** acquired.

“For years, we have risen to challenges together. The challenges of tomorrow are the glue of our association and participation in the upcoming major world youth event, the Paris 2024 Olympic Games. We need more steam to succeed. We will do it together in understanding and solidarity. We will do it together responsibly and with commitment,” declared Habib Sissoko.



DECORATION

HABIB SISSOKO RAISED TO THE RANK OF COMMANDER OF THE NATIONAL ORDER OF MALI



The President of the Transition, Colonel Assimi Goïta, recently conferred on the President of NOC Mali (CNOSM), Habib Sissoko, the medal of Commander of the National Order of Mali for services rendered to sport in the country, a distinction the recipient dedicated to CNOSM members and the Olympic and sports movement as a whole.



«I dedicate this medal to the members and staff of the NOC, and to the Olympic and Sports Movement of Mali.»

Moments after the official decoration ceremony on Friday, 9 December 2022, at the Koulouba Palace, the CNOSM President was treated to a rousing welcome by CNOSM members and staff.

Speaking on their behalf, in a most convivial atmosphere, the Director of Cabinet, Tidiane Niambélé, hailed the NOC boss:

«This medal is well-deserved, because all the actions you have taken as a sports administrator contribute to sport development, which is a fundamental sector of our country. You have devoted your entire life to this and, today, the Nation recognises it. I wish to congratulate you most heartily, on behalf of CNOSM members and staff. It is thanks to you that we have been able to create a team. We are a real team. Mr President, please rest assured of our undivided loyalty and trust,» he said.

Visibly very moved, Habib Sissoko was short of words: «this medal is for you, CNOSM staff. We owe this to your support, your dedication and love for what we do. I dedicate it to you! Combativeness personified, several times national judo champion, Habib Sissoko was selected at the age of 21 to represent Mali at the 1980 Olympic Games in Moscow (erstwhile USSR). A renowned athlete, at just 38, he became an outstanding manager and helped write some of the most beautiful pages of the history of judo in Mali as Federation President.

At the end of the 1990s, judo was the driving force of sport in Mali under the impetus of the **«Club des amis du Judo»**. This success earned him the trust and esteem of the National Olympic and Sports Movement, which entrusted him with the governance of the NOC in 2000 at age 41.

A born leader, Habib has left his mark on sport in Mali, which is now efficient and, above all, stands out among NOCs.



Rigour, accountability, pragmatism, dedication, loyalty, humility, integrity and transparency are his watchwords, the secret of the spectacular rise of this native of Niaréla.

Habib Sissoko is a national and global icon: President of the African Judo Union in 2016, reappointed member of the Executive Committee of the International Judo Federation (IJF) in charge of the development of the discipline in Africa, President of ANOCA Zone II, member of the ANOC Executive Council.

All these responsibilities have of course earned him several accolades: Commander of

the National Order of Mali, certificate of recognition from the Mali Football Federation (FEMAFOOT), holder of the national Order of Sports Merit, Officer of Merit (Senegal), Medal of Olympic Merit (Algeria), Commander of the Order of Merit of the International Military Sports Council (CISM).

The recognition of the Nation, expressed by the President of the Transition, is an outstanding merit.

It is a real source of pride for President Habib Sissoko, his family, friends, collaborators and the entire National Olympic and Sports Movement.





PARIS 2024

WORKSHOP TO BRAINSTORM THE PARTICIPATION OF IVORIAN ATHLETES





Executive Sports Management authorities in Côte d'Ivoire have requested all National Olympic and Sports Movement stakeholders to brainstorm ways to fully prepare the country's athletes for the Paris Olympic and Paralympic Games. They should build on the results of the Tokyo 2020 OG to bounce back in the Paris 2024 event.

While opening the seminar,

In the ensuing deliberations, committees were created to further brainstorm all aspects that may help team Côte d'Ivoire to bag more medals in Paris

the Director General of Sports, Bertin Koffi, expressed optimism with regard to improved performance by Ivorian athletes in Paris. ***“The current performance of athletes gives hope that Côte d'Ivoire can beat its record at the upcoming Paris 2024 Olympic Games if enabling conditions are created,”*** he pointed out.

To this end, he urged participants not to turn the forum into a court. On his part, the Vice President of NOC Côte d'Ivoire urged the sports movement to draw lessons from the last Olympic Games. For his part, the Minister of Sports, Paulin Claude Danho, reasserted his vision to enable Ivorian athletes perform by providing relevant structures, before appealing to the entire sports movement: “We expect athletes to put up an outstanding performance at the Paris 2024 OG. For this to





happen, we must contribute in improving their performance because it is a challenge for the whole of Côte d'Ivoire. Remember that Côte d'Ivoire returned from the Tokyo 2020 OG with a bronze medal won in taekwondo by Ruth Gbagbi."

In the ensuing deliberations, committees were created to further brainstorm all aspects that may help team Côte d'Ivoire to bag more medals in Paris. The workshop concluded with strong recommendations in view of an optimal preparation and a befitting participation by Ivorian athletes in these events.





TANZANIA OLYMPIC COMMITTEE

WORKSHOP FOR ATHLETES



The Tanzania Olympic Committee (TOC) recently held a two-day workshop in Kibaha, with the aim of sharing best practices with athletes on ways to adopt healthy lifestyles to enhance their performance during competitions.

The workshop brought together over a dozen athletes, and was graced by the Vice President of TOC, Henry Tandau. It was facilitated by

Executive Committee member, Suma Mwaitenda, and the Deputy Secretary General of the organisation, Suleman Mahamoud Jabir, who spoke in detail about leadership and the role it plays in creating an enabling working environment. He went on to address the persistent problem of doping in sport while stressing the importance of integrity and respect in the spirit of fair competition, to create a level ground for all athletes.





NOC ALGERIA

ALGIERS HOSTS MAIDEN INTERNATIONAL CONFERENCE ON SPORT MEDICINE



AGNOA - ANOCA

The maiden International Conference on Sport Medicine dubbed “Recovery: A Performance Tool”, was recently organised by the Medical Commission of NOC Algeria (COA) as part of its strategy to support Sports Federations. The conference aimed mainly to demonstrate

that nutrition, just like training and recovery, is a key elite sport performance factor. The meeting was attended by Algeria’s Minister of Youth and Sports, Abderazak Sebgag, COA President, Abderrahmane Hammad, representatives of National Sports Federations, researchers, national and



foreign experts, as well as elite athletes.

“Sports federations are responsible for the recovery of elite athletes. They must ensure the well-being of their athletes, especially those who are preparing for major international competitions such as the Paris 2024 Olympic Games. This event is very important for public authorities who have put in all human and financial resources to ensure that our athletes are properly prepared,” the Minister declared at the opening ceremony.

Speaking on the occasion, the Chairlady of the Medical Commission, Ferial Chouiter, highlighted the best recovery techniques for elite athletes to reduce muscle injury. ***“Recovery is crucial for athletes, especially for elite athletes whose routine training and competitions are becoming increasingly intensive. Poor recovery could***

expose him/her to potential injury,” she underscored.

The Medical Commission Chair insisted that massage is one of the best recovery strategies. It is a very traditional method which enhances recovery after physical exercise.

Presenting on “Sleep and Physical Performance Capacity”, Rafea Roques, a neurophysiologist in Paris, highlighted the benefits of sleep when preparing for a



An unhealthy diet can affect athletes in many ways. Especially, it can lead to a drop in performance, loss of energy, risk of injury



workout, a competition or recovery after a workout or a competition. ***“Elite athletes may experience sleep disorders during a workout or after a competition. Athletes must adopt proper sleeping habits to improve on sleep and possibly on performance,”*** she noted.

The conference also featured a presentation on “Special diet for athletes” by Ikram Benayad, the nutritionist of the national teams of Tunisia. She highlighted the basics of nutrition for athletes during recovery periods, insisting that:

“An unhealthy diet can affect athletes in many ways. Especially, it can lead to a drop in performance, loss of energy, risk of injury, and hypoglycaemia. The athlete’s diet must therefore meet the high energy use needs, and provide all the nutrients the body needs to perform and

recover.”

According to her, key nutritional needs for athletes include carbohydrate, lean protein, while limiting fat intake, maintaining proper hydration, and choosing foods based on the individual’s tolerance. Moreover, the right amount of water, carbohydrate, proteins and lipids depend on the type of activity and many other factors (sex, age, weight, height, etc.). That is why it is preferable to call on a registered dietician to receive personalised nutrition counselling.

The first International Conference on Sports Medicine afforded an opportunity for local and foreign speakers to address several issues on athletes’ mental recovery, the use of cryotherapy, neurostimulation, and magnetic waves in muscle recovery.



ROAD TO DAKAR 2026

DAKAR 2026

IOC PRESIDENT ON A WORKING VISIT TO DAKAR





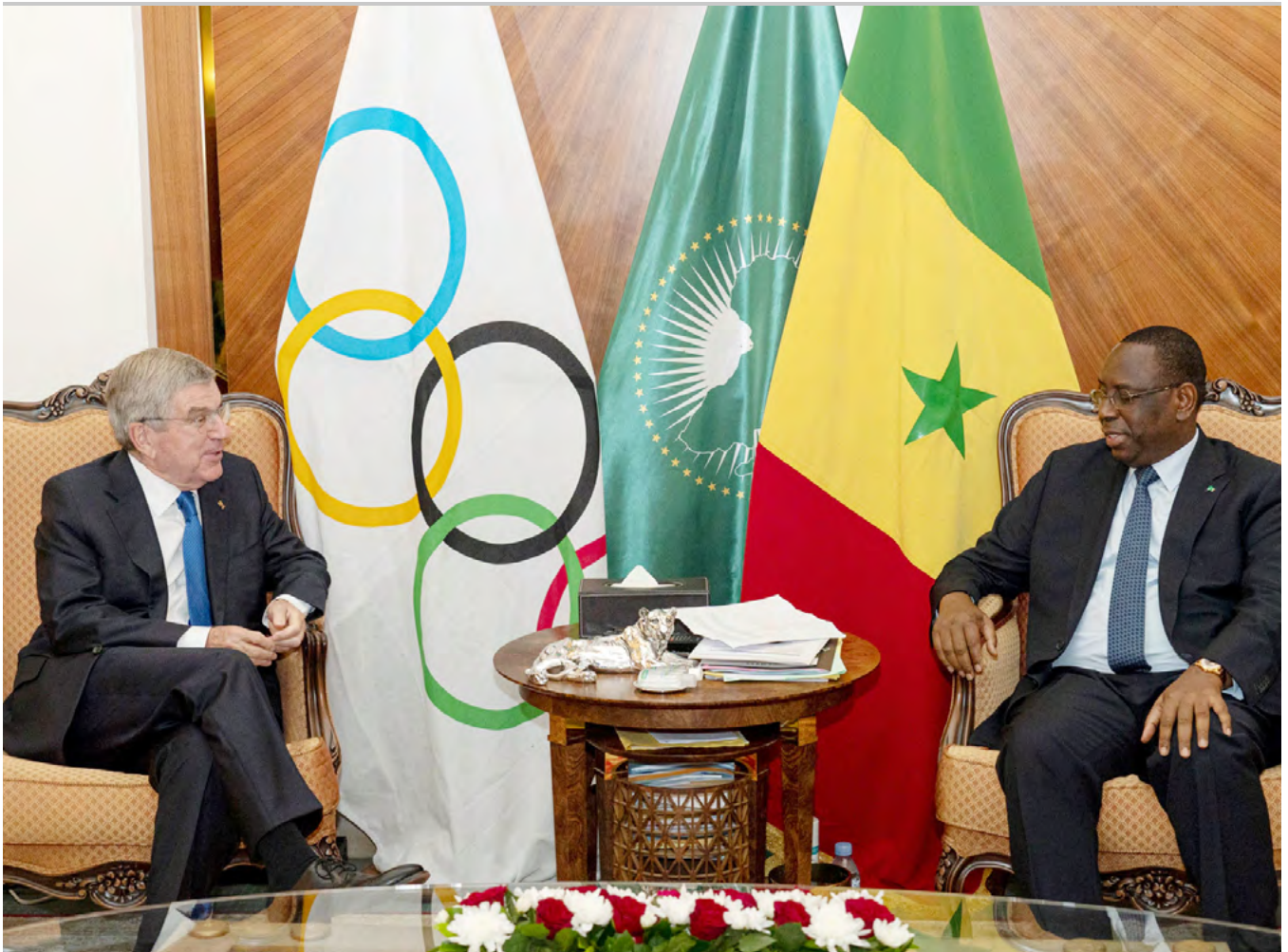
The IOC President took advantage of the opening ceremony of the **“Dakar en Jeux”** festival held from 29 October to 5 November 2022 ahead of Dakar 2026, to visit the capital city of Senegal. It

events for the Olympic Forest, inspection of the future Athletes Village, unveiling of the fresco of the next summer YOG, meeting with young local athletes and the national press and, finally, an official dinner



was indeed a hectic schedule for the steward of the Olympic Movement: tree planting

with the President of the Republic, Macky Sall. Thomas Bach was accompanied by an



time to return and enjoy the first Olympic event on African soil, an event for Africa, with Africa, that will welcome the youth of the world in Senegal,” he concluded.

President Macky Sall in turn thanked Thomas Bach and the IOC for their friendship and expressed his gratitude ***“for the great cooperation with the Dakar 2026 Organising Committee.”***

In 2022, instead of the initially planned Youth Olympic Games, it was the “Dakar en Jeux” Festival that was programmed from 29 October to 5 November – the initial dates of the YOG – in the three host cities of Dakar, Diamniadio and Saly. This celebration of sport and culture which will be taking place every year up to 2026 will help promote the YOG, and at the same time encourage young people to prepare for the event.

OLYMPIC FOREST

IOC PRESIDENT, THOMAS BACH, PLANTS A TREE

On the sidelines of his visit to Senegal on 29 October 2022, IOC President, Thomas Bach, accompanied by IOC members Kirsty Coventry and Mamadou Diagna Ndiaye,

planted a symbolic native tree at the future Youth Olympic Village in Dakar. This initiative had as goal to celebrate the first phase of tree planting activities for the Olympic Forest





in Senegal and Mali, where 70,000 seedlings have already

been planted.

“ The Olympic Forest is a key component in IOC’s drive to move from a carbon-neutral to a climate positive organisation in 2024. It enables us to absorb more carbon from the atmosphere than we emit.

During the tree planting event at the campus of Diamniadio University, where the site of the future Dakar 2026 YOGs Village is located, the IOC President expressed his satisfaction with the progress made so far: *“I am delighted to see that the project is now launched and the first 70,000 trees have been planted in Sahelian villages in Senegal and Mali. The Olympic Forest is more than just planting trees. Sahelian*





communities will greatly benefit from this project with improved climate resilience, food security, and nutrition and income opportunities. The Olympic Movement is about building a better world through sport, and the Olympic Forest demonstrates our commitment to this vision."

The Olympic Forest project will involve the planting of about 590,000 native trees over the next four years, across 90 villages in Mali and Senegal. The

goal is to restore about 2,000 hectares of forest and degraded agricultural land.

"The Olympic Forest is a key component in IOC's drive to move from a carbon-neutral to a climate positive organisation in 2024. It enables us to absorb more carbon from the atmosphere than we emit. We therefore want to lead the way for the entire Olympic Movement," the IOC President added.





DAKAR 2026

IOC PLEASSED WITH PROGRESS OF PREPARATIONS



During the fourth meeting of the Olympic Committee Coordination Committee held online on 13 October, the IOC noted with satisfaction the level of preparedness for the seventh edition of the Youth Olympic Games Dakar 2026, the work done by the Youth Olympic Games Organising Committee, and the progress

of on-going renovation and construction works for this global event.

“We are delighted to see the tremendous work that has been done by Dakar 2026 since the announcement of the postponement of the Youth Olympic Games (YOG) due to the COVID-19 pandemic. The team has embraced



the opportunity to work on local youth engagement with great enthusiasm, and has made great progress in the delivery of sport and culture programmes. We are delighted to have such strong stakeholders coming together to make these YOG a success,” said the IOC Chair of the Dakar 2026 Coordination Committee, Kirsty Coventry, during the aforementioned videoconference with the General Coordinator of the Organising Committee for the 2026 YOG, Ibrahima Wade, Christophe Dubi, IOC Executive Director Olympic Games, and members of International Sports Federations.

For his part, the General Coordinator of Dakar 2026, Ibrahima Wade, presented a detailed programme of each project, which he believed inspires greater interest and hope.

“Thanks to the hard work of the Dakar 2026 and IOC teams, the project remains firmly rooted in the national, African and worldwide network, and continues to build interest and hope” said he, before continuing: *“Our energy has been focused on repositioning the project, drawing up a new roadmap and availing ourselves of opportunities created by the postponement from 2022 to 2026.”*

It should be noted that the YOG will bring together the best young athletes in the world, for 14 days, with some 4,600 athletes competing in 35 sports disciplines.



PICTURES

ANOC GENERAL ASSEMBLY















































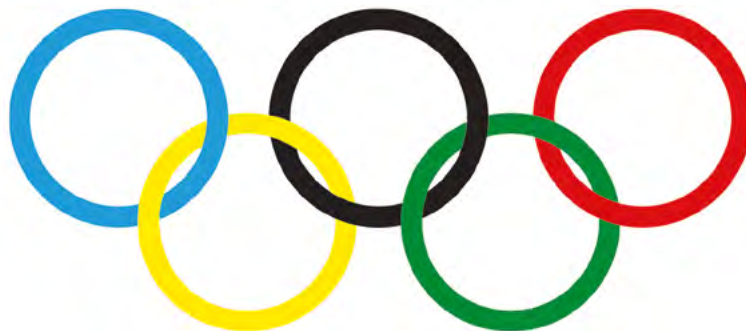









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Contacts


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