



# RNOSC & RCGA

## Quarterly Newsletter

April - June 2022



commonwealth  
games  
RWANDA



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**From**

**RNOSC & RCGA President**

# Foreword

Dear Readers,

We are delighted to release the Quarterly Newsletter of both Rwanda National Olympic and Sports Committee (RNOSC) and Rwanda Commonwealth Games Association (RCGA) of April to June 2022;

This platform is a source of information for you covering every activity of the Rwanda National Olympic and Sports Committee/Rwanda Commonwealth Games Association.

In the last three months, we implemented various sports activities including the celebration of the Olympic Day 2022, fostering gender equality by organizing "Smart Women – Smart Sport" workshop, in collaboration with the Ministry of Sports and National Sports Federations we also successfully organized the Genocide Memorial Tournaments 2022 (GMT 2022) for Kwibuka 28 to name few.

I conclude by highly appreciating the contribution of the RNOSC/RCGA members, partners and individuals to the success of the Rwanda Olympic Movement/Commonwealth Sport Family, especially those who are always committed to bring the Olympic/Commonwealth Values to life every day.

Happy Reading!

Sincerely,

**Theo UWAYO**

**President**



## The visit of Embassy of France to the RNOSC President

On April 05, 2022, the President of the Rwanda National Olympic and Sports Committee Mr. Theo UWAYO met with a delegation from the Embassy of France in Rwanda and the French Development Agency to discuss

potential areas of collaboration in the preparation of Team Rwanda for the Paris 2024 Olympic Games and partnership in different sports activities including the Olympic Day 2022.



During the Olympic Games Paris 2024, in all, 329 events will take place across 762 sessions between 24 July and 11 August with many highlights

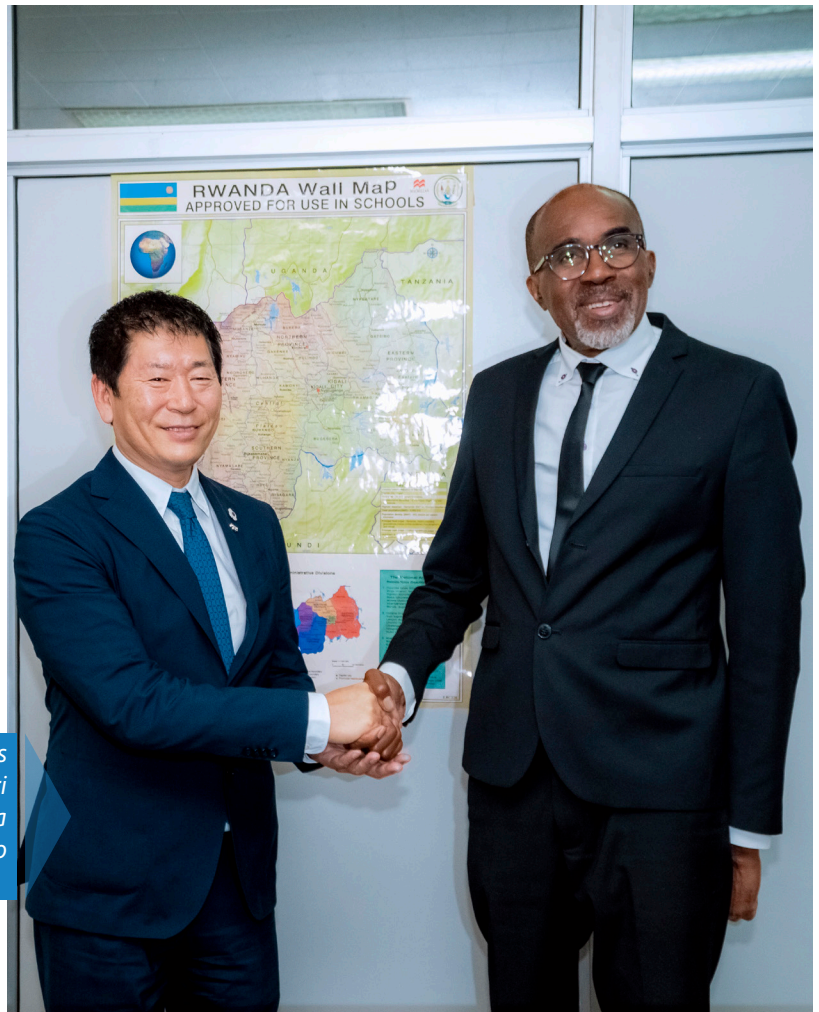
throughout the 19 days of competition. The official slogan for the Olympic and Paralympic Games Paris 2024 is the "Games Wide Open".



## The visit of the President of the International Gymnastics Federation (FIG) to the RNOSC President

On April 19, 2022, the President of the Rwanda National Olympic and Sports Committee Mr. Theo UWAYO received the President of the International Gymnastics Federation (FIG) IOC Member Morinari WATANABE during his 3-day working visit to Rwanda.

They discussed mutual cooperation and ways to develop gymnasts in Rwanda, especially through coaching and sport facilities.



*The President of the International Gymnastics Federation (FIG) and IOC Member Morinari WATANABE (left) and the President of the Rwanda National Olympic and Sports Committee Mr. Theo UWAYO (right).*







As part of his visit, the IOC Member Morinari visited Kigali Genocide Memorial to pay respects to victims of the 1994 Genocide against the Tutsi and was guided through memorial exhibits to learn more about the history of Genocide and Rwanda's efforts to rebuild.

From left: IOC Member Félicité Rwemarikira, President of the International Gymnastics Federation (FIG) and IOC Member Morinari WATANABE, President of Rwanda Gymnastics Federation Mr. Aimable Rwabidadi.

He also visited sports facilities including Kigali Arena where he witnessed the talents of Rwandan gymnasts.



Rwandan gymnast performing at Kigali Arena, 20 April 2022.



# High level training courses for coaches

From the 25th to the 29th April 2022, Mr. Sempoma Félix, the Head Coach of National Cycling Team participated at the high level training course for coaches organized by the "Association Francophone de Comités Nationaux Olympiques (AFCNO)" in Senegal.

This multidisciplinary training gives unique opportunity to the participants to share their expertise and discuss topics related to high-level performances including training preparation and improvement of athlete performance, physical preparation and injury prevention.



*The Head Coach of National Cycling Team Mr. Sempoma Félix receiving his certificate*

So far, the Rwanda National Olympic and Sports Committee helped 4 following coaches to attend this training course since 2016:

1. Sempoma Félix: Rwanda Cycling Federation
2. Mana Jean Paul: Rwanda Volleyball Federation
3. Karasira Eric: Rwanda Athletics Federation
4. Furaha Pascal: Rwanda Tennis Federation





## UFAK Eastern Region Karate Championship 2022

**W**ith support of the Rwanda National Olympic and Sports Committee, the National Karate Team participated in the UFAK Eastern Region Karate Championship 2022 held in Nairobi, Kenya from the 16th to the 21st of May 2022.

Shyaka Ndutiye Maic (-60kg), Ntwali Fiston (-67kg) and Niyitanga Halifa (-75kg) represented the country and all finished 1st in their respective karate kumite categories while Niyitanga Halifa also finished 2nd in karate kata.

The trio benefits from the Continental Athlete Support Grant offered by the Rwanda National Olympic and Sports Committee within the framework of the Olympic Solidarity's programmes.







Niyitanga Halifa won gold and silver medals in kumite -75kg and kata categories respectively



Shyaka Ndutiye Maic won gold medal in kumite -60kg category



Ntwali Fiston won gold medal in karate kumite -67kg category



# 38 participants including 33 women attended the “Smart Women – Smart Sport”, organized by the RNOSC

From the 19th to the 20th of May 2022, the Rwanda National Olympic and Sports Committee (RNOSC), in collaboration with the RNOSC Women in Sport Commission, hosted a workshop titled “Smart Women – Smart Sport” under the theme “Women and Sport”, held at Centre d’Accueil Bonne Espérance in Kigali city.



The event aimed at empowering and providing capacity building to its members by addressing various challenges the Rwanda Sport Movement is facing while promoting the Olympic values and gender equality in particular and this was emphasized by the Second Vice President at the RNOSC Mrs. Salama Umutoni in her opening remarks.

*The Second Vice President at the RNOSC Mrs. Salama Umutoni speaking at the opening ceremony*





"This workshop aims at discussing the challenges women face in sports sector. There are also experts who will share their expertise and I encourage women to talk about the issues they face and work together to find solutions and a better way forward," she said.

A total of 38 participants including 33 women from National Sports Federations, Rwanda Olympians Association and Sports Centers of Excellence in Schools (ISONGA Programme) took part.

During these two days, the participants benefited from the following presentations:

- "Prevention of Harassment and Abuse in Sports (sexual, verbal & emotional abuse) and Mental Health." by First Vice President at Rwanda Cycling Federation Mrs. Mukazibera Marie Agnes
- "Talent Detection" by the Technical Director at Rwanda

Volleyball Federation Mrs. Gertrude Kubwimana

- "Sports Nutrition" by Nutritionist/MD "La Pervenche Nutrition Cabinet" Mrs. Mukayumba Anastasie

- "Menstruation and Athlete's Performance" by Sports Expert Mrs. E'GAIRMA Hermine

- "Sports Medicine" by RNOSC Medical and Anti-Doping Commission Dr. Nuhu Assuman and the Vice President of the RNOSC Sport For All Commission Mrs. Murangwa Usenga Sandrine

- "Sports and Mental Health" by the Director General of Huye Isange Rehabilitation Center Dr. Patrick RWAGATARE

- "Women in Coaching" by Head Coach REG Women BBC Mukaneza Espérance

- "Refereeing" by FIFA Referee Murangwa Usenga Sandrine

- "Sports Journalism" by Sports Journalist and President of the RNOSC Women in Sport Commission Ariane Uwamahoro

Igihozo Yvette who participated in the workshop shared her key takeaway: "We learned how to avoid violence against a sportswoman, how to nourish our bodies as sportswomen, we were given insightful information about women's periods and we also had an opportunity to hear testimonies of women in sports industry."

The Technical Director at Rwanda Volleyball Federation Mrs. Gertrude Kubwimana who was among the speakers: "We received positive feedback from invited participants to this event, including athletes, coaches, referees or others involved in sports management. They were happy and eager for more knowledge."



*The Technical Director at Rwanda Volleyball Federation Mrs. Gertrude Kubwimana presenting on the "Talent Detection" topic*



In her closing remarks, the IOC Member Mrs. Félicité RWEMARIKA urged her fellow women to remain focused and take a leaf from a few who have excelled if they are to succeed in various sports disciplines.

“Firstly, we encourage women to believe in themselves, secondly,

to improve their personal development skills and their contribution to the development of sport. You do not have to think that opportunities will come to you just because you are a woman but because you deserve it,” Rwemarika said.

“We were able to hear from them,

their challenges and what they want to be done. We are going to present them to competent authorities to find solutions for them toward creating a better environment for women in sports,” she added.



The IOC Member Mrs. Félicité RWEMARIKA addressing the participants at the closing ceremony



The workshop was concluded with certificate award ceremony and group photo.



# Visit of the Secretary General of CONFJES to the RNOSC President

On the 23rd of May 2022, the President of the Rwanda National Olympic and Sports Committee Mr. Theo UWAYO received in his offices Mrs. Louissette-Renée THOBI, the Secretary General of Conférence des Ministres de

la Jeunesse et des Sports de la Francophonie (CONFJES) and discussed areas of partnership towards sports development including the "Double Carrière" Programme ahead of the Youth Olympic Games Dakar 2026. Also in attendance were

the International Olympic Committee Member Mrs. Félicité Rwemarika and Mrs. Salama Umutoni, the Second Vice President at the Rwanda National Olympic and Sports Committee.



From left: the RNOSC Vice President Mrs. Salama Umutoni, RNOSC President Mr. Theo UWAYO, the Secretary General of CONFJES Mrs. Louissette-Renée THOBI and the IOC Member Mrs. Félicité Rwemarika



# 16 National Sports Federations successfully hosted GMT 2022

Every year on April 7, Rwanda begins a 100-day commemoration of the 1994 Genocide against the Tutsi that claimed lives of over one million victims.

Normally, as other Rwandans, every year in June, the Rwanda Sport Movement organize various commemoration

activities to remember and pay respect to the victims of the 1994 Genocide against the Tutsi especially sportsmen and women.

The year of 2022 was marked by two following activities:

- Kwibuka 28 by the Ministry of Sports, Ministry of Youth and Culture and Rwanda

National Olympic and Sports Committee

- Genocide Memorial Tournaments (GMT) organized by National Sports Federations under the coordination of the Rwanda National Olympic and Sports Committee in partnership with the Ministry of Sports.

## 1. Kwibuka 28 by the Ministry of Sports, Ministry of Youth and Culture and Rwanda National Olympic and Sports Committee

The Ministry of Sports, the Ministry of Youth and Culture and the Rwanda National Olympic and Sports Committee (RNOSC) visited the Kigali Genocide Memorial, on 05

May 2022, in remembering and honouring the victims of the 1994 Genocide against the Tutsi, especially those who were part of MIJEUMA including sportsmen/women and artists.

The event included a discussion related to Rwanda's history, the origins of the genocide ideology and the contribution of youth in fighting Genocide denial.



Minister of Sports Hon. Aurore Mimosa MUNYANGAJU (left) and Minister of Youth and Culture Hon. Rosemary mbabazi (right) laying wreaths on the burial place at Kigali genocide Memorial to honour more than a million victims perished during the Genocide against the Tutsi.





Athletes and artists who participated in Kwibuka 28 organized by the Ministry of Sports, Ministry of Youth and Culture and Rwanda National Olympic and Sports Committee.



## 2. Genocide Memorial Tournaments 2022 (GMT 2022)

From April 16 to June 19, 2022, 16 National Sports Federations in collaboration with the Ministry of Sports and the Rwanda National Olympic and Sports Committee successfully organized the Genocide Memorial Tournaments 2022 (GMT 2022) to remember and pay respect to the victims of the 1994 Genocide Against the Tutsi, in particular the sportsmen and women.

The table below shows 16 Sports Federations that hosted the GMT 2022:

NO	Federation	Dates
1	Rwanda Swimming Federation	16 April 2022
2	National Paralympic - Rwanda	07 May 2022
3	Rwanda Tennis Federation	15 May 2022
4	Rwanda Karate Federation	15 May 2022
5	Rwanda Skating Federation	15 May 2022
6	ARPST	21 May 2022
7	Rwanda Rugby Federation	21 May 2022
8	Rwanda Cycling Federation	22 May 2022
9	Rwanda Fencing Federation	28 May 2022
10	Rwanda Table Tennis Federation	28 May 2022
11	Rwanda Boxing Federation	29 May 2022
12	Rwanda Taekwondo Federation	29 May 2022
13	Rwanda Handball Federation	29 May 2022
14	Rwanda Kung Fu Wushu Federation	29 May 2022
15	Rwanda Volleyball Federation	05 June 2022
16	Rwanda Cricket Association	09-18 June 2022

Some photos of Genocide Memorial Tournaments 2022 (GMT 2022):

















# RNOSC joined Gasore Serge Foundation to celebrate the Olympic Day 2022



On June 23, 2022, the Rwanda National Olympic and Sports Committee joined 500 students from Rwanda Children Christian School founded/Gasore Serge Foundation in Bugesera district to celebrate the Olympic Day 2022.

2022's theme celebrates the power of sport to bring people together in peace: a call to action for people to move together, up to and during Olympic Day, to show their united support for a peaceful world.

On the occasion of the Olympic Day 2022 celebrations, children discovered new sports such as Olympic Day Run, Kids Athletics, 3x3 Basketball, Karate, Aerobics and Traditional Games, performed by a group of elderly people with the aim of passing on their knowledge to new generations.



Olympic Day Run





Kids Athletics



3X3 Basketball





*Children practicing karate as part of the Olympic Day 2022 celebrations*



*Children discovering Rwandan traditional games*





*The children also performed Rwandan tradition dance*





The Rwanda National Olympic and Sports Committee, in collaboration with Rwanda Basketball Federation, Rwanda Football Federation and CAVB Zone 5, donated sports equipment to Rwanda Children Christian School/Gasore Serge Foundation to support young talents.







A team representing the Rwandan Olympians also participated in the Olympic Day 2022 celebrations to inspire the youngsters.





*“We are happy to work together with RNOSC to celebrate the Olympic Day this year. It is a great opportunity for our children to know and participate in some sports disciplines that they were not used to, for example Basketball 3X3 and traditional games. Through these sports, they can learn some Olympic values that can assist them to become good sports personalities, and good students,” said Serge Gasore, the founder of the Gasore Serge Foundation.*



*Gasore Serge, the founder of the Rwanda Children Christian School/Gasore Serge Foundation*



Pamela Girimbabazi Rugabira, a three-time Olympian who is an advisor at the RNOSC spoke about the importance of the Olympic Day celebrations.

“Every year, we celebrate this day with youngsters, especially students from lower schools, so that we can help them grow up doing and loving sports. We teach them Olympic values and how they can apply them in their daily lives. We also bring them their older counterparts who managed to participate in Olympic Games so they can play together and inspire them on this important day. It helps them grow up knowing the meaning of the Olympics, and having the desire to participate in them.”



Also, during the Olympic Week, the Rwanda National Olympic and Sports Committee joined the Kids International Play on June 19, 2022, to celebrate the Olympic Day in Nyanza district and around 300 children participated.







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