

UOC PEDIA

Monthly Insights



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COMMONWEALTH FOREST INITIATIVE

Commonwealth Games Uganda and Little Hands Go Green officially launched the Commonwealth Forest Initiative in Mabira Forest on 5TH June 2026, marking the start of a landmark environmental legacy program that unites all 74 Commonwealth nations and territories through forest restoration, biodiversity conservation, climate action, and youth engagement. During the launch, 74 indigenous trees were planted as a symbol of unity and shared responsibility for protecting the environment. Supported by Commonwealth Sport, the Ministry of Water and Environment, the National Forestry Authority, and other partners, the initiative is built on the pillars of Plant, Protect, and Inspire, demonstrating how sport can create a legacy beyond competition by promoting environmental stewardship and community action. As preparations continue for the Commonwealth Games Glasgow 2026, the initiative reinforces the Commonwealth's commitment to building a greener, healthier, and more sustainable future for generations to come.



The team from Uganda Olympic Committee, Little Hands Go Green and Government during the tree planting.

TECHNICAL SESSION FOR TALENT IDENTIFICATION

The Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU) Talent Identification Commission held a technical session with renowned talent identification expert Gunter Lange on 3rd June 2026 to explore best practices for developing future elite athletes.

The discussion emphasized the importance of long-term athlete development, with Gunter Lange cautioning against early specialization and advocating for multi-sport participation during childhood. He also highlighted the critical role of qualified physical education teachers in schools in identifying and nurturing young talent.

The session marked the beginning of broader consultations with national sports federations, associations, and other stakeholders, as UOC/CGU seeks to strengthen Uganda's talent identification systems and create sustainable pathways for athletes to reach their full potential.



Mr. Gunter Lange (central), Dr. Donald Rukare and the Talent Identification Commission

ATHLETE365 CAREER+ WORKSHOP

The Uganda Olympic Committee (UOC) officially launched the 2026 Athlete365 Career+ Workshop from 5th to 6th June 2026, bringing together 60 athletes and coaches from its 34 member federations and associations to equip them with the knowledge and skills needed for successful careers during and after sport. The workshops, facilitated by Olympian Ganzi Semu Mugula, focus on self-awareness, career planning, employment readiness, and personal development.

Declaring the workshop open, UOC President and Commonwealth Sport President Dr. Donald Rukare encouraged participants to confidently express themselves, embrace lifelong learning, and build strong personal brands as role models in society. The program provides practical guidance to help athletes prepare for life beyond competition, with the workshops set to conclude on 6th June 2026 with a certificate award ceremony officiated by Dr. Donald Rukare.



Dr. Donald Rukare and the athletes that attended the Athletes 365+ workshop.

PLAY SAFE PROJECT TRAINING OF TRAINERS

The Uganda Olympic Committee (UOC) Gender Equity and Diversity (GED) Commission commenced the Play Safe Project Training of Trainers (ToT) program on 9th June 2026 with a pre-training knowledge assessment at the UOC offices. The assessment was conducted to evaluate participants' understanding and establish a baseline before the training sessions.

The initiative brought together GED Commission members to strengthen their knowledge and capacity in safeguarding and promoting safe sporting environments. The Play Safe Project aims to equip trainers with the skills and knowledge needed to advance athlete protection and wellbeing across Uganda's sports sector.



The GED commission during the ToT

TEAM UGANDA RECEIVED TOOKE NUTRITION SUPPORT

On 6th June 2026, the Uganda Olympic Committee (UOC) officially launched the distribution of Tooke nutrition packages to Team Uganda athletes as part of preparations for the Glasgow 2026 Commonwealth Games. Athletes from athletics, boxing, basketball, and judo received nutrition support before taking part in light training drills, reflecting the growing partnership between sport and nutrition to enhance athlete performance.

Speaking on behalf of the athletes, Shida Leni reaffirmed Team Uganda's readiness to compete and pledged that the team would represent Uganda with determination and pride. UOC General Secretary Beatrice Ayikoru noted that Uganda will compete in 10 sporting disciplines and welcomed the Tooke partnership as a significant boost to athlete preparation and performance.

The initiative highlighted the vital role of nutrition in elite sport while demonstrating the shared commitment of UOC and Tooke to ensuring Team Uganda is well-prepared for the Commonwealth Games in Glasgow.



Dr Donald Rukare, Ms. Beatrice Ayikoru with the Team Uganda

11TH OLYMPIC VALUES CONTESTS

The Uganda Olympic Committee (UOC), through its Culture and Olympic Education Commission and with support from Olympic Solidarity, hosted the 11th Edition of the Olympic Values Contests 2026 at The Olive School, Namugongo on 13th June 2026. The event brought together students from 30 schools across Uganda to compete in debate, public speaking, essay writing, poetry recital, and quiz bowl contests.

Guided by the theme "Live the Values. Shape the Future.", the contests encouraged learners to embrace and promote the Olympic Values of Excellence, Friendship, and Respect while developing leadership, communication, and critical thinking skills. The initiative reaffirmed the UOC's commitment to using education as a tool to inspire positive change and nurture the next generation of responsible leaders.



The participants that received medals

UOC EXPLORED PARTNERSHIP TO ADVANCE SPORTS EMPLOYMENT AND TALENT DEVELOPMENT

The Uganda Olympic Committee (UOC) entered discussions with NFT Consult on 18th June 2026, to pilot a National Sports Employment and Talent Development Initiative aimed at creating career opportunities and strengthening athlete development in Uganda. The engagement was led by UOC President Dr. Donald Rukare, Secretary General Beatrice Ayikoru, Executive Committee Member Aya Harriet, and NFT Consult Founder and Director Elizabeth Ntege.

The proposed partnership seeks to leverage UOC's sports ecosystem to identify, develop, and connect sporting talent with employment opportunities, while prioritizing women, refugees, and persons with disabilities. With Uganda selected as the pilot country, the initiative is expected to lay the foundation for a model that could be expanded across the East and Southern African region, drawing on NFT Consult's 21 years of expertise in talent identification and placement.



Ms. Harriet Ayaa, Dr. Donald Rukare, Ms. Elizabeth Ntege and Ms. Beatrice Ayikoru

OLYMPIC DAY TOOKE RUN

The Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU), in partnership with Tooke, successfully hosted the Olympic Day Tooke Run in Bushenyi on 20th June 2026 under the theme "Move, Learn and Discover for Nutrition-Care." The event brought together athletes, sports leaders, farmers, families, and the wider community to participate in the 5km, 10km, and 21km races while celebrating Olympic Day through fitness, nutrition, and active living.

Beyond the races, participants engaged in interactive sports exhibition booths featuring indoor rowing, gymnastics, archery, modern pentathlon, and badminton, providing opportunities to discover new sports while embracing the Olympic values of Excellence, Friendship, and Respect. The event reinforced the role of sport in promoting healthier communities, inspiring positive lifestyle choices, and raising awareness about nutrition and wellbeing.

The run concluded with the recognition of outstanding performers in the half marathon, where Abel Chebet of Uganda Police claimed first place, followed by Martin Kiprotich of Uganda Police in second and Alex Kiplangat of the UPDF in third. The Olympic Day Tooke Run left a lasting message that through movement, learning, and proper nutrition, communities can build a healthier and stronger future.



Participants during the Olympic Day Tooke Run

ASMC PARTICIPANTS COMPLETED CHAPTER 3 ON HUMAN RESOURCE MANAGEMENT

The Advanced Sport Management Course (ASMC) participants continued to strengthen their leadership and management skills through Chapter 3: Managing Human Resources. The general class was facilitated by Coach Shilla Omuriwe Buyungo, while the Women's Class followed with the same chapter under the facilitation of Lydia Sanyu Dhamuzungu, who is the assistant Secretary General of Uganda Olympic Committee.

The sessions focused on the importance of strategic human resource management in building effective, accountable, and high-performing sport organizations. Through practical discussions and real-world examples, participants explored how intentional people management contributes to organizational success, while reinforcing the growing role of women and sport leaders in driving positive change across Uganda's sporting landscape.



ASMC students during a presentation

O! YES DAY FESTIVAL WAS SUCCESSFULLY HELD IN BUSIA

On 27th June 2026, the Olympafrica Youth Empowerment through Sport (O! YES) Day Festival was successfully held at the Olympafrica Youth Centre in Busia, bringing together 1,850 registered participants for a day of sport, learning, and community engagement.

The festival featured a variety of sporting activities and interactive educational sessions on Monitoring, Evaluation, Research, and Learning (MERL), providing participants with valuable knowledge while promoting teamwork, active participation, and personal development. The event demonstrated the power of sport as a tool for youth empowerment, learning, and positive community transformation.



Participants of the O! YES day festival

UGANDA PARTICIPATED IN IOC–INTERPOL WORKSHOP

Uganda participated in the International Olympic Committee (IOC) and INTERPOL joint workshop held in Harare, Zimbabwe, to strengthen efforts against the manipulation of sports competitions. The workshop brought together sports leaders and law enforcement agencies to enhance collaboration in protecting the integrity of sport from competition manipulation, illegal betting, and other emerging threats.

Uganda was represented by Dr. Donald Rukare, President of the Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU), alongside AIGP Fred Enanga, Deputy Director of INTERPOL and International Relations at the Uganda Police Force, and Mr. Karuhanga of the Uganda Police Force. The engagement reinforced Uganda's commitment to promoting clean, fair, and transparent sport through stronger partnerships and coordinated action against corruption in sport.



AIGP Fred Enanga, Dr. Donald Rukare and Mr. Karuhanga

UOC/CGU PRESIDENT ENGAGED TEAM UGANDA ATHLETES AHEAD OF GLASGOW 2026

As preparations for the Glasgow 2026 Commonwealth Games intensified, Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU) and Commonwealth Sport President Dr. Donald Rukare visited Team Uganda's She Cranes, Bombers, and national swimming team to assess their readiness and encourage them ahead of the Games.

During the engagements, Dr. Rukare commended the athletes for their discipline and commitment while holding discussions on safeguarding, anti-doping, competition manipulation, travel etiquette, and maintaining intentional focus on the mission ahead. He also thanked federation leaders and coaches for their continued support in preparing the teams to represent Uganda with excellence.

The visits reaffirmed UOC/CGU's commitment to athlete welfare and performance, while inspiring Team Uganda to compete with confidence, integrity, and pride as they prepare for the Commonwealth Games in Glasgow from 23rd July to 2nd August 2026.



Upper; Dr. Donald Rukare with Netball Team.



Lower; Dr. Donald Rukare with the Boxing team

ZONE V VOLLEYBALL CHAMPIONSHIP QUALIFIERS

The Uganda Olympic Committee (UOC)/Commonwealth Games Uganda (CGU) President, Dr. Donald Rukare, joined CAVB Zone V President Mr. Nasiwu Zaid Sadik at the official opening of the Zone V Volleyball Championship Qualifiers. The event brought together federation leaders, team managers, officials, and athletes from Kenya, Burundi, South Sudan, Tanzania, and Uganda to compete for regional qualification honors.

In his remarks, Dr. Rukare congratulated the Uganda Volleyball Federation for successfully hosting the championship and emphasized the role of regional competitions in strengthening cooperation, promoting excellence, and fostering sportsmanship among member nations. The event was also attended by officials from the National Council of Sports, Kampala Capital City Authority, Parliament, and other sports leaders. The athletes were encouraged to compete with excellence, integrity, and respect for the spirit of sport, reflecting the values that unite the region through volleyball.



Athletes, coaches and the Executive Board of the Uganda Volleyball Federation.

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BRITISH HIGH COMMISSIONER VISITED UGANDA'S PARA-POWERLIFTING STAR

As part of engagements with Team Uganda athletes ahead of the Commonwealth Games Glasgow 2026, British High Commissioner to Uganda Lisa Chesney visited Uganda's first Paralympic powerlifter, Dennis Mbaziira, during a training session. The visit provided an opportunity to witness the dedication and determination behind his preparations for the Games, where para-powerlifting will award the first medal of the competition.

During the session, Dennis showcased his remarkable strength with a personal best lift of 186kg, highlighting the commitment required to compete at the highest level. The engagement celebrated the achievements of Uganda's para-athletes while strengthening the partnership between Uganda and the United Kingdom through sport. The visit underscored the importance of supporting para sport and inspired confidence in Team Uganda as athletes continue their preparations for Glasgow 2026.



A picture taken during the visit