UOC PEDIA

Monthly Insights



INSIDE

October 2026 issue 10

Dakar 2026

Issuing of Tooke products

Tafissa CLC Certified leadership Course

eqUIP workshop -Mauritius

Advanced sports Administrator's course

sharing Olympism forum

Federations corner

DAKAR 2026 YOUTH OLYMPIC GAMES

The Youth Olympic Games will be held in Dakar-Senegal from 31st Oct – 13th Nov 2026 and team Uganda will be represented across seven sporting disciplines i.e. Rugby sevens, Athletics, Cycling, Rowing, Badminton, Swimming and Table Tennis. Team Uganda's delegation will be comprised of 47 members, 25 Athletes (17 male, 8 female) 11 Coaches (8 male, 3 female) 7 Officials (3 male, 4 female) 2 NOC Officials (1 male, 1 female) 3 Government Officials (all male). The delegation will also include two Games Ambassadors: Olympic medalist Halimah Nakaayi and swimmer Jamillah Lunkuse and the team will be led by Ms. Lydia Gloria Dhamuzungu as the CDM.

The team also consists of the Refugee Athletes who will take part in the games as the Refugee Team supported and funded by the ORF. The two athletes (Florence Masembe and Rachid Rochene) were selected from among the refugees under the Game Connect Project implemented in a consortium in Uganda across several refugee settlements under the project. Their participation is a spotlight that reflects the unifying power of sport across nations, background, race and color.

On Monday 26 October 2026 team Uganda was officially flagged off by Dr. Bernard Patrick Ogwel (NCS, General Secretary). He applauded the athletes and coaches for their dedication and urged them to carry the national flag with pride.



Some of the athletes at the Flag Off

TOOKE PRODUCT DISTRIBUTION

As the Official Nutrition Partner of the Uganda Olympic Committee (UOC) and Commonwealth Games Uganda (CGU), TOOKE, through the Presidential Initiative on Banana Industrial Development (PIBID) and the Banana Industrial Research and Development Centre (BIRDC), provided nutrition products to support Team Uganda's preparations for the Dakar 2026 Youth Olympic Games.

Delivering the message, Rev. Prof. Florence Muranga, Director General of PIBID/BIRDC and UOC Nutrition Ambassador, congratulated the athletes on their selection and encouraged them to prioritize proper nutrition, hydration, rest, and recovery as key ingredients for peak performance both at the Games and beyond.



Participants receiving Tooke products.



Prof Florence I Muranga handing over Tooke products to General secretary NCS Dr, B. Ogwel

TAFISSA CLC Level 01

The social Development through sport Commission of the UOC supported by the secretariate funded by the Olympic Solidarity through Tafisa international organized the certified leadership Course level 1 from 19th -22nd October 2026 at Nob View Hotel, Ntinda

The workshop was officially opened by Ms. Beatrice Ayikoru General Secretary Uganda Olympic Committee with the aim to equip employees, community sports leaders, volunteers with the knowledge, skills and tools to promote inclusive and sustainable sport and physical initiatives.

The course focuses on developing strong Sport for All networks by helping participants set networking objectives, identify key stakeholders, use digital platforms, attend relevant events, and build meaningful partnerships. It also emphasized shifting from elite sport to inclusive, community-based participation that promotes health, well-being, and equal access for people of all ages, abilities, genders, and backgrounds.



Participants in a group photo with the facilitators



eqUIP Workshop Team 21

The workshop was organized by Commonwealth Sport hosted by Commonwealth Games Association Mauritius held from 4th 8th October 2026. The workshop was officially opened virtually by Dr. Donald Rukare (Commonwealth sport President) where he urged mentees to network and use the opportunity to learn from each other different skills.

The workshop was aimed at empowering and supporting the mentees throughout their 12-month mentorship period. Ms. Pavin Nakanwagi, an eqUIP Intern CGA Uganda, participated in the workshop, which covered a wide range of topics. The sessions equipped the mentees with valuable knowledge to enhance their professional competencies and provided practical skills that they can apply in their daily work and career development.



eqUIP Team 21 participants in a group photo

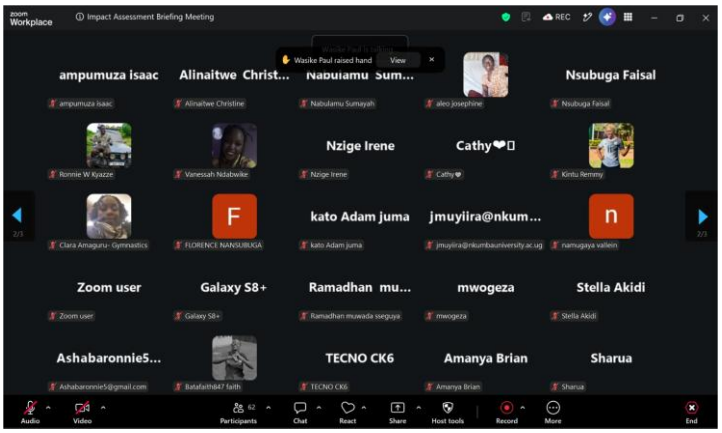


Ms. Pavin presents at the workshop

Advanced Sports Administrators Course (ASMC)

The Uganda Olympic committee has been conducting the Advanced Sports Administrators Course since April 2026 participants are required to do impact assessment as part of the course requirements from 2nd – 7th Nov 2026 at the UOC premises. The course is one of the UOC initiatives supported by Olympic Solidarity to boost capacity of its member Federations and sports management in general. On 2nd October 2026 the Programs Director Mr. Wagogo George held an online briefing for the participants ahead of their upcoming impact assessment.

During impact assessment, participants are expected to share their contributions and positive changes made in their organisations by applying the knowledge and skills gained from the course. The impact assessment will be presided over several facilitators of the course.



Screenshot of online attendance of participants in the briefing session.

Sharing Olympism Forum

The Uganda Olympic Committee handed over the trophy of the best speaker and best poet in Olympism won by Bossa Trevor Mutegeki a student from Baptist High School. Trevor Mutegeki represented Team Uganda at the 2nd edition of the sharing Olympism forum 2026 held in August 2026 in Lesotho, Maseru organized and hosted by the National Olympic Committee of Lesotho with support from Olympic Solidarity. The trophy was handed over to Baptist High school on Thursday 01st October 2026 by the Secretariate represented by Joseph Oluka and the Olympic Values Education and Culture Commission represented by Ms. Moreen Awor.



Trevor with his teachers and UOC secretariat after receiving the trophy.



FEDERATIONS CORNER

FOOT BALL

Uganda's U-17 national football team, the Uganda Cubs, were crowned 2026 CECAFA U-17 Champions after defeating Somalia 6-5 on penalties following a goalless final in Kigali, Pelé Stadium, Rwanda, on 19 October 2026

The triumph marks a major achievement for Ugandan youth football, with the Cubs not only lifting the regional trophy but also securing qualification for the 2027 U-17 Africa Cup of Nations (AFCON) in Morocco.

Uganda dominated the tournament's individual accolades, with Henry Muhoozi named Most Valuable Player, David Ssegirinya winning Best Goalkeeper, and Arnold Kayemba finishing as the tournament's Top Scorer.

The victory underscores the growing strength of Uganda's youth football development programme and highlights a promising generation of players poised to represent the nation on the continental stage.



Uganda crowned champions

UGANDA AQUATICS

The 11th edition of the Africa Aquatics Zone III Championships took place from October 21 to October 25, 2026, at the Kampala International School Uganda (KISU), Bukoto, in Kampala, Uganda, with open water swimming concluding at Entebbe Sailing Club.

Team Uganda delivered a dominant performance on home soil, sweeping the competition to capture its fourth consecutive overall team title and extending its regional dominance. Seven nations participated in the tournament: Uganda, Kenya, Tanzania, Rwanda, Burundi, Somalia, and Djibouti.

The victory marked Uganda's 10th title in the championships extending its winning streak to four executive editions since 2023.

Uganda dominated both the men and women's categories to accumulate 3940 points with men contributing 1836 points and the women 1960.



TABE TENNIS

Uganda's young table tennis sensation Joseph Sebatindira successfully defended his title at the 2026 ITTF World Hopes Week and Challenge, capping off an outstanding campaign by finishing as the tournament's top-ranked player and number one seed.

The achievement marked a golden finish to his participation in the prestigious ITTF development programme and provided a significant boost to his Road to Dakar 2026 journey. Joseph's title defense not only highlights his remarkable talent and consistency on the international stage but also reinforces his growing status as one of Uganda's most promising young sporting stars.

With this impressive performance, Joseph leaves the ITTF World Hopes Week and Challenge programme with renewed confidence and valuable experience as he continues his pursuit of success on the road to the Dakar 2026 Youth Olympic Games.



Joseph wins gold at the tournament

ROWING

Uganda successfully made its debut at the World Rowing Beach Sprint Finals in Qingdao, China.

National rower Elijah Namunyu competed against the world's best Beach Sprint athletes in very challenging water conditions, significantly improving his performance between the two Time Trials and finishing 30th out of 45 competitors overall.

Notably, Elijah finished as the second highest-ranked African rower, ahead of Egypt's 2025 African Champion and Libya's 2025 African U23 silver medalist.





Elijah with his coach Ms. Nakisozi Batenga