

GHANA OLYMPIC NEWS

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FAMOUS BABA YARA NOT FORGOTTEN

Baba Yara was originally named Osman Seidu Maada, after his father, Seidu Maada, and his uncle, who was also named Osman. However, due to him having the same name as his father, his mother called him “Baba”, meaning father. One day, upon striking the ball hard against a wall, behind which his mother sat, she exclaimed, “Ei, Baba Yara!”, therefore, his nickname stuck with him forever. He started his career as a horse jockey player as a youngster at the Accra Turf Club from 1950 to 1955. He was From Sissala West District in the Upper West Region but they travelled to Kumasi.

Baba Yara popularly called ‘King Winger’ was one of Ghana’s legends in football; a foremost player – voted twice as Ghana’s Footballer of the year as a result of his fantastic goal scoring skill.

Yara’s rise to fame was unprecedented as a result of his goal scoring skills; however, his football career was abruptly put to an end as a result of a car accident.



Baba Yara

Yara started out as a horse jockey player – as a youngster at the Accra Turf Club between 1950 and 1955. Asante Kotoko signed him in 1955, and after a few years, became the greatest footballer of his generation.

He made his debut as a member of the Black Stars in 1955 in a match that saw Ghana put 7 past Nigeria at the Accra Sports Stadium. Baba scored 2 and assisted 4 of the goals. Yara was also a proud member of the 1961 Black Stars and won 51 caps for Black Stars, with 49 goals which is a lot of goals for a winger and was thus nicknamed ‘King of Wingers’.

Yara played active football from 1955-1963, and was voted Footballer of the year twice; the highest football accolade in the country.

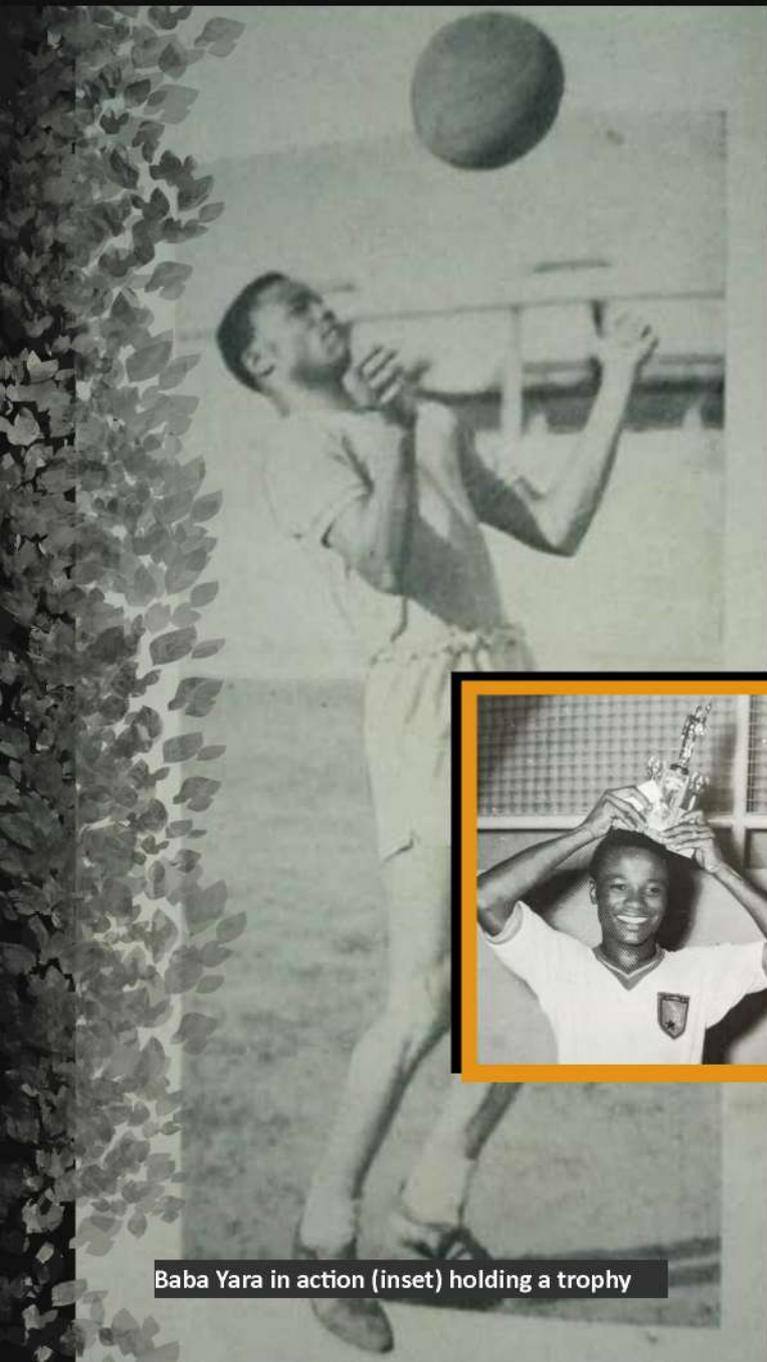
Baba Yara sustained a spinal injury in a motor accident at Kpeve in the Volta region on March 4, 1963; Yara's teams, Nkrumah’s Real Republikans were returning to Accra after a league match against Volta Heroes at Kpandu when the accident happened. Yara's career was cut short tragically in his prime at the age of just 26.

He was flown to Stoke Mandeville Hospital in the United Kingdom for treatment for a period of 3 months, but the young soccer hero only returned in a wheelchair.

For 6 years, Baba Yara was bedridden, and eventually died after a very quiet life in a wheelchair. Yara died at the Korle-Bu Teaching Hospital on 5th May, 1969 at a tender age of 33. He was born on the 12th of October, 1936.

The Kumasi Sports Stadium was named after Baba Yara on the April 12th of 2005 for his exceptional talent and immense contribution to Ghana football. The stadium remains Ghana's biggest sports stadium with over 60,000 seater capacity.

The Black Star”, Yara “served the national team for eight years, ever present, with no fuss or ego issues. He was a star at the heart of the team’s rise, and success story. With the Black Stars, he embodied the beauty of national duty.”



Baba Yara in action (inset) holding a trophy

Yara won the 1959 Jalco Cup, the 1959 and 1960 Nkrumah Gold Cup, the 1961 Azikiwe Cup, and the 1962 Uhuru Cup. With Republikans, Yara won three FA Cup titles and the 1963 league title, even though he didn't make it to the end of that season.

In August 1959, he became a foundation member of the Black Stars, and in November 1960, was named the team's third captain.

In 1961, Baba Yara succeeded Edward Aggrey Fynn as captain of the Black Stars after Fynn was stripped off the captaincy. In 1962, Fynn was reinstated, and Yara graciously handed the arm band back.

As captain, Baba Yara would go on to lead the team through a successful tour of Eastern Europe, where they won eight out of 12 matches.

In 1961, he would almost lead the Black Stars to the World Cup.

The team drew a first leg second round qualifier against Morocco at home, and narrowly lost the second leg by a goal to nil. It is believed that Yara, who got injured ahead of the second leg, was the reason why the team lost away in Casablanca.

After sportingly surrendering the captaincy back to its former occupant, Edward Aggrey Fynn, Baba Yara had had a proud record as leader. "The authorities could not have made a better choice," a fan wrote. "There is nobody to dispute the fact that Baba Yara is a disciplined player."

His last act for the Black Stars came on March 3, 1963 — when in the 37th minute of the Black Stars' Nkrumah Gold Cup final against Mali, he struck a 40-yard shot which ended up in the net to give Ghana a two-goal lead.

The match would end four nil, and Ghana would lift their third Nkrumah Gold Cup trophy. It was believed that this was Yara's 51st goal on his 49th cap for Ghana.

on the walls of new sports facilities would inspire the She called for more Athletics clubs in and around Legon to make good use of the sports facilities at the new stadium. Alice won gold in Long Jump at the 1965 All African Games in Congo Brazzaville and gold in 100 and 200 meters at the 1973 All African Games in Lagos, Nigeria, competed in the Commonwealth Games in 1970 in Edinburgh, Scotland, winning silver in 100 and 200 meters and the 1974 edition in Christchurch, New Zealand, where she got bronze in 200 meters.

She participated in the 1964 Olympic Games in Tokyo, 1968 in Mexico and 1972 in Munich.

She benefited from the sponsorship of Ghanaian athletes by the United States and competed for the University of Tennessee. Nine months later, the Black Stars would win their first Africa Cup title, with Baba Yara conspicuously missing. "Our finest star was missing at our finest hour," CK Gyamfi wrote.

After winning the Africa Cup, the entire Black Stars team went to Yara's home at Kanda Estate and showed him the Abdelaziz Abdellah Salem trophy.

Baba Yara lay in his bed as Captain Edward Aggrey Fynn presented him the trophy. He smiled.

At club level, Yara was equally as influential. He captained Kotoko to the 1959 league title and the 1960 FA Cup. As a youngster, he also scored in the 1958 FA Cup final - the very first Ghana FA Cup final - in a famous 4-2 win over Hearts of Oak.

The senior players at Real Republikans - Baba Yara (squatting first from right); Edward Aggrey Fynn (squatting third from right), Edward Acquah (squatting fourth from right) and Charles Addo Odametey (standing third from right). Fynn, Acquah and Odametey met Yara before he left for the UK. Credit: Google Images

EDITORIAL

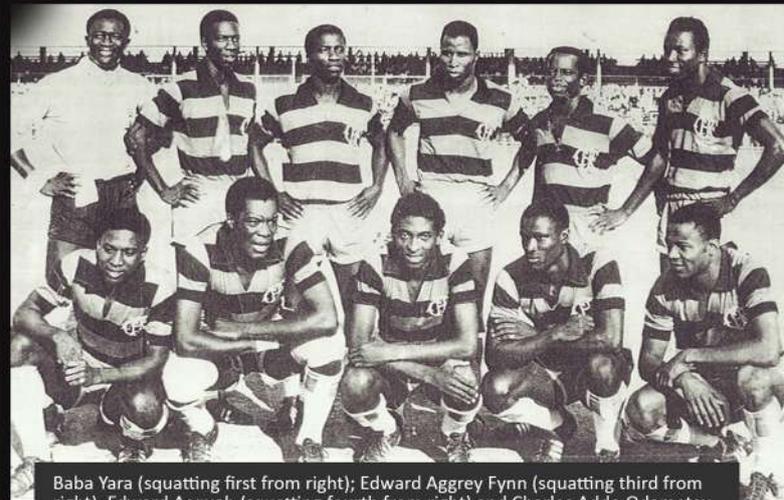
TWELLIUM GHANA'S CONTRIBUTION TO SPORTS AND RECREATION

Twellium Ghana Ltd deserves commendation as an important partner to the development and promotions of Sports and Recreation in Ghana. For several years, the company has sponsored or supported in the organisation of many sports and entertainment events.

The Marketing and Communication Department as well as Public and Media operators of the company should be congratulated for their efforts just like other sections that add value to the production of the products. Twellium Ghana Ltd is the producer of the popular Verna Mineral Water and Rush Energy Drink.

They manufacture a wide range of beverages and confectionery, including flagship brands like McBerry Biscuits and Confectionery. Other beverage products include Slemfit Water, carbonated soft drinks such as Bigoo, Planet, American Cola, and Bubble Up, as well as the malt-based Dr Malt and herbal drink Jingo.

In recent programmes monitored by Yours Truly, Twellium Ghana was visible at the KGL Millennium Marathon, the Global Warrior Champions Mixed Martial Arts (MMA) Contest at the Bukom Boxing Arena and the 2025 Homowo Ampe Competition at the Accra Sports Stadium.



Baba Yara (squatting first from right); Edward Aggrey Fynn (squatting third from right), Edward Acquah (squatting fourth from right) and Charles Addo Odametey (standing third from right). Fynn, Acquah and Odametey

Water is life, and providing clean water at these massive events ought to be appreciated and acknowledged.

The staffs in charge of the distribution were friendly and charitable in advertising the products. Twellium Ghana Ltd has been a partner of the Ghana Olympic Committee (GOC) since the presidency of Ben Nunoo Mensah and they have supported other sports disciplines remarkably. Current leader of the GOC Richard Akpokavie also preaches athletes as the main focus and the products go to them. Yours Truly salute Ali Ajami, the Chief Marketing Officer and his hardworking staff as well as distributors and retailers.

KING'S BATON RELAY HELD IN STYLE



Julius Debrah, the Chief of Staff (Left), Richard Akpokavie, GOC President (middle), and Christian Rogg, the British High Commissioner (right) launching the baton relay at the Jubilee House in Accra

By Gabriel Obu

The 2025 King's Baton Relay in Ghana has been momentous, marking the country's participation in the build-up to the 2026 Commonwealth Games in Glasgow, Scotland.

Organized by the Commonwealth Sports, Ghana, the event was attended by high profile personalities, sports icons and businessmen.

Julius Debrah, the Chief of Staff of the Republic of Ghana, together with the Commonwealth Sports, Ghana President Richard Akpokavie and the British High Commissioner, unveiled the baton and officially kick-started the relay at the Jubilee House, with the baton traveling through the principal streets of Accra.

The atmosphere through the relay was electric, filled with excitement and anticipation. The relay was more than just a sporting event; it represented unity, friendship, and the spirit of the Commonwealth.

In over 500 days, the baton would travel through all 74 Commonwealth nations and territories, culminating in the Opening Ceremony in Glasgow.

The event promotes environmental sustainability, cultural exchange, and sports development.

The King's Baton Relay is a symbol of unity and friendship among Commonwealth nations.





Julius Debrah, the Chief of Staff, with National Sports Authority Boss Yaw Ampofo Ankraah on a baton run

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Inspector General of Police Christian Tetteh Yuhonu leading the baton run





MINISTER INAUGURATES ADVISORY BOARD



The Ministry of Sports and Recreation has taken a significant step toward enhancing the nation's sports sector with the official inauguration of a nine-member Ministerial Advisory Board.

The ceremony, held at the Ministry's Conference Room, was led by the Minister for Sports and Recreation, Hon. Kofi Iddie Adams, marking a renewed commitment to leveraging sports as a catalyst for national development.

In his remarks, Hon. Adams emphasized the vital role this advisory body will play in shaping the strategic direction of the Ministry. Highlighting recent structural and operational reforms, he underscored the importance of realigning systems and processes to support Ghana's evolving sports agenda effectively.

He stated, "This board is not just a consultative body; it is expected to be proactive and contribute meaningfully to our development goals."

The advisory board's membership comprises distinguished individuals from various sectors, reflecting a diverse approach to sports development. The list of members includes:

Hon. Kofi Iddie Adams (MP)	Minister and Chairman
Mrs. Wilhelmina Asamoah	Chief Director, Ministry of Sports and Recreation
Amb. Alexander G. Ntrakwa	Head of Delivery, Ministry of Foreign Affairs
Mr. Stephen Kwaku Owusu	Technical Advisor, Ministry of Education
Ms. A. Nuno-Amarteifio	Director, Legal, Ministry of Finance
Mr. Cleanse T. Akpeloo	CEO, Suku Technologies, Association of Ghana Industries
COP. Lydia Yaako Donkor	D-G/CID, Private Sector
Mr. Abedi Ayew Pele	Former Black Stars Captain, Private Sector
Mr. Michael Esuon	Director, F&A, Ministry of Sports and Recreation (Secretary)

Among the notable members is football legend Abedi Pele, whose inclusion underscores the Ministry's appreciation for sports excellence and dedication. The diverse composition ensures a comprehensive approach to advancing Ghana's sports sector.

GOC INSPECTS FACILITIES

...For Commonwealth Games

The President of Ghana Olympic Committee (GOC), Richard Akpokavie and Secretary General Mohammed Muniru Kassim have attended the landmark Commonwealth Games Federation (CGF) General Assembly in Glasgow, Scotland.

They both were joined by Ghana's Chef de Mission (CDM) for the upcoming 2026 Glasgow Commonwealth Games, Ernest Danso, for a facility inspection during the period.

President Akpokavie and Secretary General Kassim proudly represented Commonwealth Sports Ghana (CSG) at the pivotal General Assembly, which ushered in a transformative new chapter for the global sporting body, taking major and impactful decisions in shaping the future of the movement.

In a move signalling a broader mandate beyond just the Games, the General Assembly approved the historic change of the organisation's name from the Commonwealth Games Federation (CGF) to COMMONWEALTH SPORTS which shall continue to be the organizer for the Commonwealth Games and responsible for anything sports within the Commonwealth Nations.

Significantly, India won the coveted right to host the Centenary Games in 2030 in Ahmedabad, emerging victorious after a competitive bid process against Nigeria. The hosting rights for the Commonwealth Youth Games 2027 were officially confirmed for the Mediterranean island nation of Malta.

Dr. Donald Rukare, the National Olympic Committee President of Uganda, in a moment of immense pride for Africa, was elected as the President of Commonwealth Sports.

Dr. Rukare, a lawyer, lecturer, member of the World Aquatic Bureaux and head of the Ugandan National Council of Sports, becomes the first African to head the Commonwealth Sports. His elevation is expected to bring a fresh perspective and focus to the Commonwealth sporting movement.

Prior to the General Assembly's conclusion, delegates, including the CGA Ghana representatives, were given a valuable opportunity to tour the venues designated for the upcoming Glasgow 2026 Games.

The Chief de Mission (CDM) for the 2026 Commonwealth Games, Ernest Danso, together with Mr. Akpokavie and Mr. Kassim, leveraged on the Congress to engage in fruitful discussions with the Glasgow 2026 Organising Committee. They also conducted an inspection of potential future hosting venues to assess Ghana's readiness to engage with the new, invigorated vision for Commonwealth Sports.

These crucial preparatory engagements covered a range of logistical issues vital for Ghana's team, including ticketing, accommodation, pre-Games camping arrangements, visas, and accreditation issues.

The visit and subsequent local inspection by President Richard Akpokavie confirms the GOC's commitment to staying abreast of international best practices and ensuring Team Ghana are well-prepared for the new era of Commonwealth Sports, starting with Glasgow 2026 event.

Visit To Ghana High Commission

Ghana's delegation to the Commonwealth paid a courtesy call on the Ghana High Commissioner to UK and Ireland, Mrs. Sabah Zita Benson, to discuss Ghana's participation in the Commonwealth Games and a collaboration to ensure a

successful and impactful games for Ghana.

The delegation further discussed the engagement with relevant ministries and agencies to explore possibility of Ghana being part of the African Village for all African countries during the games next year to promote Ghana to the world. The meeting agreed to have a liaison from the High Commission to work with the CDM to ensure smooth collaboration towards the preparation and participation in the games.

GOC President, Richard Akpokavie has stated that "The 2026 Commonwealth Games will be hosted in Glasgow, and the importance of the various advance engagement is to ensuring a smooth preparation to offer Team Ghana the best chance to win medals to make Ghana proud and also to find ways to improve the team.



Ghana's High Commissioner to the UK, Mrs. Sabah Zita Benson poses with GOC President

Visit To Commonwealth Secretariat

Finally, the delegation met the Commonwealth Secretary General, the Honourable Shirley Botchwey at the Commonwealth Secretariat in London to explore strategic partnership between Commonwealth Sports Ghana and the Commonwealth Secretariat.

The discussions centered on opportunities for diplomatic support in sports development, a clear-cut program or indicator to measure the contribution of sports to youth development and using sports for peace-building.



Ghana's delegates at the Commonwealth Assembly with a representative from Guyana (left)



GOC president with Commonwealth Sports President Dr Donald Rukare



The GOC delegation, after the meeting at the Ghana High Commission



The Commonwealth Secretary General Shirley Ayorkor Botwe also hosted the delegation

EMMANUEL NII AKPOR ADJEI - THE SPORTS SCIENTIST WHO EMBARKED ON A 10,000KM ADVENTURE FROM GERMANY TO GHANA ON A BICYCLE



Sammy Heywood Okine

Emmanuel Adjei is a 37-year-old proud Ghanaian who left for Germany in 2012 to pursue further education. He holds a B.Sc. and M.Sc. in Sports and Exercise Science from the Technical University of Munich (TUM) and currently works as a sports scientist at his university's hospital for sports medicine and sports cardiology.

Growing up in a sports-enthusiastic nation like Ghana, he excelled in athletics and became a proficient pole vaulter. His affinity for cycling began at age 12, riding his father's bicycle without permission. However, his newfound hobby was short-lived due to the lack of cycling infrastructure in Ghana.

With time, he rekindled my passion for cycling in Munich, Germany, where cycling enjoys a higher precedence among the city dwellers. Since 2020, he has expanded my cycling experiences to include road cycling and bikepacking, embarking on numerous adventures across Europe. In June 2025, he embarked on a 10,000km adventure from Munich to Accra, aimed at raising €100,000 to promote and support education for EduSpots' work in the process in a journey to build, explore and inspire! Support him.

He is a Ga man from Teshie in Accra so we say 'Oobake' and 'Ayeekoo' - Welcome and Well done.





IT'S A DREAM COME TRUE TO PLAY FOR THE BLACK QUEENS

– JOSEPHINE AFUA KYEREWAA BONSU

By Sammy Heywood Okine

Black Queens midfielder Josephine Afua Kyerewaa Bonsu has paid a wholehearted tribute to her dad after playing her first-ever football match on home soil for Ghana.

Kyerewaa Bonsu, 25, was born in Germany to a Ghanaian father and a German mother. She currently plays for FC Carl Zeiss Jena in the German Women's Bundesliga.

The utility player was visibly emotional after witnessing the overwhelming support at the Accra Sports Stadium, where fans turned up in large numbers to cheer the team on.

"It's a dream to play for the national team. I'm just giving back to my father, playing for the national team. It means a lot," Bonsu said.

Reflecting on the unforgettable moment, she added: "When I was walking through the tunnel and saw the fans, I was like, is this even real life? It was so loud. The atmosphere was just outstanding, and even in the middle of the game, I found myself looking around and enjoying it. This is just a dream."

She played at the 2024 WAFCON tournament in Morocco where Ghana won bronze, and was a key member of the squad that beat Egypt 7-0 on goals aggregate to qualify for next year's 2026 WAFCON.

The Black Queens scored three away goals in Egypt, before walloping the Cleopatras by four unanswered goals at the Accra Sports Stadium.

BLACK BOMBERS DOMINATE BOXING CLUB DROUIAS OF FRANCE IN AMATEUR BOXING CHALLENGE

By Sammy Heywood Okine

The Black Bombers of Ghana dominated the Boxing Club Drouias of France in an international amateur fight tournament powered by Bukom Boxing Gym and sanctioned by the Ghana Boxing IMC with support of Ghana Boxing Federation and the National Sports Authority.

The challenge took place at the Accra Sports Stadium on Sunday night 19/10/2025 after a medical workshop on Saturday.

Ebenezer Ankrah won gold medal against Billel jnibi junior from the France Team who collected silver.

SWAG Awards nominee Mathias Ashitey also won gold medal in the 'Road to Ghana' event.

Francis Quartey also took gold medal after defeating his opponent.

According to Augustus Dodoo, media liaison of the Bukom Boxing Club, the programme was good despite the fact that the NSA had suspended boxing.

Present at the tournament was Mr. Yaw Ampofo Ankrah Director General of the National Sports Authority ((NSA).



WOSPAG ORGANIZES 2025 HOMOWO AMPE COMPETITION

By Sammy Heywood Okine

The 2025 Homowo Ampe Competition was organised successfully at the Accra Sports Stadium on Saturday September 19 by the Women Sports Association of Ghana (WOSPAG).

Seven teams competed with Unstoppable Ladies from Ghana Rugby Union winning the first prize.

Hostac placed second, while SWAG Ladies took the third position.

Mrs. Joyce Mahama, President of Women Sports Association of Ghana (WOSPAG) commended her sponsors like the Ghana Olympic Committee and Twellium Gha Ltd, athletes and media for participating.

Naa Yarley Achia Bronie 1 aka Naa Yarkor Chavez, a former boxer now queen at Adjenkotoku graced the event. She advised the players to be serious as very soon Ampe will become an international traditional sport and take them to places.



GOLF TEAM MAKES FIRST APPEARANCE AT AFRICA GAMES



By Theo Sampah

Ghana's junior golf team has written a historic chapter in the nation's sporting journey with a spirited debut at the Africa Youth Games, Angola 2025.

For the first time since the inception of the Games, Ghana's flag was flown on the golf course, carried with pride by two young trailblazers, Kingsley Afful and Ellen Abena Amezado.

Despite being debutants on a highly competitive continental stage, the young golfers proved that Ghana's future in golf is bright, bold, and full of promise.

Leading the charge was Kingsley Afful, whose consistency and composure set him apart in the boys' event. Competing against golfers from eight nations, Kingsley posted impressive scores of 77 in Round One, followed by 74 in Round Two and 74 in Round Three, finishing with a total of 225 strokes (+9 to par).

His performance earned him third place on the leaderboard, securing Ghana's first-ever golf medal at the Africa Youth Games—a well-deserved bronze medal, capped with the official Games souvenir.

Kingsley's podium finish was more than just a personal triumph; it was a powerful statement that Ghanaian junior golfers can compete and succeed at the highest youth level in Africa.

In the girls' category, Ellen Abena Amezado displayed resilience, determination, and courage in a tightly contested five-team event. Ellen recorded 87 in Round One, improved with a strong 80 in Round Two, and closed with 85 in Round Three, finishing fourth overall with a total score of 252 (+36 to par).

She narrowly missed out on a medal, finishing behind gold medalist Mariam Masiya of Zimbabwe, silver medalist Belinda Wanjiru of Kenya, and bronze medalist Josephine Clement Benjamin of Nigeria. Yet, Ellen's performance remains a significant milestone, marking Ghana's first competitive appearance in girls' golf at the Africa Youth Games and laying a solid foundation for future success.

Beyond scores and medals, Ghana's participation itself stands as a victory—one born of vision, development, and belief in youth talent. The presence of Kingsley Afful and Ellen Abena Amezado in Angola symbolizes the steady growth of golf in Ghana and the country's commitment to nurturing young athletes for international competition.

Ghana's maiden outing in golf will be remembered not only for the bronze medal won, but for opening a new chapter—one filled with hope, inspiration, and the promise of greater achievements ahead.



PROMASIDOR

GOC LEADERSHIP STORMS AFRICA YOUTH GAMES

By Theophilus Sampah

At a defining moment when belief, purpose, and national pride are paramount, the leadership of Ghana's Olympic movement has arrived in Luanda with a clear mission: to inspire, motivate, and stand firmly behind Team Ghana at the ongoing 4th Africa Youth Games, Angola 2025.

Led by the President of the Ghana Olympic Committee (GOC), Lawyer Richard Akpokavi, alongside Secretary-General Lawyer Mohammed Muniru Kassim, the high powered delegation's presence has injected fresh energy into Ghana's campaign. This is more than a courtesy visit, it is a bold statement of commitment to youth development, athlete welfare, and sustained sporting excellence.

Ghana is proudly competing in 16 sporting disciplines, highlighting the nation's growing depth across the sporting spectrum. These include Athletics, Badminton, Basketball 3x3, Beach Volleyball, Boxing, Canoeing, Cycling, Fencing, Golf, Judo, Karate-Do, Swimming, Table Tennis, Tennis, Taekwondo, and Weightlifting.

The national contingent comprises 40 athletes, 21 coaches, and 11 officials, all united by a common goal: to represent Ghana with pride and lay the foundation for future international success.

Throughout their stay, President Akpokavi and his leadership team have been highly visible, moving from training camps to competition venues, engaging athletes and technical officials in meaningful interactions. Living up to his hallmark philosophy of "Athletes First," the GOC President has taken time to connect personally with athletes, listening to their concerns, affirming their dreams, and reinforcing the belief that they matter to the nation.

These moments simple conversations, reassuring words, and shared determination have resonated deeply with the young athletes, boosting morale and sharpening focus as competition intensifies.

On the operational front, the Ghana contingent has benefited from strong and efficient leadership on the ground. Under the guidance of Chef de Mission Kamal Sulley, supported by Administrator Yaw Boakye Yiadom, Team Ghana's logistics and coordination have been widely commended. From day one, Ghanaian officials have maintained a proactive presence at all competition venues, allowing athletes to concentrate fully on performance.

This coordinated effort is further strengthened by the dedication of key GOC officials including Treasurer Evans Yeboah, Team Manager Nana Adu Mankata, Operations Manager Shaaban Mohammed, and President of the Ghana Fencing Association, Mohammed Mahadi, whose behind the scenes work continues to keep Ghana's campaign on course.

The impact is already evident. *Team Ghana has secured 13 medals; gold, silver, and bronze a reflection of talent, preparation, and collective belief. Yet beyond the medal count, the broader objective remains unmistakable: nurturing confident, disciplined, and inspired athletes for the future.

As the Africa Youth Games progress, the presence of the GOC leadership in Luanda sends a powerful message, that youth sports development is a shared national responsibility. With vision, presence, and purpose, Ghana is not only chasing medals, but deliberately shaping the champions of tomorrow.



AFRICA YOUTH GAMES IN PICTURES



Ghana's High Commissioner to Angola H.E. Mavis Esi Kusorgbor with medal winners and athletes at the Games

AFRICA YOUTH GAMES IN PICTURES



AFRICA YOUTH GAMES IN PICTURES



AFRICA YOUTH GAMES IN PICTURES



GOC LAUNCHES 4-YEAR STRATEGIC PLAN

...For Sports Development

By Gabriel Obu

The Ghana Olympic Committee (GOC) has taken a significant step towards advancing sports development in Ghana with the launch of its 2025-2029 Strategic Plan.

The event, held at the newly-built Four Point Hotel at West Airport, Accra, brought together GOC member federations, stakeholders, and sports enthusiasts to unveil the committee's vision for the next four years.

GOC president Richard Akpokavie emphasized the plan's focus on putting athletes at the center of all activities, building capacity, empowering women, promoting inclusive leadership, securing funding, and building strategic partnerships.

"This plan provides a clear framework for advancing sports development in Ghana," he stated.

The strategic plan is a result of collective efforts from GOC member federations and stakeholders, aiming to position Ghana as a sporting powerhouse in Africa and beyond.

"We are not just dreaming of medals; we're building a system where every athlete has the tools to succeed, and every federation thrives," Mr. Akpokavie said.

National Sports Authority Board Chairman, Dr. Fred Awaah, commended the GOC for infusing science into sports development, highlighting the importance of sports in national development and economic growth.

"A lot of individuals and groups see sports just as an avenue for entertainment. They don't see it as an avenue that contributes to national development, creates employment, and also enhances the GDP of nations," he said.

The plan focuses on six (6) schematic areas, namely, Putting Athletes at the Centre (providing athletes with necessary resources and support); Building Capacity (enhancing skills and knowledge of sports administrators and coaches);

Empowering Women (promoting women's participation in sports); Promoting Inclusive Leadership (fostering integrity and transparency in sports governance);

Funding for Sports (securing funding for sports development); and Building Strategic Partnerships (collaborating with international organizations and corporate partners).

Dr. Awaah encouraged federations to replicate the GOC's strategic planning process to access the Sports Fund, emphasizing the need for apt documentation and clear plans.

The GOC board commended Christopher Essilfie, president of Modern Pentathlon of Ghana, for leading the documentation process free of charge - a service valued at over \$100,000.



(L-R) GOC Secretary General Mohammed Muniru Kassim, NSA Board Chairman Dr. Fred Awaah, GOC President Richard Akpokavie and Consultant Chris Essilfie displaying the Strategic Plan Document

LAUNCH OF STRATEGIC PLAN











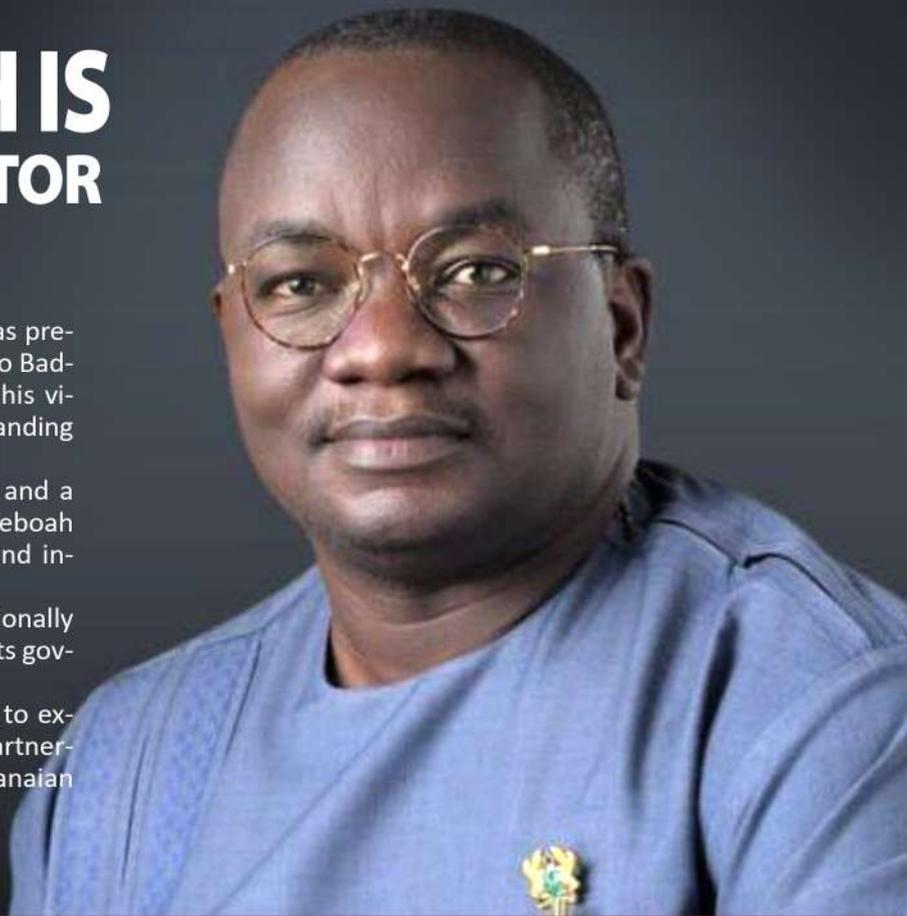
EVANS YEBOAH IS SPORTS ADMINISTRATOR OF THE YEAR

The Sports Writers Association of Ghana (SWAG) has presented the Sports Administrator of the Year Award to Badminton president, Evans Yeboah, in recognition of his visionary leadership, strategic acumen, and outstanding contributions to sports development in Ghana.

As president of the Ghana Badminton Association and a tireless advocate for inclusive sports growth, Mr. Yeboah has championed innovation, youth engagement, and international collaboration.

His efforts have elevated badminton's profile nationally and positioned Ghana as a rising force in global sports governance.

The award celebrates his unwavering commitment to excellence, his ability to mobilize resources and partnerships, and his role in shaping a vibrant future for Ghanaian sports.



GERALD ASAMOAH RECEIVES THE FEDERAL CROSS OF MERIT

Former Germany and Schalke 04 striker Gerald Asamoah has been awarded the Federal Cross of Merit, one of Germany's highest honors.

The honour was bestowed on him on November 3, 2025 in Accra, the capital of his native Ghana.

Federal President Frank-Walter Steinmeier, who presented the award, praised Asamoah's contribution to German-Ghanaian relations.

Asamoah, who shaped Schalke, not only as a player but also as an administrator after his active career, is currently accompanying President Steinmeier as a special guest on the German president's official tour of Africa.

With this award, Steinmeier highlighted the 47-year-old's long-standing commitment as a "bridge builder between Ghana and Germany."

builder between Ghana and Germany."

At the heart of this work is the "Gerald Asamoah Foundation for Children with Heart Disease," which he founded in 2007 and which regularly sends medical specialists from Germany to Ghana.

Asa's commitment also has personal roots- his own heart defect was only diagnosed late in life—a fate he wants to spare other children.

Furthermore, the Federal President pointed to Asamoah's commitment against discrimination and for social cohesion, including his role as ambassador for the "School without Racism" project.

At the award ceremony in the ambassador's residence, the Schalke icon was visibly moved.

"I still can't believe I'm receiving such an award. It's pure joy. It makes me proud that my work is paying off. When God blesses someone, you have to try to give something back."





MINISTER SWEARS IN NSA GOVERNING BOARD

By Richard Achore

The Minister of Sports and Recreation, Hon. Kofi Iddie Adams, has officially inaugurated the newly constituted Governing Board of the National Sports Authority (NSA), charging members to drive a new era of strategic reform, stakeholder confidence and results-oriented administration across Ghana's sports ecosystem.

Addressing the Board at the brief ceremony in Accra, the Minister expressed confidence in the calibre of individuals appointed and described the moment as pivotal, noting that "expectations around sports are rapidly evolving" and the NSA must rise to match the demands of infrastructure sustainability, athlete welfare, grassroots development, private sector investment, and digitised governance.

"This Board is not just here to fulfil a legal requirement. It is here to lead structural change and reposition the NSA as a performance-based institution that commands respect, drives results, and responds to the realities of a dynamic global sports industry," the Minister said.

He highlighted the urgent need to future-proof the 2016 Sports Act, fast-track the rollout of the forthcoming National Sports Policy, and adopt a whole-of-system approach that reflects modern priorities such as commercialisation, gender and disability inclusion, data governance and international partnerships.

The Minister pledged the full support of the Ministry while also insisting on accountability: "You have been appointed not just for what you have done, but for what you can now do collectively."



This is a call to duty. As Minister, I will listen, I will engage, but I will also demand results."

The inauguration follows Cabinet's approval of nominees to the Board, in line with Section 4 of the Sports Act, 2016 (Act 934), which mandates the establishment of a Governing Board to oversee NSA's operations and ensure efficiency.



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GOC OFFERS FEMALE ATHLETES OLYMPIC SCHOLARSHIP AHEAD OF 2028 GAMES

The Ghana Olympic Committee (GOC) has rolled out a targeted athlete development programme in Europe to support two promising athletes, as part of preparations toward the 2028 Olympic Games.

Through the Olympic Solidarity, Judo star Elizabeth Serwaa Oduro has received an advanced training in France, while Taekwondo ace Henritta Naa Ayele Armah would also train in Germany to further her growth.

The Olympic Scholarship covers the athlete's travel to the centre and provides a return ticket at the end of the programme.

It also funds one round-trip travel per year for the athlete to return home during holidays and a \$5,000 travel subsidy for the athlete to use for competition-related travel.

Mr. Richard Akpokavie, President of the GOC said the decision formed part of a deliberate long-term strategy aimed at enhancing Ghana's medal prospects at the quadrennial Games.

He stressed that the selections were no handouts, but earned through consistent high-level performances and recommendations from coaches.

"Our number one priority is the athletes. How to support them and how can we get them to do what they have to do and so we will do everything to get them to the top.

There is only one thing that we ask in return, when we invest in you, you must work," he added.

He lauded the federations for their tireless work behind the scenes, shaping athletes who continue to fly Ghana's flag at major international competitions.

The GOC President said the athletes would be evaluated through appearances at key international tournaments during their European stint.

Mr. Kenneth Arthur, President of the Ghana Judo Association, thanked the GOC for selecting the athlete in the initial group, noting it as a show of confidence in the sport.

He described both athletes as highly disciplined competitors who were determined to battle for qualification to the next Olympic Games and deliver medals for Ghana.

The Olympic Scholarships awarded to the athletes are expected to conclude in 2028, aligning with Ghana's preparations for the Olympic Games.

Present at the short meeting were Madam Rafatu Inusah, President of Ghana Rugby, Mr. Evans Yeboah, President of Ghana Badminton, Mr. Charles Osei Asibey, President for Ghana Armwrestling Mr. Frederick Lartey Otu, President of Ghana Taekwondo and Mr. George Owusu Ansah, President for Ghana Sports For All..



'RAPID WEIGHT CUTTING IN BOXING DANGEROUS'

Dr. Eric Tetteh Ayertey,
(Sports Physiotherapist)

Dr. Eric Tetteh Ayertey, a Ghana-based medical doctor with a special interest in multi-sport athlete health, anti-doping, and event medical governance, has urged boxers and coaches to prioritise safe and structured weight management, warning that drastic weight cutting can put athletes at serious medical risk.

In an interview, Dr. Ayertey explained that while many boxing teams in Ghana demonstrate discipline and strong preparation standards, occasional unsafe weight-cutting practices highlight the need for sustained education and medical guidance across the sport.

Dr. Ayertey, a BIBA-trained ringside medical professional recognised by the Association of Professional Boxing Commissions (APBC), stressed that one of the most misunderstood issues in combat sports is the assumption that once a fighter makes weight, they are automatically ready to compete.

"A boxer can make weight successfully and still be medically unstable," he stated.

According to Dr. Ayertey, rapid weight loss is often achieved through dehydration and restricted intake, which can reduce circulating blood volume and disrupt electrolyte balance. These changes may affect temperature regulation, recovery, and even fight-night performance.

He further explained that warning symptoms may include dizziness, cramps, weakness, headache, heat intolerance, and in more severe cases, collapse or acute medical instability.

"The safest approach is gradual, planned weight management. Waiting until a bout is confirmed and then trying to cut weight rapidly can expose the athlete to avoidable risk," he added.

He referenced a recent incident involving American bantamweight fighter Cameron Smotherman, who collapsed shortly after stepping off the scale at an official weigh-in in Las Vegas.

According to him, while not every weigh-in collapse is directly linked to weight cutting, such incidents bring to mind similar fatal consequences that have been confirmed in some cases to be associated with dangerous weight-cutting practices in weight-category sports such as boxing, kickboxing and weightlifting.

"Weigh-ins are not simply administrative. They also represent a critical medical moment in boxing," he noted.

Dr. Ayertey stated that athlete protection must remain a shared responsibility across boxers, coaches, managers, and event organisers.

Dr. Ayertey acknowledged that insisting on proper medical standards within the boxing fraternity may sometimes be misunderstood.

"Some may see me as overly strict or cautious, but in combat sports, caution is not weakness; it is responsibility. Boxing is high-risk, and even with the best preparation, emergencies can occur. That is why we must never overlook preventable risks or compromise on safety," he stressed.



Addressing perceptions around strict medical enforce Dr. Tetteh Ayertey commended the collective efforts of the Ministry of Sports and Recreation, the National Sports Authority (NSA), the Interim Management Committee (IMC), and all stakeholders for their collective efforts and collaboration towards strengthening medical and safety protocols and safe practices within Ghana boxing.

He further stressed that training and talent are important, but boxer medical preparedness and physiological fitness must remain the foundation.

"Safe preparation protects performance, prevents avoidable injury, and strengthens confidence in the sport," he added.

He concluded by calling for a sustained commitment to education and enhanced medical governance across the Ghanaian sports ecosystem, especially in high-risk sports like boxing.

"Boxing will always be a demanding sport, but unsafe weight cutting should never be the price of competition. With better planning and medical guidance, these risks can be reduced and athletes can perform at their best in a safer environment."



GHANA RETURNS TO THE SADDLE AT AFRICA YOUTH GAMES 2025

By Theophilus Sampah sponsored by GOC

Ghana once again etched her name into the growing history of African youth cycling as the nation featured in the cycling event of the 2025 Africa Youth Games in Luanda, Angola, marking her second appearance at the continental youth multi-sport festival.

Flying the national colours alone was young cycling sensation Mubarak Shaaban Mohammed, guided by his coach Shaaban Mohammed. Despite the odds, Mubarak proudly carried Ghana's hopes on his shoulders, embodying resilience, courage, and the spirit of national representation on one of Africa's biggest youth sporting stages.

Ghana's journey in youth cycling at the Africa Youth Games dates back to 2014 in Botswana, during the second edition of the Games, when the country made its debut with one cyclist — Frank Akuffo David Awuku — supported by official Rudolph Mensah.

Eleven years on, the return to the Games in Luanda symbolized continuity, growth, and a renewed commitment to developing cycling at the grassroots level.

This time, Mubarak Shaaban Mohammed took the mantle as the sole flag bearer for Ghana in the cycling competition. Competing in two demanding events — the Individual Time Trial (ITT) Men's Youth Category, a distance of 13.48 kilometers and the Road Race Men's Youth Category — the young cyclist showcased determination and maturity beyond his years.

The Individual Time Trial event was originally designed for athletes aged 14 to 16 years, aligning with the Games'

core objective of building a strong youth base for African cycling. However, last-minute changes to include 17- and 18-year-old cyclists introduced unexpected challenges and confusion, affecting the overall dynamics and outcomes of the races.

In the fiercely contested Road Race, which covered a distance of 94.36 kilometers (7 laps of 13.48 kilometers) Mubarak faced stiff competition from older and more experienced riders. He was eventually lapped and withdrawn from the race in line with international cycling regulations. While the result may not have gone Ghana's way, the experience provided invaluable exposure and learning for the young athlete.

At the end of the competition, Algeria clinched first place, Ethiopia finished second, and Tunisia secured third, underlining the depth of cycling talent across the continent.

For Ghana, however, the true victory lay beyond podium finishes. Mubarak Shaaban Mohammed's participation stands as a symbol of hope for the future of Ghanaian cycling. Competing alone against a strong field, he demonstrated bravery, discipline, and an unwavering belief in his abilities — qualities that form the foundation of sporting excellence.

As Ghana continues to invest in youth development, Mubarak's journey in Luanda will serve as inspiration for young cyclists back home, proving that with commitment, support, and opportunity, Ghana can steadily rise in African cycling.





4TH AFRICA YOUTH GAMES: GHANA'S KARATE JUNIORS WRITE HISTORY WITH BRONZE MEDAL WIN

By Theo Sampah

Ghana's journey at the 4th Africa Youth Games in Angola will be remembered not just for medals, but for courage, character, and the promise of a bright future. For the first time ever, Ghana's junior karate team stepped onto the continental stage, young, determined, and ready to test their spirit against Africa's best.

The karate competition, held at the iconic Cidadela Pavilion in Luanda, brought together athletes aged between 14 and 17 years from across the continent. It was a true celebration of youth, discipline, and African sporting excellence.

Fielding two male athletes, Ghana took on a formidable field of competitors from 17 countries. In the -55kg class, Edward Amartey carried the nation's hopes with fearless resolve. In the -61kg class, Gabriel Nii Korley Commodore stood prepared to announce himself among Africa's elite. Above them all, guiding every step, stood Coach Ibrahim, whose belief in his athletes burned brighter than the arena lights.

From the opening bouts, Edward showed composure beyond his years—sharp technique, disciplined movement, and an unshakable will.

Each contest was a battle of nerves and strength, but Edward fought with the heart of a champion. When the dust settled, Ghana had its moment: a bronze medal, earned through grit and sacrifice, sealing a historic podium finish for the nation at its maiden appearance. Gabriel's story, though different, was no less powerful. A technical infraction ruled him out.

As Edward Amartey was decorated with his bronze medal and presented with souvenirs from the organisers, the Ghana flag rose with pride inside the Cidadela Pavilion. It was more than an award—it was a signal. A signal that Ghana's karate future has arrived, that investment in youth is yielding results, and that the next generation is ready to soar.

Under the watchful eyes of Coaches Ibrahim Jarrah and Emmanuel Agyei, these young Eagles have shown what is possible when talent meets opportunity. Angola was only the beginning. The mat has been tested. The dream has been awakened. And Ghana's karate journey now marches forward—with belief, discipline, and an unbreakable fighting spirit.



DAUDA FUSEINI ELECTED GHANA BOXING PRESIDENT

By Sammy Heywood Okine

Alhaji Dauda Fuseini was elected president of the Ghana Boxing Federation (GBF) at a Congress held at the Media Centre of the Accra Sports Stadium on Saturday December 27, 2025.

He polled 85 to beat incumbent Bernard Quartey of the Ghana Immigration Service, who got 25 votes.

Nii Gonti Adjor I aka Nii Adama Addy was elected unopposed as the new first vice president, while Solomon Otoo Lartey beat Naa Okailey to become the second vice president.

Mustapha Nettey also retained his position as Treasurer with a large vote margin against his opponent.

Sarah Lotus Asare and George Lamptey got the nod as new executive board members.

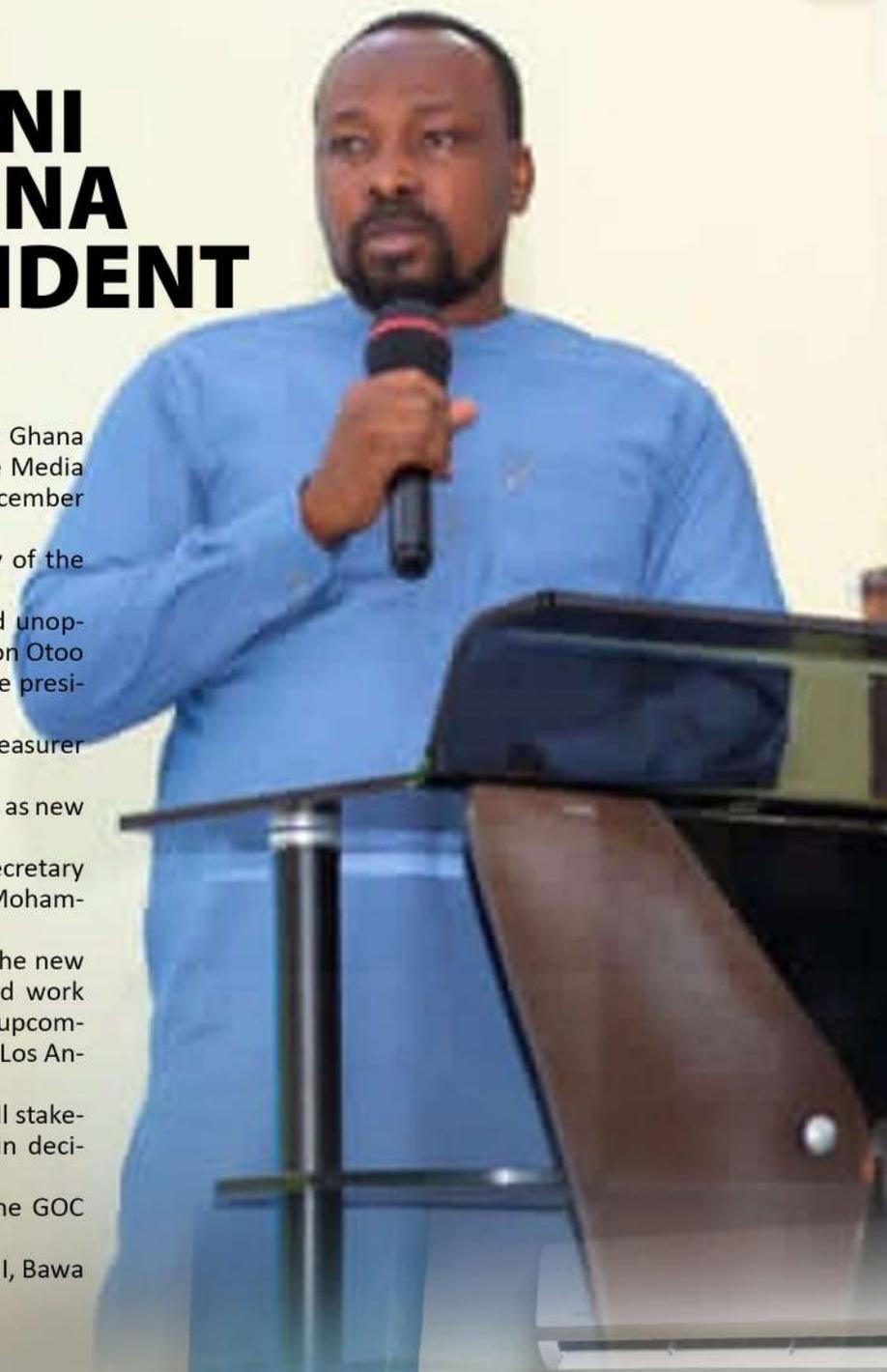
They were immediately sworn into office by Secretary General of the Ghana Olympic Committee (GOC) Mohammed Muniru Kassim.

President of the GOC Richard Akpokavie advised the new leadership to unite the amateur boxing front and work hard to get good boxers to represent Ghana at the upcoming Youth Olympic Games in Senegal and the 2028 Los Angeles Olympic Games.

Alhaji Dauda Fuseini promised to work hard with all stakeholders to be accountable, transparent and fair in decision-taking.

The election was conducted and supervised by the GOC and Electoral Commission of Ghana.

Present at the ceremony was Nana Adu Mankatah II, Bawa Fuseini and Kamal Sulley, all GOC Board members.





CHRISTIANA SHINES IN CONTINENTAL YOUTH GAMES

By Gabriel Obu

Christiana Eghan, a talented student athlete from Yaa Asantewa Girls' Senior High School, has etched her name in the records of Ghanaian athletics with a remarkable year of achievements.

The young track star won an impressive four (4) medals in two major continental youth games, cementing her position as one of the country's brightest young talents.

Christiana's journey to glory began at the 1st African School Games in Algeria, where she made her international debut and walked away with two bronze medals. She claimed the bronze in the Women's Triple Jump, showcasing her exceptional skills and poise under pressure.

She was also part of Team Ghana's women's medley team that won bronze, helping her country finish on the podium with a commendable time of 2:15.78.

Fired by her early success, Christiana continued to shine at the 4th African Youth Games in Luanda, where she won additional two (2) bronze medals. She demonstrated her versatility by taking bronze in both the Girls' Long Jump (5.62m) and Girls' Triple Jump (11.87m), achieving a personal best in the latter event.

Christiana's achievements are a testament to her hard work, dedication and natural talent. As she continues to soar to greater heights, Ghanaian sports enthusiasts eagerly look forward to witnessing her future successes. This remarkable young athlete is undoubtedly one to watch in the years to come!

RUGBY RISING EMPOWERS 350 GIRLS

By Gabriel Obu

The Ghana Rugby Football Union (GRFU), in partnership with the Greater Accra Rugby Association, has successfully hosted Rugby Rising Play at the Weija Asaa Park.

The event introduced 350 girls from 11 schools to rugby, mentorship, and essential health education.

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#EIBSports

Wed. 28 Jan. 2026

Ghana draws Puerto Rico, Austria and Angola in Women's Division of the World Team Table Tennis Championships finals.



Olam



ATHLETICS BOSS CALLS ON GOC AHEAD OF AFRICAN CHAMPIONSHIP IN ACCRA



President of the Confederation of African Athletics (CAA), Hamad Kalkaba Malboun, on January 7, 2026, paid a courtesy call on officials of the Ghana Olympic Committee (GOC) ahead of the African Athletics Championship slated for May.

He was accompanied by officials of the CAA.

Ghana will host the 24th edition of the Africa Senior Athletics Championships from May 12 to 17, 2026, in Accra.

Mr. Malboun noted that Ghana hosted a very successful 13th African Games recently and he believes there are still fresh facilities for the upcoming CAA event.

President of the GOC, Richard Akpokavie, who warmly welcomed the Athletics delegation, said he is always concerned about athletes' welfare especially their training facilities and remuneration and he is very optimistic that the Ghana Athletics Association will deliver again.

"We have to put all hands on deck to organise a memorable and successful world class event," he stated.

President of Ghana Athletics Bawa Fuseini, who is also the Deputy Secretary General of the GOC, gave the assurance that Ghana will host a marvelous competition come May 2026.

He expressed the hope that the participating countries would present their best athletes to make the Championship competitive.

Present was the Secretary General of the GOC, Mohammed Muniru Kassim.

A Memorandum of Understanding (MoU) between Ghana and the CAA was later signed at the Ministry of Sports and Recreation, after Malboun had visited the University of Ghana Sports Stadium at Legon, venue for the event.



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GOC WOMEN'S COMMISSION HOLD 1ST MEETING



Members of the commission in a group photo after the meeting

CHAMPION TASTE!



GHANA RUGBY OBSERVES UK/ GHANA SPORTS DAY IN ACCRA



The Ghana Rugby Football Union (GRFU) brought energy and visibility to the first-ever UK/Ghana Sports Day held at the Accra Sports Stadium on Tuesday, 25 November 2025. The event, a joint initiative between Ghana and the United Kingdom, showcased more than twenty sporting

disciplines and drew hundreds of enthusiastic spectators, athletes, and officials. For many, it was a rare opportunity to see a broad spectrum of Ghana's sporting talent gathered on a single platform.

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ANITA AFRIFA SETS NEW NATIONAL RECORD

Ghana's rising sprint star, Anita Afrifa, has etched her name into the record books after delivering a historic performance in the women's indoor 300 meters at the Corky Classic, clocking an outstanding 37.18 seconds to set a new Ghanaian national record.

The remarkable run saw Afrifa erase the previous record of 38.30 seconds, which was held by Akua Obeng-Akrofi, shaving more than a full second off the mark.

Even more impressive is the revelation that the record-breaking performance came in Afrifa's debut race representing the Texas Tech Red Raiders.



Source: Dynamic Athletics Hub

DAUDA APPOINTED PRESIDENT OF AFRICA ZONE 2 BOXING

By Sammy Heywood Okine

The African Boxing Inaugural Congress took place in a hybrid format at the Lamiridge Hotel Conference Hall, Lagos, Nigeria in December 2025, with the participation of 20 national boxing federations.

Ghana was represented by new Ghana Amateur Boxing president Dauda Fuseni, who was appointed president of Africa Zone 2 (West Africa) by World Boxing.

In an exclusive interview, he said he would work hard to leave a legacy. He promised to unite the sub-region and approve competitions that will improve the rankings and standards of West African boxers.

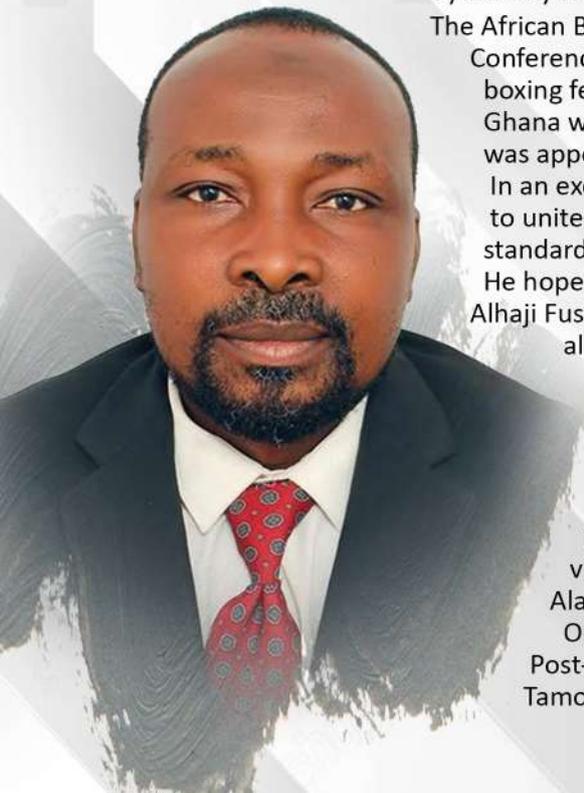
He hoped to attract the needed assistance and energy to succeed in his new role. Alhaji Fuseni will be responsible for coordination, supervision and development of all boxing activities in Zone 2, encompassing 16 West African countries, with immediate effect.

His letter of appointment was signed by the African president, Solomon Desmond Kargbo.

Approvals of the congress agenda include the previous minutes, strategic plan and draft statutes.

By acclamation, the Congress re-elected president Solomon Desmond Kargbo, vice presidents Omonlei Yakubu and Anta Gueye as well as board members Alaeldin Alfatih, Dirang Thiye, Kpako Jules, Awil Gele, Fuseni Dauda and Maria Obono.

Post-congress board decisions included the nomination of Cyprien Tamo as Secretary General.





RUGBY PRESIDENT ATTENDS GLOBAL SUMMIT

President of the Ghana Rugby Football Union (GRFU), Rafatu Inusah, has represented Ghana at two prestigious international rugby events in London - the 17th World Rugby General Assembly and the Women's Rugby Global Summit.

The World Rugby General Assembly brought together union leaders and stakeholders from across the globe to deliberate on governance, structures, and strategies for strengthening rugby's future. Ms. Inusah's presence ensured that Ghana's voice and by extension, the perspectives of African rugby were reflected in these key discussions, reaffirming the Union's dedication to governance excellence, transparency and collaboration.

Following the Assembly, Ms. Inusah joined more than 400 senior leaders, administrators, and industry experts at the Women's Rugby Global Summit, themed "Powering Women's Rugby."

The Summit explored how maximising opportunities for women and girls, on and off the field, can drive the sport's growth worldwide. Sessions focused on unlocking commercial potential, increasing participation, enhancing visibility, and leveraging partnerships to create sustainable structures for the women's game. As one of the few women leading a national rugby union federation globally, Ms. Inusah's representation was both significant and symbolic. It demonstrated Ghana Rugby's firm commitment to advancing women's rugby domestically while contributing meaningfully to international conversations on equity, participation, and leadership.



GFA LAUNCHES INSURANCE POLICY FOR REFEREES

Ghana's football ecosystem witnessed a major breakthrough as the Ghana Football Association (GFA), in partnership with Enterprise Life, launched a comprehensive insurance policy for referees on November 25, 2025.

The initiative represents one of the most significant welfare reforms in domestic football, combining the GFA's renewed commitment to officiating standards with Enterprise Life's pedigree in insurance excellence.

The launch, which fulfils a pledge made by GFA President Kurt Edwin Simeon-Okraku during the 31st Ordinary Session of Congress in Prampram, marks a historic shift toward improved protection for match officials across the

Premier League, Division One League, and Women's Premier League.

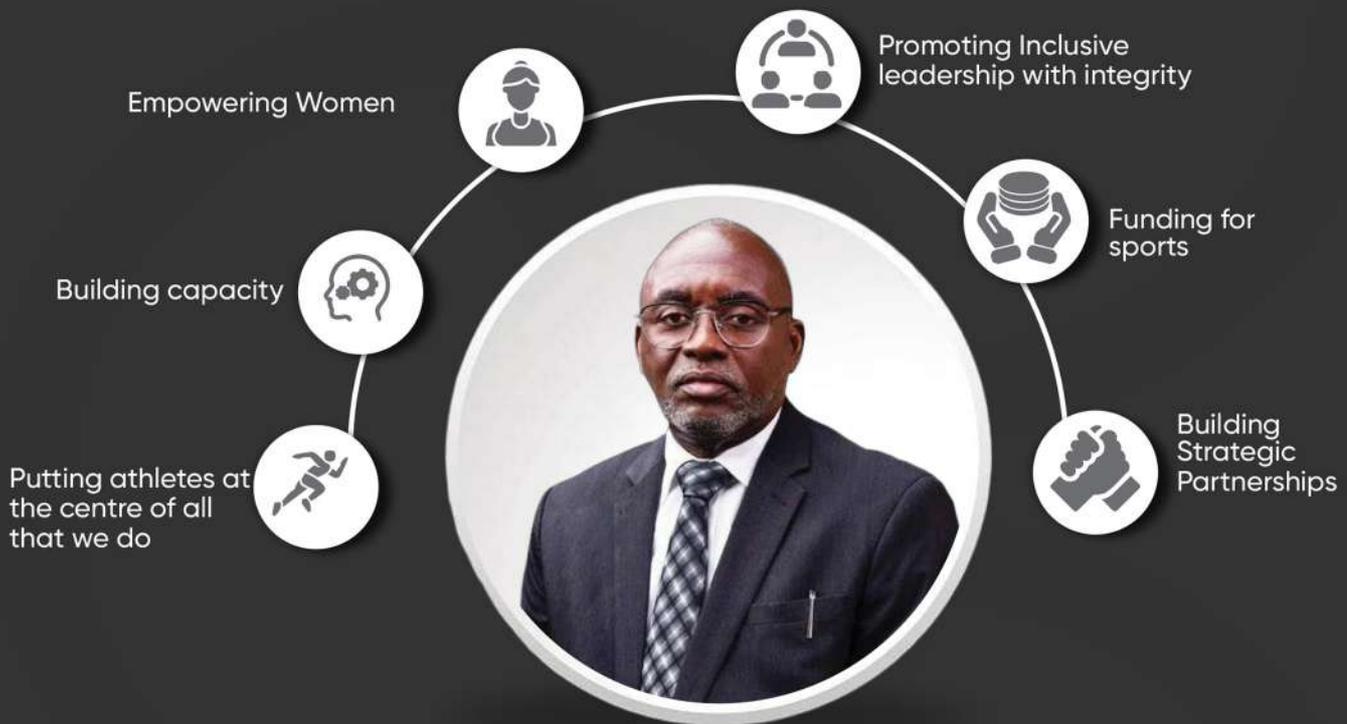
All 280 referees across the top tiers of Ghana football are automatically enrolled and the package includes Group Life Cover, Critical Illness Protection, Permanent Disability Compensation, Medical Expenses Support and Workmen's Compensation.

To further support referees' families, additional benefits extend to spouses, children, and parents, along with funeral assistance, an inclusion that underscores Enterprise Life's holistic approach to welfare.

GHANA OLYMPIC COMMITTEE

Strategic Plan 2025 - 2029

OUR SIX SCHEMATIC AREAS



GOC STRATEGIC PLAN 2025 -2029



PUTTING ATHLETES AT THE CENTRE OF ALL THAT WE DO

OBJECTIVE

To prioritize the well-being, development, and success of athletes in every decision, policy, and program.

STRATEGIES

RECOGNIZE THE ATHLETES' COMMISSION

Outcome: Ensure athletes have a structured and empowered voice in decision-making

Activities

Ensure Athlete's Commission are represented on Executive board

Hold regular consultation meetings with active athletes across disciplines to gather input and promote direct influence.

Provide leadership training for athlete representatives to participate effectively.

Ensure voting rights for the commission on key policy matters.

INSTITUTE ATHLETE WELFARE PROGRAMS

Outcome:

Protect and promote total well-being of athletes.

Activities:

Facilitate health insurance for national athletes on national assignments.

Provide access to mental health support, such as counselling and therapy.

Develop regular feedback/reporting platform for athletes to raise issues anonymously.

SAFEGUARDING POLICY

Outcome: Protect athletes from abuse, harassment and exploitation

Activities:

Develop and publish a safeguarding policy.

Provide mandatory safeguarding training for all athletes and coaches for federations

Appoint trained safeguarding officers at national levels.

Establish confidential reporting channels and clear investigation protocols.

Institute regular review and risk assessments to ensure compliance

EDUCATION ON CLEAN SPORTS AND COMPETITION MANIPULATION

Outcome: Promote integrity through awareness and education

Activities:

Collaborate with national antidoping agencies to offer regular education.

Run clean sport campaigns through athlete ambassadors. Collaborate with Officers against the Prevention of Manipulation of Sports

Create a whistleblower platform for reporting competition manipulation and doping.

SKILLS DEVELOPMENT AND CAREER PATHWAY

Outcome: Prepare athletes for life during and after sport

Activities:

Partner with educational institutions to offer flexible learning options.

Offer career counselling and mentoring programs tailored to athletes.

Support dual careers (sport and academic or employment)

Run workshops on financial literacy, entrepreneurship and soft skills.

COMPETITIONS

Outcome: Provide well-structured athlete competitions

Activities

Involve athletes in calendar planning to reduce burnout.

Ensure regular, tiered competition formats (local, regional, national)

Use athlete feedback to improve formats, officiating and logistics Guarantee proper medical and safety provisions at all.

Equal access and opportunity for all genders and abilities



TEAM GHANA

GOC STRATEGIC PLAN 2025 -2029



BUILDING CAPACITY

TO STRENGTHEN THE CAPABILITIES OF ALL STAKEHOLDERS



Introduce certification and licensing as a requirement for certain roles (e.g., technical directors, coaches).

REGULAR STAKEHOLDERS ENGAGEMENTS

Outcome: Ensure continuous dialogue, transparency and collaboration

Activities:
Create an annual calendar for stakeholder's forums, roundtables, and consultative sessions.

Form specialized committees (e.g., for development, competition, finance) with stakeholder representation.

Distribute regular newsletters and reports to keep stakeholders informed.

Hold interactive sessions for stakeholders with leadership.

MENTORSHIP PROGRAMS FOR STAKEHOLDERS

Outcome: Design and launch structured mentorship programs pairing young women or new stakeholders with experienced professionals (local and international).

Activities: Involve successful athletes, executives, and role models as mentors and program ambassadors.

Track mentorship outcomes through regular check-ins and impact assessments.

Host networking events to connect mentees with a broader circle of influencers and supporters.

EXCHANGE PROGRAMS AND INTERNATIONAL EXPOSURE

Outcome: Provide stakeholders with global best practices, networks and inspiration

Activities: Partner with international federations, embassies, and NGOs to sponsor exchange programs.

Send coaches, officials, and women leaders abroad for training, tournaments, or internships.

Host international delegations and knowledge-sharing events locally. Facilitate participation in international conferences

Create twinning programs with sports federations in other countries for shared learning.

FRAMEWORK FOR ADR AMONG STAKEHOLDERS

Outcome: Establish fair, fast, and athlete friendly mechanisms for resolving conflicts in sports outside traditional methods

Activities: Develop an ADR Policy and Code of Conduct that clearly defines mediation, arbitration, and conciliation processes at the GOC level and facilitate same at the federation level.

Set up a Sports Dispute Resolution Unit or sports tribunal.

Provide stakeholders with ADR awareness training, so they understand their rights and options.

Include ADR clauses in contracts, regulations, and athlete agreements.

OBJECTIVE

To strengthen the capabilities of all stakeholders, to ensure sustainable sports development and effective governance.

STRATEGIES

STAKEHOLDERS CAPACITY BUILDING

Outcome: Equip all stakeholders (coaches, administrators, officials, etc.) with the knowledge and skills needed to drive effective sports governance and development

Activities:
Develop stakeholder-specific curricula (e.g., for technical officials, medical personnel, etc.).

Conduct regular training workshops on sports governance, ethics, finance, safeguarding, and athlete management

Partner with universities or sports institutes for accredited short courses

Utilize e-learning platforms to make training accessible and scalable.



GOC STRATEGIC PLAN 2025 -2029



EMPOWERING WOMEN

OBJECTIVE

Promoting gender equity and inclusivity, to ensure sustainable sports development and effective governance.

STRATEGIES

SETTING UP A QUOTA SYSTEM FOR WOMEN REPRESENTATION AT ALL LEVELS

Outcome: Increase representation and participation in leadership and decision-making at all levels

Activities: Adopt a gender inclusion policy mandating a minimum percentage of women in all committees and leadership positions.

Establish women-in-sport networks to mentor, support, and develop female leaders.

Create a women's leadership development program with training, mentorship, and funding.

RESEARCH ON WOMEN DEVELOPMENT IN SPORTS

Outcome: Generate data-driven insights to shape effective policies and interventions for women's participation and leadership in sports.

Activities:

Commission baseline studies on women's involvement in coaching, officiating, leadership, and competition.

Partner with universities or research institutions to study barriers, participation trends, and success factors.

BUILDING CAPACITY OF WOMEN AT ALL LEVELS

Outcome: Equip women at all levels with the knowledge and requisite skills to be effective.

BUILDING CAPACITY OF WOMEN AT ALL LEVELS

Outcome: Equip women at all levels with the knowledge and requisite skills to be effective.

Activities
Develop training modules and events to give women the opportunity to lead.

Partner with institutions to train women leaders.

Collaborate with institutions that promote gender equality.



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RESEARCH ON WOMEN DEVELOPMENT IN SPORTS

Outcome: Generate data-driven insights to shape effective policies and interventions for women's participation and leadership in sports.

MENTORSHIP

Outcome: Provide young women an opportunity to interact and connect with women leaders

Activities:
Mentorship programs for young women.

Organise networking events and opportunities to connect mentees with mentors.

Use successful former female athletes, administrators, coaches etc, as role models to mentor young women.

Promoting gender equity and inclusivity, to ensure sustainable sports development and effective governance.



GOC STRATEGIC PLAN 2025 -2029



PROMOTING INCLUSIVE LEADERSHIP WITH INTEGRITY

OBJECTIVE

To foster a culture of ethical, inclusive, and transparent leadership that builds trust, accountability, and collaboration across the sports ecosystem.

STRATEGIES

COMMUNICATION CULTURE

Outcome:

Foster openness, active listening, clarity, and consistent engagement across all levels.

Activities

Establish open-door communication channels (physical or virtual) for athletes, staff, and stakeholders.

Use multiple communication platforms (email, social media, WhatsApp, newsletters) to reach all groups.

Implement a feedback and suggestion system with anonymous options.

INTEGRITY AND ACCOUNTABILITY

Outcome: Set a tone of honesty, consistency, and ownership at all leadership levels.

Activities:

Create a leadership code of ethics with clear expectations on integrity and accountability.

Implement a 360-degree appraisal system for top leadership, involving peers and subordinates.

Reward ethical behavior and penalize dishonesty with clear consequences.

GOOD GOVERNANCE STRUCTURE

Outcome:

Ensure leadership processes are fair, transparent, and participatory.

Activities

Define clear roles and responsibilities for board members, executives, and committees.

Establish a governance manual with procedures on meetings, decisions, conflict of interest, etc.

TEAMWORK AND TEAM BONDING ACTIVITIES

Outcome: Build trust, unity, and shared purpose among leadership and staff.

Activities:

Organize quarterly retreats or team-building sessions (on-site or off-site).

Celebrate team successes together, not just individual achievements.

Encourage cross-functional task teams to promote collaboration across committees

EQUAL OPPORTUNITIES FOR ALL

Outcome: Eliminate bias and ensure fair access to roles, resources, and recognition.

Activities

Standardize recruitment, selection, and promotion using merit-based, transparent criteria.

Track representation metrics across gender, disability, and background to measure equity.

Ensure inclusive access to training, leadership development, and international opportunities.

Provide inclusive leadership training for leaders at all levels including board and Executive committee members and federation leadership.

ZERO-TOLERANCE FOR CORRUPTION AND MISCONDUCT

Outcome: Provide stakeholders and women with global best practices, networks and inspiration

Activities:

Draft and enforce an anti-corruption policy with clear definitions and consequences.

Establish a whistleblower mechanism, with protection for reporters.

Run annual ethics and compliance training for all staff and leaders.

Suspend or remove individuals found guilty of serious misconduct— no cover-ups.

Conduct independent investigations into any allegations of abuse, fraud, or unethical behavior.



GOC STRATEGIC PLAN 2025 -2029



FUNDING FOR SPORTS

OBJECTIVE

To establish sustainable and diversified funding mechanisms to support grassroots development, elite performance, and organizational operations.

STRATEGIES

INTERNATIONAL FEDERATION (IF) SUPPORT

Outcome:

Submit well-prepared development proposals aligned with IF strategic priorities (e.g., grassroots growth, female participation, coaching).

Activities: Maintain good standing with the IF by meeting reporting, governance, and participation obligations

Host IF-certified courses and events to unlock additional funding and technical support.

SPONSORSHIPS AND PARTNERSHIPS

Outcome: Attract corporate and commercial investment into sports through value-driven partnerships

Activities: Develop a sponsorship toolkit including audience demographics, brand exposure benefits, and impact metrics.

Create tiered sponsorship packages (e.g., Platinum, Gold, Silver) for companies at different investment levels.

Offer naming rights, branding opportunities, and digital visibility to corporate partners.

Implement a transparent commission structure for agents or individuals who bring in sponsors.

Establish performance-based incentives for partner retention (e.g., renewal bonuses).

SUBVENTIONS AND INTERVENTIONS

Outcome: Secure public funding and policy support for sports infrastructure, development, and programmes

Activities:

Advocate for inclusion in the national budget under youth, education, or health sectors.

Develop a national sports development plan to present a structured case to ministries or parliaments.

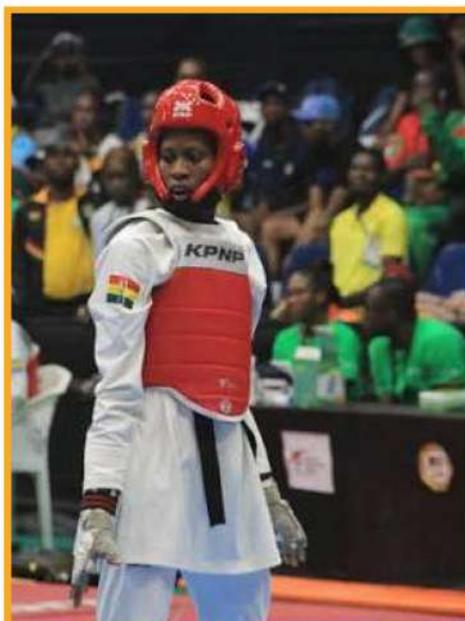
Engage legislators through sports summits or showcase events.

Apply for public grants or special funds available for infrastructure, youth programs, or community development.

Ensure transparency and accountability in government-funded projects to encourage continued support.

SUBVENTIONS AND INTERVENTIONS

Outcome: Secure public funding and policy support for sports infrastructure, development, and programmes



DEDICATED FUNDING POLICY

Outcome: Institutionalize sports funding within national and organizational policies for sustainability

Activities:

Draft a national or organizational sports funding policy that outlines sources, allocation formulas, and accountability measures.

Establish funding tiers and guidelines (e.g., grassroots, elite, para-sports, infrastructure).

Link funding eligibility to governance compliance, financial reporting, and performance indicators.

Include Partner representative on committees to increase buy in.

HOSTING OF INTERNATIONAL EVENTS

Outcome: Use events to generate revenue, stimulate the local economy, and attract long term investment.

Activities:

Bid for IOC and ANOCA regional and international events, especially developmental and youth events.

Develop a hosting capability plan (infrastructure, logistics, media, volunteers) to attract bids.

Leverage international events to secure sponsor packages (linked to brand exposure and media coverage).

Track event impact (ROI, job creation, brand value) to build a case for future investment.

GOC STRATEGIC PLAN 2025 -2029



BUILDING STRATEGIC PARTNERSHIPS



OBJECTIVE

To create and maintain strategic alliances that add value, enhance visibility, and bring innovation and resources to the sports sector.

STRATEGIES INSTITUTIONALIZE PARTNERSHIPS

Outcome:

Collaborate with organizations (local and international) to strengthen capacity, knowledge sharing, and access to resources.

Activities:

Establish agreements for joint programs in areas like sports science, education, health, gender, or peacebuilding.

Partner with academic institutions to provide scholarships, research, and athlete education support.

Collaborate with international sports federations for technical support, equipment donations, or capacity-building.

Join global alliances or networks (e.g., ICSSPE, UNESCO sport platforms) to increase visibility and leverage joint projects.

Co-host seminars or community outreach events with partner institutions to strengthen local impact.

CORPORATE SECTOR ENGAGEMENT PLAN

Outcome:

Develop structured approaches to attract and retain private sector investment in sports.

Activities:

Create a corporate engagement strategy document that outlines sponsorship benefits, tax incentives.

Segment potential partners by industry (e.g., banking, telecom, FMCG, health) and match them with suitable sports programmes.

Design branded sponsorship packages with clear ROI (media exposure, community impact, naming rights).

Use athlete ambassadors in campaigns that promote the brand while supporting athlete development.

Offer recognition platforms (awards, press releases, social media spotlights) for partners

FORMER ATHLETES AND INTEREST GROUP INVOLVEMENT

Outcome: Leverage the influence, experience, and networks of former athletes and niche communities.

Activities

Ghana Olympians to mentor athletes and advocates for fundraising.

Involve former athletes in coaching, administration, and promotional roles within the sports structure.

Partner with disability rights groups, women's organizations, and youth groups for targeted initiatives.

Appoint ambassadors from interest groups or athlete alumni to represent the sporting media and outreach.

BRANDING STRATEGIES THROUGH PARTNERSHIPS

Outcome: Enhance the visibility and credibility of the sport while delivering value to partners.

Activities:

Co-brand events, merchandise, and campaigns with partners to create shared visibility.

Develop a visual identity and brand guide for how partners' logos and names are used across platforms.

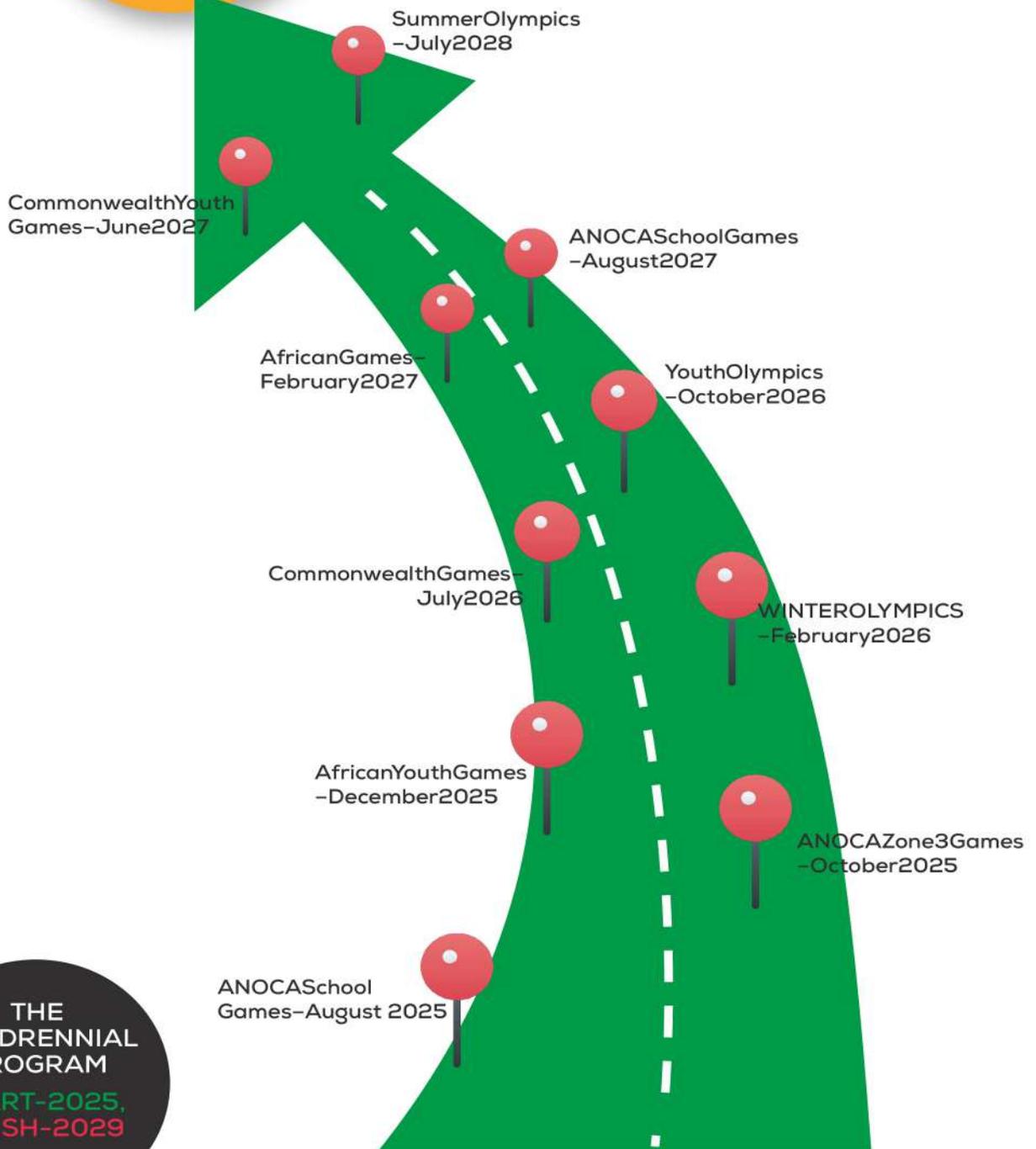
Leverage digital platforms to amplify branding for both the sport and partners.



GOC STRATEGIC PLAN 2025 -2029



CALENDAR



THE
QUADRENNIAL
PROGRAM

START-2025,
FINISH-2029

15TH AFRICA ARMWRESTLING CHAMPIONSHIP

Accra will host the best Armwrestlers from the continent coming from the Central, East, North, South and West Africa in May.



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