

# INTRODUCTION

OYDC Zambia Sports Development Centre was established in 2010 with assistance from the International Olympic Committee and the Government of the Republic of Zambia as a High Performance Centre to deliver both sport and social change programs. It is currently run by the National Olympic Committee of Zambia through an appointed Board and management.



Since then, OYDC has hosted not only local events but also international events such as the 2012 Zone 6 Games, CANA Zone 3 and 4, Southern Africa Badminton Youth Championships in 2012, the Samsung Olympafrica Youth Games in 2012, the Africa Cup of Club Champions in 2011, the Afro Basketball Youth Championships in 2011 and most recently in 2018 the netball world cup qualifiers and the 2019 regional Handball tournament.

Other sport related events held at OYDC include OVEP Trainers of Trainers workshop and the IOC Sport Medicine Course in 2011. Others include coaches, technical officials and administrators' course.



## OYDC Zambia has the following sports facilities and activities:

Athletics Basketball Badminton Volleyball Boxing Chess Handball Hockey Judo Netball Swimming Table Tennis Taekwondo Tennis Beach Volleyball Weightlifting

. 61 Att marter a pristant in the





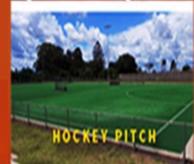






- Outdoor floodlit synthetic pitches for Hockey and 11/5 aside football
  - Athletics field and international standard running track
  - Courts for Basketball, Handball, Netball, Tennis and Volleyball
  - Multpurse sports hall for indoor sport
  - Boxing hall that houses a modern Boxing ring and training station





HLETICS TRO

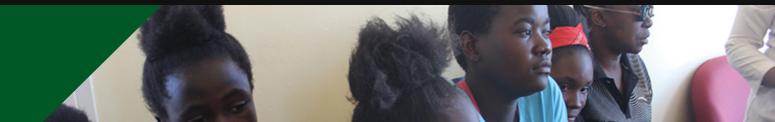


### The Centre offers basic health related services that include

- Basic health checks
- First aid
- Physiotherapy
- Massage and
- Screening (including ENT, blood pressure, eye and dental).

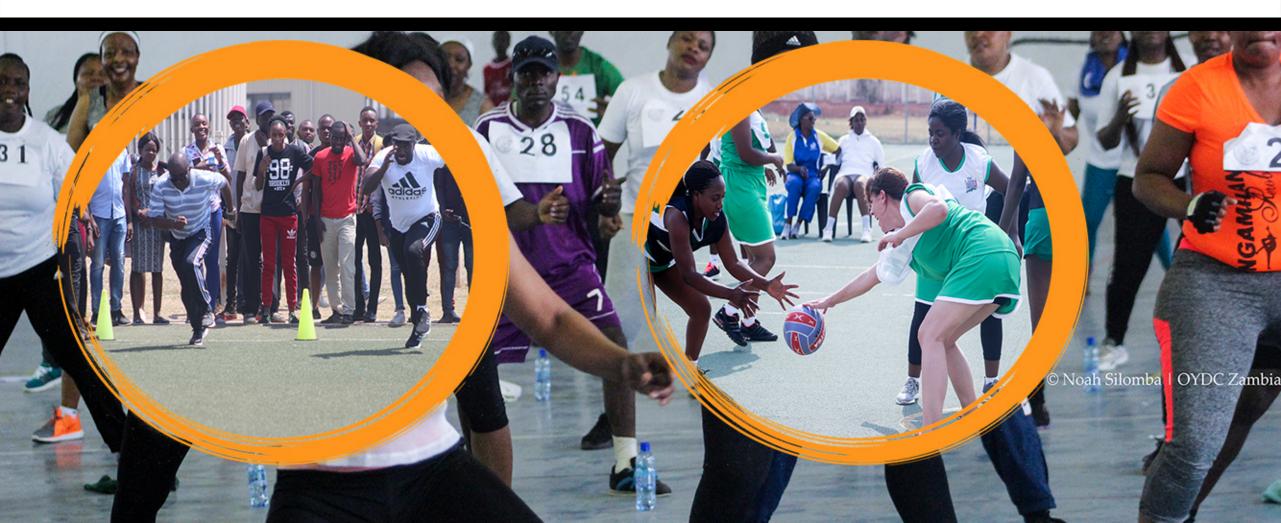






Wellness & fitness sessions

OYDC also delivers once off, as well as programmed team building sessions at OYDC or at the client's premises. With highly qualified coaches and fitness trainers, we are able to train any numbers and age group in various activities including swimming and water polo.

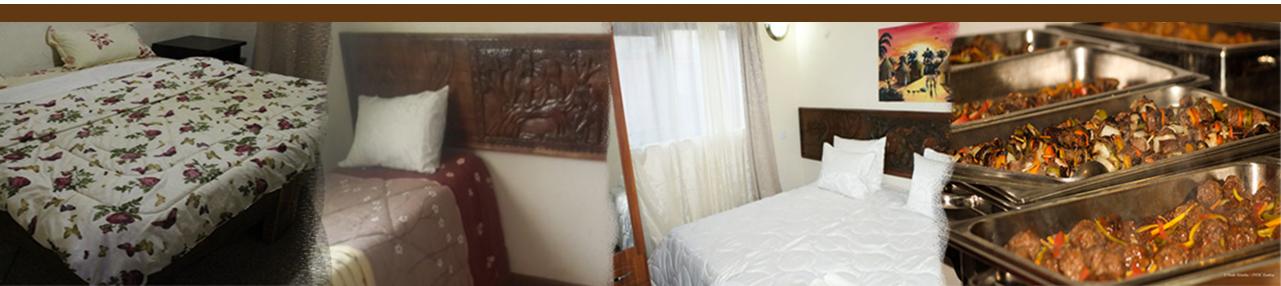


# OYDC Lodge

OYDC Lodge has 51 (Single & Double) self-contained, air conditioned rooms all with mini bar fridges, DSTV and Tea making facilities. We also have a detached 2 bedroomed self-contained apartment with inbuilt kitchen.

### Restaurant

Our Kitchen offers both local and international cuisines for Breakfast, Lunch, Tea breaks and Dinner with assorted beverages.



OYDC Zambia offers shuttle services which include airport and local pick ups.



### Gym

We have a Gym which is open from 05:30 to 21:30 equipped with state of the art equipment with qualified excellent service oriented instructors.

#### Conferences

The Centre has 8 conference rooms of 10 to 3000 varying capacities. The rooms are ideal for different social and corporate events.



OYDC Zambia is 25km away from Kenneth Kaunda International Airport and is within reach to tourist attraction areas such as the Zambia National Museum, Munda Wanga Environmental Park, Chaminuka Safari Lodge, Kalimba Reptile Park and other National Heritages. Within our radius, we have forex exchange services, VISA ATM's and Medical services.

**OYDC** Zambia Plot No. 33847, Great North Road Lusaka-Zambia. Twitter: @oydczambia Instagram: @oydczambia Facebook: OYDC Zambia – Sports Development Centre Mobile: +260-953-488-923 Email: info@oydc.org.zm Website: http://www.oydc.org.zm