

APRIL 2022

CAF SPORTS

NEWSLETTER

**NAVY
BIKE
RIDE**

**CAF NATIONAL
TRIATHLON
CHAMPIONSHIP**

**CAF SPORTS
AWARDS
CEREMONY**

**CAF PANDEMIC
PERFORMANCE
RECIPIENTS**



CAF SPORTS COMPREHENSIVE REVIEW

QUESTIONNAIRE

We are pleased to continue our collaboration with a research team from uOttawa, to perform an in-depth review of the CAF Sports Program. The main objective of this stage of the research project is to position the program delivery model to maximize the impact of sports on enhancing mental, social and physical well-being, developing core military attributes, develop esprit de corps and morale. This will allow CAF sports to become a recognized critical operational enabler for the CAF.

The online questionnaire will gather data that will help us develop and deliver a sports program that will align with the implementation of the brand new CAF Sports Strategy.

The completion of the online questionnaire is voluntary. By completing this questionnaire, you have the opportunity to directly influence the direction of the CAF Sport Program. For that reason, we invite and encourage CAF members to complete the questionnaire no later than April 18th.

We thank you in advance for your valuable insights and ongoing support in this project. For additional information please visit: [Impact of sport on CAF operational readiness \(caconnection.ca\)](https://caconnection.ca).

TAKE SURVEY



CALLING ALL TRIATHLETES

2022 CAF NATIONAL TRIATHLON CHAMPIONSHIP

On July 9th, CAF members from all over Canada will make their way to Gatineau, Quebec to compete against one another in the CAF National Triathlon Championship in the Sprint and Olympics distances.

The CAF National Triathlon Championship is open to all CAF members who have met the eligibility requirements (as per [Chapter 4 of the CAF Championships Operations Manual](#)) and have achieved a qualifying time between the years 2019 and 2022.

Proof of times must be submitted to your local PSP Base Sports Coordinator NLT 16 May. Additional information can be found in the [Joining Instructions](#)



ATHLETIC TRAINERS

TAPING VIDEOS

Sports are ramping back up! Grab a friend or family member and practice your taping skills. Access the videos on DFit.ca or the CAF Sports [YouTube channel](#).

OP REASSURANCE

STRENGTH IN UNITY

On the weekend of February 26 and 27, a team of 22 Canadian and 4 Italian athletes from Op REASSURANCE Latvia, competed in the first annual NATO Cross Country Ski Championship in Otepaa, Estonia.

Kamma Frederick, PSP Fitness, Sport, and Recreation Supervisor at Op REASSURANCE was requested to support the team in training for the event. With only one month to prepare for the event, training consisted of four sessions per week: one high intensity interval based session, one steady state endurance session, one active recovery session and one technical ski session at the Fischer Cross-Country Ski Centre in Sigulda, Latvia. Of the 22 members competing there was a range of abilities from first time skiers, to those who previously competed. All participants saw great improvements in their fitness level and ski technique throughout the month.

During the weekend in Estonia, Skiers could take part in five different competitions: 10km Freestyle, 10km Classic, 5km Freestyle Sprint, Individual Skiathlon (5km Classic and 5km Freestyle) or the Relay with four members each completing 5km (two classic and two freestyle) for a total of 20km as a team. Some competitors took part in a single event while many from the Canadian-Italian Team competed in four of the five events.



Although the Canadian-Italian teams did not place in the top three, they held their own taking home 5th, 6th, 8th, 9th and 17th places. The first place spot was claimed by the team from the National Armed Forces (NAF) Latvia, followed closely in Second place by the Estonian Team. Incredible efforts were displayed throughout the weekend with many competitors surprising themselves by where they placed in each race. Above the scores and competition of the event, it was incredible to witness the connection and camaraderie amongst all competitors and contingents. The event demonstrated once again, there is always Strength in Unity.



CAF CISM WOMEN'S BASKETBALL

TEAM MANAGER, MS. JORI RITCHIE

Please join us in welcoming Ms. Jori Ritchie as the new CAF CISM Women's Basketball Team Manager.

Basketball has been a big part of Jori's life as a player, coach, and now as the Team Manager. In 2019, she stepped in as the Acting CAF CISM Women's Basketball Team Manager attending the CISM Military World Games in China. Her passion for basketball and women in sport lead her to pursue a more permanent role as the Team Manager.

Jori is a sports enthusiast and can be found roaming the halls at RMC as she is the Intramural Coordinator. In her free time you'll find her shooting hoops, playing hockey, organizing youth & women's non contact football leagues, and mentoring young athletes.

To learn more about the CAF CISM Women's Basketball program visit [@CISM Basketball Canada](#) Facebook page or reach out to Jori; Jori.Ritchie@rmc.ca

CAF SPORTS AWARDS CEREMONY

2022

In 2020 and 2021, due to the pandemic, a virtual CAF Sports Awards Ceremony was developed to celebrate and recognize the 2019 and 2020 accomplishments. However, as we have not been in a position to resume sports, there will not be any nominations solicited for the 2021 sporting year.

We hope to be able to come back with the nomination process for the CAF Sports Award program to continue to recognize serving and former members of the CAF for their outstanding athletic performances and remarkable contributions to sport. The cancellation of the nomination process for 2022 includes the following:

- CAF Sports Hall of Fame
- CAF Honour Roll
- Dedication to CAF Sports Award
- Outstanding Contribution Award
- Sports Achievement Awards (Female athlete, Male athlete, Coach, Official and Team of the Year).

UNCONQUERED AWARD

Nominations for the Unconquered Award will be considered for serving or retired CAF members who have confronted a life-altering situation and used perseverance and determination through sport or physical recreation to overcome challenges and, most importantly, serve as a role model to give hope and inspiration to others in similar situations. Unconquered Award nominations are to be forwarded directly to Regional Soldier On Coordinators NTL Friday 6 May 2022.

2023

The nomination process for the CAF Sports Awards Ceremony 2023 will be announced early in the new year with hopes to get back together for an in-person ceremony in October 2023.





We are pleased to present the 2022 virtual edition of the Navy Bike Ride, presented by BMO, taking place June 12- August 7. The event is open for those of any age and ability from all across Canada, as well as those sailors, soldiers and aviators deployed around the globe. As in past years, the 2022 Navy Bike Ride will be a free community event. New to this year's ride is the Admiral's Challenge, a premium event, that will challenge participants as we ride together this summer as #OneNavyStrong.

Saddle up with our coast-to-coast cycling community, as you complete 28 rides representing the 24 Naval Reserve Divisions, 3 naval bases and Naval Headquarters across Canada.

The Admiral's Challenge, presented by Thales, allows you to select from three distances and receive an exclusive Navy Bike Ride coin. You can complete your virtual ride any day, any time during the 10-day race completion period (July 29 – August 7, 2022).

Ride distances:

- 20 Km RHIB Ride
- 80 Km Anniversary Ride
- 112 Nautical Miles RCN Ride (207 Km)

[Register](#) now at the lowest price of the year. Early bird pricing ends April 30, 2022.

CAF SLO-PITCH

CAF SLO-PITCH PATRON, BRIGADIER GENERAL MALCOLM



"It's a great privilege for me to be the CAF Patron for Slo-pitch, having re-engaged with the sport while coaching the Edmonton Men's Base team to the Regional Championship in 2019.

Growing up playing both baseball and softball it was a seamless transition for me into playing slo-pitch. I thoroughly enjoy the sport for both the physical and mental aspects required to excel in the game. Hand-eye coordination, situational awareness, patience, agility, teamwork and the need to be prepared for any eventuality are all critical skills for CAF members. They are also central to a successful slo-pitch player. An additional yet important benefit to slo-pitch is its tendency to bring together a diverse range of MOSIDS, ranks and ages than may not be seen in many other sports. As both a physician and an athlete, I recognize the importance of physical activity and sport and the role these have to play throughout one's career and life.

Slo-pitch offers an excellent opportunity for all CAF members to come together at any "age and stage" of their career to engage in some healthy and enjoyable exercise. See you on the diamond!!"



registration now open!

We are happy to announce that the 2022 Virtual edition of Canada Army Run, Presented by BMO is now live, taking place September 9-18! While the Army is beginning to return to more normal circumstances in support of operational priorities, we remain cautious when it comes to events which do not directly support training and operational readiness.

Hosting large public events requires many resources, including equipment, volunteers, and military personnel. Due to the impacts surrounding COVID-19 on the Canadian Army, there is an increased demand to meet readiness requirements.

With the reduced training conducted over recent years, there is an increased demand for training resumption, impacting our personnel capacity for non-operational functions. Therefore, while we do hope to offer our participants a physical race experience in Ottawa this September, we are not yet ready to open registration.

A decision will be made this spring, and we will communicate the outcome to you as soon as possible. We pride ourselves on being No Ordinary Race, with military presence critical to your Canada Army Run experience.

Featured Race Distances:

- 5K
- 10K
- Half Marathon
- 5K + 10K Challenge
- 5K + Half Marathon Commander's Challenge



Early bird pricing in effect until April 18, Register now at armyrun.ca!

CAF PANEDMIC PERFORMANCE SERIES

PRESENTED BY CANADIAN TIRE

The COVID-19 pandemic has created many challenges in everyone's life; Sports is no different. Please take a moment and help us congratulate these members/teams by reading, commenting and applauding their perseverance in achieving these amazing performances through unfounded and difficult circumstances.



LT JOHANNA GUAY

The 2021 Iron Warrior competition is a grueling race that has participants ruck march 27.2 km, portage 2.6 km, canoe 8.2 km and ruck march 3.6 km. Lt Johanna Guay was one of those participants and achieved an outstanding result of top female competitor. In the lead up to the race Lt Guay developed her own training plan and dedicated the long hours necessary to train for the event. In addition to this great achievement, Lt Guay dedicates her time volunteering for base events like golf tournaments and unit sports days.

OCDT GLENN BUTLER

After a year off from Rugby, OCdt Glenn Butler led the RMC Paladins into their Ontario University Athletics (OUA) fall 2021 season. OCdt Butler play carried the Paladins to a second place finish in their division, with a record of 3-1. With his outstanding efforts, He was voted to the OUA East Division All-star Team. This outstanding result in the OUA, qualified the Paladins for the Canadian University Men's Rugby Championship. During the Championship, OCdt Butler scored an astounding 21 of 46 tries scored by the paladins and placed him 4th in Championship scoring. With his amazing performance, the Paladins were able to finish a respectable 7th place.



CAPT GARY LACOURSIERE



At the on-set of the pandemic with gym closed, Capt Gary Lacoursiere was required to take action and purchase his own equipment to continue training for his sport of Powerlifting. With the health protocols being implemented, Capt Lacoursiere was unable to work with a coach and relied on a generic program with small adjustment to assist him in improving and getting stronger. Working from home did offer the ability for Capt Lacoursiere to devote the necessary time to attempt and beat a record that had stood for 5 years. The previous record was 130 kg for bench press, not only did he beat this but on his opening lift of 132.5 kg but extended the record to 135 kg.

MAJ KRISTINE SELF & MAJ MICHAEL MUELLER

Due to the COVID-19 pandemic, training and racing was difficult enough. Maj Michael Mueller and Maj Kristine Self are deployed in Riga. They experienced very difficult restrictions and the ability to receive equipment and supplies to train and race at a high level. Despite all of this both Maj Mueller and Maj Self persevered and trained to complete multiple races over 100km and a few of shorter distance. The mental and physiological toll training for these races is difficult, having to continue to adjust and re-adjust training plans to fit within COVID-19 requires mental toughness. Not only did Maj Mueller and Maj Self finish the races but also excelled finishing towards the top of finishers.



WO PAUL SWANSBURG



WO Paul Swansburg has been a very successful golfer at Regional and National Championships prior to COVID-19 pandemic. After the small hiatus due to the pandemic, WO Swansburg came out on fire and won the 4 Wing Cold Lake play down and the Cold Lake Golf and Winter Club Championship. Further, to his passion for golf he was the contact for team shirts, transport and claims for the Battle of Alberta – Return to Play Initiative.

OCDT STEVEN "CHRIS" PAQUETTE

During the 19-20 RMC Paladin Hockey season OCdt Steven (Chris) Pacquette had a tremendous rookie season. In the 28 games played he recorded 15 goals and 17 assist, totaling 32 points. This amazing season awarded him Ontario University (OUA) East MVP, OUA East rookie of the year, OUA First Team all-star, University Sports second team all- Canadian (top 6 forwards in Canadian University hockey) and rookie team member for both OUA and U Sports. This season was the first time a RMC Paladin hockey player had achieved OUA MVP or All-Canadian honours. These awards were brought about in April 2020, at the beginning of the pandemic, as such please help us in congratulating OCdt Pacquette on an outstanding season.



SGT BUNTHAN HING

Being a coach through COVID-19 pandemic has been difficult for all. Sgt Bunthan Hing has embraced the fact of continuing with growing the game of basketball on 17 Wing Winnipeg. When health guidelines have allowed Sgt Hing has run practices at the grassroot level to assist with player development and help grow the great game that he loves. With his passionate perseverance, participants at practice have more than doubled and using events such as Sports Day he has grown the game at 17 Wing. This has allowed 17 Wing to enter a team into a civilian league to help hone their skills and fulfill their need to compete.



CPL NICOLAS TREMBLAY

Corporal Nicolas Tremblay, Meteorological Technician at the Joint Meteorological Center (JMC) Gaagetown has been competing in the sport of Powerlifting since 2010. Since the pandemic, it has been more challenging to continue his favorite sport but when the rules relaxed in late fall he decided to start competing again. With solid weeks of intense strength training, he managed to increase his maximum to 285kg (628 pounds) setting a new Deadlift Provincial Record of 285KG in the 105KG-Weight Class at the New Brunswick Powerlifting Provincial Championship.



WO SULEJMAN JAHJEFENDIC

Being able to perform at your optimal abilities in a sport is hard enough in easy circumstances. With COVID-19 health restrictions, being able to train and receive recovery services is difficult. Take into account training for soccer in the middle of winter and not being able to train indoors. These are the circumstance that WO Sulejman Jahjefendic found himself. This required him to shovel off a portion of a turf field to practice his trade and purchasing his own workout and recovery equipment to assist with his preparation for the Military World Cup in Egypt in 2022. All this hardword has paid off over the past two years as WO Jahjefendic has maintained his high level in the soccer leagues he has played in as a goalkeeper.



CAPT CRAIG FETTES & CPL GONZOLA ESPINOSA

The Joint Task Force North Prospector Challenge requires participants to excel in multitude of disciplines in a physically demanding competition. Participants are to work in teams of two and complete ruck marching, canoeing, and portaging a canoe over seven legs. Training for this event in itself is demanding, Cpl Espinosa and Capt Fettes did this while braving the -25c weather and very little sunlight in Yellowknife. Cpl Espinosa and his teammate Capt Fettes worked together well and achieved a first place finish, and were a full 12 minutes ahead of the second place team.



MWO JAMES SANDALL

Prior to the pandemic MWO James Sandall competed in a Rapid Fire Pistol competition and achieved a score to qualify him for the Canadian National Team. With the pandemic taking effect many competitions were limited, this forces MWO Sandall to focus on training. It required many hours of live firing and dry firing sessions encompassed with a renewed focus on physical and mental fitness. During the pandemic MWO Sandall has assisted many with his squadron and the CAF in improving their pistol shooting.



MCPL CHRIS CHESSEMAN

MCpl Chris Cheeseman's passion is completing triathlon type races. With facilities being closed, training became difficult, especially not having access to pools. MCpl Cheeseman found ways to train without the pool by swimming outside and purchasing other equipment to assist with his bike and run training. During his job as a Tech Crew member on the CC130J Hercules, there were other challenges with not being able to access workout facilities and requiring to quarantine. Despite all of the he was able to maintain his high level of fitness and after much disappointment with Triathlon events being cancelled, was able to place top 10 in 3 events overall.



CPO2 CHARLES KUYPER

Being an avid runner and cyclist, CPO2 Charles Kuyper maintained a very high level of perseverance towards the need to live a healthy lifestyle. This mindset helped to motivate members within his unit to live a healthy lifestyle during the COVID-19 pandemic by offering any support necessary. During 2020, CPO2 Kuyper made a goal of achieving to complete 2020 km, he did this and determined that the following year he would double the amount and achieved an astounding 4120 km of running and 6421 cycling completed in the year. When CPO2 Kuyper's unit moved to work point, he investigated as to why the gym there was closed. After determining protocols to open the gym and auctioning, the gym opened September 2020. Ever since he has maintained going in on his off time to clean and maintain the gym.



CFSG O-G SOCCER

When public health measures allowed; three influential members of the CFSG O-G soccer community took the ownership and began scheduling practices, Maj Jonathan Holsworth, Lt(N) Jaidonn Freeland and Lt(N) Paul Fone. They reached out to PSP to engage in their training expertise to assist with their soccer training. This allowed the team members to have camaraderie and an outlet from the difficult circumstances we find ourselves. This all culminated in the CFSG O-G team playing in the Martin Nash International Embassy Tournament in Ottawa. The CFSG O-G team came out victorious and won the tournament thanks to the dedication of all team members.





The Garmish-Partenkirchen USAFE Hockey tournament is a staple for military members stationed in Europe. When the pandemic hit the tournament was postponed in 2021 from February to September. When the team captain MCpl Dany Trudel found out in August of the tournament taking place in September. In that month, the team secured ice time to practice, travel, benefits and coordination with the chain of command for approval. The GK Flyers great dedication and perseverance led to a 4th place finish in the B division.

PSP WINTER CHALLENGE

THANK YOU

A BIG thanks to everyone who was a part of the PSP Winter Challenge!

For those that achieved their goal of 30 activities and the 600 minutes of recommended physical activity, Great Job.

The event achieved 35,081 of activities, what a great achievement and for a great cause. Bringing attention to Mental Health is such an important issue. With all of us completing activities to show support is a massive statement, that we are all together in this. Thanks to your support, together we have raised \$ 19,311.08 that will provide 19 equipment grants to assist members and Veterans on their path of recovery and rehabilitation.



If you could take a few minutes and please complete the below survey. This will assist us with planning for future events; <http://ow.ly/pXpU50IaHFG>

SAVE THE DATE

- 15 Feb - 27 May: CISM Run Series: Race 2 - Registration
15 Feb - 14 Oct: CISM Run Series: Race 3 - Registration
26 Mar - 4 Apr: CISM Run Series: Race 1 - Race Dates
18 Apr: uOttawa CAF Sports comprehensive review questionnaire closes
18 Apr: Army Run early bird pricing ends
30 Apr: Navy Bike Ride early bird pricing ends
6 May: Unconquered Award nominations due
16 May: 2022 CAF National Triathlon Championship – Qualifying time submission deadline (Annex C)
27 - 29 May: CAF National Running Championship
28 May - 5 Jun: CISM Run Series: Race 2 – Race Dates
12 Jun - 7 Aug: Navy Bike Ride
8 - 10 Jul: CAF National Triathlon Championship
9 - 18 Sep: Canada Army Run
15 - 23 Oct CISM Run Series: Race 3 – Race Dates

For more information on the CAF Sports Program, contact your local PSP Base Sports Coordinator or visit www.CAFconnection.ca/CAFSports

FOLLOW US ON



Facebook: Canadian Armed Forces Sports / Sports des Forces armées canadiennes @CAFSports



Instagram: @CAFSportsFAC



YouTube: [YouTube.com/c/CAFSportsFAC](https://www.youtube.com/c/CAFSportsFAC)



PSP BASE SPORTS COORDINATORS

| BASE / WING | POSITION | NAME |
|-----------------------|---|--------------------------|
| Aldershot | Fitness, Sports & Recreation Coordinator | Gavin Osmond |
| Alert | A/Fitness, Sports & Recreation Coordinator | Rachel Carlen |
| Bagotville | Sports Coordinator | Mathieu Caron |
| BC Mainland | Fitness, Sports & Recreation Coordinator | Sean Hommersen |
| Borden | Sports Coordinator | Chris Neri |
| Calgary | Fitness, Sports & Recreation Coordinator | Nicholas Pyke |
| CANSOFCOM | Fitness, Sports & Recreation Coordinator | Amanda Burchert |
| CMR | Sports Coordinator (Intermural) | Patrick Levesque |
| CMR | Sports Coordinator (Varsity) | Audrey Gauthier |
| Cold Lake | Sports Coordinator | Jerry Ingham |
| Comox | Sports Coordinator | Sabastian Robinson |
| Dundurn | Fitness, Sports & Recreation Coordinator | Kira Cornelissen |
| Edmonton | Sports Coordinator | Alyson Hodgson |
| Esquimalt | Sports Coordinator | Ryan Elborne |
| Europe, East | Fitness, Sports & Physical Exercise Coordinator | Gabriel Quenneville |
| Europe, West | Fitness, Sports & Physical Exercise Coordinator | Steffa MacLintock |
| Gagetown | Sports Coordinator | Madlynn Palmer |
| Gander | Fitness, Sports & Physical Exercise Coordinator | Darryl Hayden |
| Goose Bay | Fitness, Sports & Recreation Coordinator | Colin Duffett |
| Greenwood | Sports Coordinator | Matthew Gillis |
| Halifax | Sports Coordinator | Isaac Habib |
| Kingston | Sports Coordinator | Zack Millington |
| Meaford | Fitness, Sports & Recreation Coordinator | Scott Heipel |
| Montreal / Saint-Jean | Sports Coordinator | Claudie Bussieres * |
| Moose Jaw | Sports Coordinator | Chantelle Rouault-Gibson |
| North Bay | Sports & Facilities Coordinator | Marc Desroches |
| Ottawa | Sports Coordinator | Brittany Jadayel |
| Ottawa | Sports Coordinator | Guillaume Boisseau |
| Petawawa | Sports Coordinator | Stephen Bowden |
| Portage | Fitness, Sports & Recreation Coordinator | Jeff Rauscher |
| RMC | Sports Coordinator (Intramural) | Jori Ritchie |
| RMC | Sports Coordinator (Varsity) | Vacant * |
| Shearwater | Fitness & Sports Coordinator | Mary Thompson |
| Shilo | Sports & Recreation Coordinator | Andrew Depner |
| Southwestern Ontario | Fitness & Sports Coordinator | Jordan Geehan |
| St. John's | Fitness, Sports & Recreation Coordinator | Penny Blanchard |
| Suffield | Fitness, Sports & Recreation Coordinator | Dalton Houghton |
| Toronto | A/Fitness & Sports Coordinator | Kim Lazo |
| Trenton | Sports Coordinator | Ryan Meeks |
| Valcartier | Sports Coordinator | Alexandre Bernard-Rannou |
| Wainwright | Sports & Facilities Coordinator | Amber Fehr |
| Winnipeg | Sports Coordinator | Dawn Redahl |
| Yellowknife | Fitness & Sports Coordinator | Matthew Tibbles |

New *

CAF SPORTS SUPPORT STAFF

| SPORT | PATRON | CHIEF OFFICIAL | CISM COACH | CISM TEAM MANAGER | CISM TRAINER |
|-----------------------|-------------------|------------------|---------------------------------------|--|---------------|
| Badminton | LGen Meinzinger | Mr. Best | n/a | n/a | n/a |
| Ball Hockey | MGen Horgan | Vacant * | n/a | n/a | n/a |
| Basketball (M) | BGen Lambert | Ms. Fehr | LCol Krajcik | Maj Sullivan | Capt Stefanov |
| Basketball (W) | BGen Osmond | Ms. Fehr | LCol Harding | Ms. Ritchie | Ms. Hodgson |
| Curling | n/a | Ms. Lafleur | n/a | n/a | n/a |
| Fencing | Col Yarker | n/a | Ms. Howes | Maj Fairhurst | Capt Caron |
| Golf | MGen Zimmer | Mr. MacKenzie | n/a | Maj O'Donnell | n/a |
| Grappling | n/a | Mr. Malahy | n/a | n/a | n/a |
| Hockey (M) | VAdm Auchterlonie | Vacant * | n/a | n/a | n/a |
| Hockey (OT) | VAdm Auchterlonie | Vacant * | n/a | n/a | n/a |
| Hockey (W) | VAdm Auchterlonie | Capt Kent | n/a | n/a | n/a |
| Powerlifting | n/a | Capt Lacoursiere | n/a | n/a | n/a |
| Rugby | BGen McKenzie | n/a | n/a | n/a | n/a |
| Running | LGen Pelletier | LCol Coffin | Mr. Grainge | Maj Mueller | Mrs. Donovan |
| Sailing | Cmdre Robinson | n/a | n/a | Lt(N) Pallard | n/a |
| Shooting | Vacant | n/a | n/a | Vacant | n/a |
| Slo-pitch | BGen Malcolm | WO Galbraith | n/a | n/a | n/a |
| Soccer (M) | RAdm Sutherland | Maj Palavicino | Maj Plada | Maj Robson | Capt Despres |
| Soccer (W) | BGen Brodie | Maj Palavicino | Maj Landé | Maj Arsenault Maj Brown Maj Flaherty | Capt Debouter |
| Squash | Col Racle | Lt Broussard | n/a | n/a | n/a |
| Swimming & Lifesaving | MGen Bourgon | Lt(N) Dong * | Mr. Quenneville | Capt Palmer | Ms. Jarrett |
| Taekwondo | MGen Macaulay | n/a | Grandmaster Choung | Maj Kim ** | Capt Grey |
| Triathlon | MGen Menard | MWO MacIntyre** | Maj Simpkin Maj Lamontagne-Lacasse | LCol Travis | Capt Matthews |
| Volleyball (M) | LGen Allen | WO Karin | Mr. Leknois | Capt Sauvé | Capt Streeter |
| Volleyball (W) | LGen Allen | WO Karin | Ms. Christian-McFarlane | Ms. Chin ** | Capt Mahoney |

Acting **

New *

CAF SPORTS RESOURCES & SOCIAL ACCOUNTS

| | | | |
|-----------------------------|--|-----------------------------------|--|
| CISM / International Sports | CAFConnection.ca/CAFCISM Milsport.one Facebook.com/HQCISM Instagram.com/CISMMilSport | Athletic Trainer Program (CAFATP) | CAFConnection.ca/CAFATP Facebook.com/Groups/CAFATP |
| Out Service | CAFConnection.ca/CAFOutService | Coaches | CAFConnection.ca/CAFCoach |
| Sports Awards | CAFConnection.ca/CAFSportsAwards | Officials | CAFConnection.ca/CAFOfficials |
| Sports Day | CAFConnection.ca/CAFSportsDay | Policy | CAFConnection.ca/CAFSportsPolicy |
| Air Force Run | RCAFRun.ca Facebook.com/RCAFRun Instagram.com/RCAFRun | Navy Bike Ride | NavyBikeRide.ca Facebook.com/NBRDVM Instagram.com/NavyBikeRide |
| Army Run | ArmyRun.ca Facebook.com/CanadaArmyRun Instagram.com/CanadaArmyRun | Victory March | Facebook.com/VictoryMarchVictoire Instagram.com/VictoryMarchVictoire |
| Badminton | CAFConnection.ca/CAFBadminton | Ball Hockey | CAFConnection.ca/CAFBallHockey |
| Basketball (M) | CAFConnection.ca/CAFMenBasketball | Basketball (W) | CAFConnection.ca/CAFWomenBasketball Facebook.com/CISMBasketballCanada Instagram.com/CISMBasketballCanada |
| Curling | CAFConnection.ca/CAFCurling | Fencing | CAFConnection.ca/CAFFencing Facebook.com/CISMFencingCanada |
| Golf | CAFConnection.ca/CAFgolf | Grappling | CAFConnection.ca/CAFGrapppling Facebook.com/CAFCombatives |
| Hockey (M) | CAFConnection.ca/CAFMenHockey | Hockey (OT) | CAFConnection.ca/CAFOldTimersHockey |
| Hockey (W) | CAFConnection.ca/CAFWomenHockey | Powerlifting | CAFConnection.ca/CAFPowerlifting |
| Running | CAFConnection.ca/CAFRunning Facebook.com/CISMRunningCanada Facebook.com/Groups/CISMCANADARunningTeam | Sailing | CAFConnection.ca/CAFSailing |
| Shooting | CAFConnection.ca/CAFShooting | Slo-pitch | CAFConnection.ca/CAFSlopitch |
| Soccer (M) | CAFConnection.ca/CAFMenSoccer Facebook.com/CISMSoccerCanada Instagram.com/CISMSoccerCanada | Soccer (W) | CAFConnection.ca/CAFWomenSoccer Facebook.com/CISMSoccerCanada Instagram.com/CanadianArmedForcesSoccer |
| Squash | CAFConnection.ca/CAFSquash | Swimming | CAFConnection.ca/CAFSwimming Facebook.com/CISMCANSwimmingLifaving |
| Taekwondo | CAFConnection.ca/CAFTaekwondo | Triathlon | CAFConnection.ca/CAFTriathlon Facebook.com/CFTriathlon Facebook.com/groups/CAFHPLongCourseTriathlonTeam |
| Volleyball (M) | CAFConnection.ca/CAFMenVolleyball Facebook.com/CISMVolleyballCanada | Volleyball (W) | CAFConnection.ca/CAFWomenVolleyball Facebook.com/CISMWomesVolleyballCanada Instagram.com/CISMVolleyballCanada |