

JANUARY 2022

# CAF SPORTS

## NEWSLETTER

### PSP WINTER CHALLENGE

### CAF GOLF CHIEF OFFICIAL



### 2022 CAF NATIONAL RUNNING CHAMPIONSHIP







# MESSAGE FROM THE DIRECTOR OF PROGRAMS - PSP

## HAPPY HOLIDAYS

“I don’t know of any other CAF program with such a significant reach which relies so heavily on people dedicating their time and effort. So to all of you involved in the CAF Sports Program, whether athletes, staff, coaches, officials, trainers and all other volunteers I thank you and wish you all a wonderful new year. One that is filled with local, regional, national and international CAF Sports.”

Director of Programs - PSP  
Daryl Allard



## PSP WINTER CHALLENGE

The PSP Winter Challenge 2022 will be taking place January 31 – February 28. It is a fun way to stay active over the winter season while competing against people across the country. All charitable funds will be donated in support of Soldier On.

Sign up individually or as a team. [Registration](#) is free!



# WINTER CHALLENGE

January 31 to  
February 28, 2022

Complete 600 minutes  
of physical activity,  
raise funds for Soldier On  
and win fun prizes!



# HAPPY RETIREMENT

## REBECCA “BECKY” OLSTAD, PSP BASE SPORTS COORDINATOR - PETAWAWA

Becky Olstad, proud military spouse, mother to three wonderful children, and Petawawa Base Sports Coordinator is retiring this month.



Becky has been a staple within PSP for the better part of 26 years. While working within PSP, she has made significant contributions within the Fitness, Sports, and Recreation departments at Garrison Petawawa. She will always be known for her hard work, creativity, can-do attitude, and for going the extra mile. Becky’s fun-loving personality, energy, and positive attitude can be measured by the tremendous amount of friends she’s made, within PSP and CAF wide.

*“My career has been highlighted by so many experiences and opportunities that I feel I would be amiss to just mention one...but what I will mention are the people. The people I meet and get to interact with...they are my reason. My life focus has circulated around sport and fitness and I am so grateful to do it in a military setting where friends really do become family.” (Becky)*

On behalf of the CAF Sports Office, your PSP Petawawa Team, and all the athletes, coaches, officials and trainers you’ve helped along the way, we wish you a health & happy retirement.



## CAF PANDEMIC PERFORMANCE SERIES

### APPLICATION DEADLINE, JANUARY 8TH

Calling all CAF athletes, coaches, officials, and teams who displayed an outstanding performance in an in-person sporting event during the COVID-19 pandemic between October 1st and December 31st, 2021.

Submit your application to [Charron.Christine@cfmws.com](mailto:Charron.Christine@cfmws.com) NLT January 8th, 2022. Nomination forms and a complete list of details can be found [here](#).





# CAF GOLF CHIEF OFFICIAL

## CALL FOR NOMINATIONS

The application deadline for the CAF Golf Chief Official position has been extended to February 1st, 2022.

The Chief Official position for the sport of golf is a 4 year term and is open to CAF military members (Regular Forces, Class B Reservist IAW CANFORGEN 165/15) or full-time employees of the Canadian Armed Forces Morale and Welfare Services.

If you're interested in applying please submit your resume to the CAF National Sports Coordinator, [taillefer.jessica@cfmws.com](mailto:taillefer.jessica@cfmws.com).

For more information on the application process click [here](#).



## CAF MEN'S SOCCER PATRON

### REAR-ADMIRAL SUTHERLAND



Rear-Admiral(RAdm) Sutherland is the Deputy Commander of the Royal Canadian Navy with vast experience successfully executing Command and General/Flag officer staff positions, holding significant positions of responsibility. He is a highly intelligent, thoughtful, and empathetic leader in the Canadian Armed Forces.

“I am humbled, honoured and delighted to have been appointed as your CAF Men’s Soccer patron. I am an ardent supporter of CAF sports because it has been a large part of my life and I credit it as an important part in my success and ability to overcome personal and professional challenges. I believe fervently in the impact sports have in every facet of our personal and professional lives.

Participating as part of a structured soccer team helped me develop the framework to understand the importance of teamwork, practice, goal setting, preparation, perseverance, strength, morals and values, endurance, mental strength, patience, confidence, responsibility, accountability, focus, respect, and humility. These virtues were foundational to my professionally demanding career in the CAF. More importantly, those virtues helped me overcome significant challenges and failures personally and professionally.

I am excited to engage with all of you to exchange ideas and improve our program, the CAF, our culture, and our personal well-being.”



# CAF NATIONAL RUNNING CHAMPIONSHIP

Every year towards the end of May, the top CAF runners gather in Ottawa to compete in the CAF National Running Championship in the 5km, 10km, half marathon, and marathon distances.

The CAF National Running Championship is open to all CAF members who have met the eligibility requirements (as per Chapter 4 of the [CAF Sports Championships Operations Manual](#)) and have achieved a qualifying time no more than fourteen (14) months prior to race day.

CAF runners can achieve their qualifying time by completing an in-person road race, through a virtual race, or time trial. A virtual race or time trial must be a looped course (not on a track) or an out-and-back routing, and the elapsed time and corresponding map from a GPS tracker must be provided along with proof of times (and map if virtual).



Click here for this year's [Joining Instructions](#) and submit your qualifying time to your local PSP Base Sports Coordinator NLT 25 February.

## SAVE THE DATE

8 Jan: [Pandemic Performance Series nomination deadline](#)  
(Oct 1 - Dec 31, 2021 events)

31 Jan - 28 Feb: [PSP Winter Challenge](#)

1 Feb: [CAF Golf Chief Official application deadline](#)

25 Feb: [2022 CAF National Running Championship](#) -  
Qualifying time submission deadline (Annex C)

27 - 29 May: [CAF National Running Championship](#)

08 - 10 Jul: CAF National Triathlon Championship

For more information on the CAF Sports Program, contact your local PSP Base Sports Coordinator or visit [www.CAFconnection.ca/CAFSports](http://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)





# BASE SPORTS COORDINATORS

Base / Wing	Position	Name
Aldershot	Fitness, Sports & Recreation Coordinator	Gavin Osmond
Alert	Fitness, Sports & Recreation Coordinator	Rachel Carlen
Bagotville	Sports Coordinator	Mathieu Caron
BC Mainland	Fitness, Sports & Recreation Coordinator	Sean Hommersen
Belgium	Fitness, Sports & Recreation Coordinator	Steffa MacLintock
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	Acting Sports Coordinator	Myles Hansen
Esquimalt	Sports Coordinator	Ryan Elborne
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	Sebastien Tremblay-Vu
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)	Jocelyn Girard
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	Fitness & Sports Coordinator	Adrian Parkes
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