

JUNE 2022

CAF SPORTS

NEWSLETTER

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MARCH**

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NAVY BIKE RIDE

RIDING TOGETHER AS ONE NAVY STRONG

The 2022 Navy Bike Ride (NBR) team is looking forward to another year of exciting rides and challenges. This year's virtual event will take place from June 12 - August 7, 2022. Cyclists of any age and ability all across Canada are invited to register. When registering, you complete 28 rides with the option to join the premium Admiral's Ride challenge. Your rides support the recovery, rehabilitation and reintegration of members with physical and/or mental health illness or injury and contribute to building family resilience. Ready to ride? Head to our official [Race Roster](#) page and sign up now.



CAF HOCKEY

CFSG (O-G) OLD TIMER'S HOCKEY TEAM

This past month the CFSG (O-G) Old Timer's Hockey team, the Olde Generals, with augmentee players from Valcartier, Montreal, Kingston, and Petawawa bases won the Adult Hockey Championships in Gatineau at the Slush Puppie Centre.

Congratulations on their achievement!



VINCE RYAN MEMORIAL HOCKEY TOURNAMENT

The Halifax Mariners Women's and Men's base hockey teams recently participated in one of the largest recreational adult hockey tournaments in the world; the Vince Ryan Memorial Hockey Tournament in Sydney, NS.

Members took to the ice to represent themselves, their teammates and their units while focusing on rebuilding unity and individual well-being through sport.



HAPPY RETIREMENT

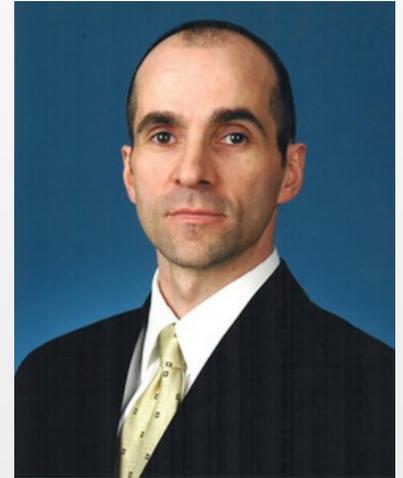
PETER NICOL

Peter Nicol has officially retired from Personnel Support Programs (PSP) 1 June 2022. Peter served 12 years with the Canadian Armed Forces (CAF) and almost 20 years with Canadian Forces Morale and Welfare Services (CFMWS), for a combined total of 32 years of service to the military and community.

In 1990, Peter completed his BA in Military and Strategic Studies at CMR St Jean. In addition, in 2010 he completed his Masters in Sports Administration at the University of Ottawa. During his military career with the CAF, Peter spent time at CMR St Jean (Officer Cadet, 1985-1990), Ottawa and Valcartier (Military Police Officer, 1990-1997), competed at 3 CISM Taekwondo World Championships as part of the CF CISM Taekwondo team (Korea 1991, Iran 1992, Kingston ON 1993) and retired as Captain in 1997.

In 1997, Peter began his career with PSP as a Physical Educator/Taekwondo Team Head Coach at RMC and coached team members at the provincial, national and international levels until 2006. Between 2006 and 2013, Peter held several roles within PSP in Ottawa including International Sports Coordinator, International Sports Manager, Senior Sports Manager CF Sports Program and Housing Policy and Program Development Manager. From 2013 to 2018, Peter was employed with Gymnastics Canada as President/Chief Executive Officer and Chief Operating Officer. In 2018, Peter returned to CFMWS/PSP as the CAF Sports Policy, Programs and Projects Coordinator and held the position of PSP National Training Manager from 2019 until his retirement.

Peter has guided many PSP employees over the years, passing along a wealth of knowledge and experience. Peter is equally well known throughout the community for his significant passion for sports. He will continue to follow these passions alongside his lovely wife Ann and two children, Ariane and Felix. A small virtual retirement function was hosted for Peter on 30 May where family and colleagues shared their farewell thoughts and wishes. He will be missed.





CANADA ARMY RUN

IN-PERSON EVENT

The Army Run is returning to Ottawa! After a long time away, we are ecstatic to announce the returning to in-person racing on Sunday, September 18, 2022!

Register now at ArmyRun.ca

EMPLOYMENT OPPORTUNITY

CAF SPORTS COORDINATOR - HQ

On June 6th, Christine Charron will be joining Military Family Services (MFS) in a temporary secondment position for one year. She will be responsible for different Support Our Troops (SOT) programming elements including the SOT National Scholarship Program as well as the coordination of participants in the Family and Friends Program with Soldier On at international events.

Keep your eyes open for upcoming employment opportunities to replace Christine as the CAF Sports Coordinator during her time with MFS.



ANTI-RACISM IN COACHING

ELEARNING OPPORTUNITY

The new [Anti-racism in Coaching](#) eLearning module addresses critical and timely issues raised by coaches and sport organizations in Canada. To upskill coaches working with racialized participants, the module will provide historical context about marginalized people in Canada, build awareness of racism in sport, and provide tools for contemporary anti-racist coaching methods.

Coaches who are maintaining their NCCP certified or trained status will earn two NCCP PD points upon completion of this module.

CAF CURLING

INVITATIONAL

11 – 14 April the CFB Halifax Curling Club hosted a Curling Invitational with Greenwood coming out on top in the championship game 7-6 over Halifax.

Congratulations to the winners; Capt Fralick, Capt Bailey, Capt McRae, Capt Duncan and Capt Ryan.



CAF SWIMMING

CAF SWIMMING CHIEF OFFICIAL

Meet the CAF Swimming Chief Official, Lt(N) Lilly Dong.

Lt(N) Dong is an avid swimmer who has held various roles within sport before joining the CAF. As a certified NCCP/Swimming Canada Age Group Coach and a NCCP/Swimming 101 Learning Facilitator; she has coached and developed athletes of all ages and skill levels, from children to masters programs.

During her time as a team manager for Swim Ontario and Swim Canada, she helped bring the team to various domestic and international competitions including the Canada Games and the Youth Olympic Games. After working in the sport for over a decade at all levels of competition, she is excited to bring her wealth of knowledge and experience to grow and develop the sport in role as the Chief Official.



**SIGN UP AND
FEEL THE LOVE!**

RUN FOR WOMEN

DEFENCE TEAM MINDS MATTER HQ - NCR

Run for Women is a national event taking place in 18 Canadian cities that supports 18 unique women's mental health initiatives.

The Ottawa event supports women's mental health initiatives at The Royal Ottawa Mental Health Centre and aims to encourage people to talk about mental wellness. This year, the race will be held in a hybrid format, allowing you to participate virtually or in-person at the LeBreton Flats on June 5, 2022. For more info click [here](#).



CAF SLO-PITCH

CAF NATIONAL CHAMPIONSHIPS

Get ready to play ball at the 2022 CAF National Slo-pitch Championships hosted by Edmonton, 19 – 23 September.

Contact your local PSP Base Sports Coordinator for information on base team try out and regional championships.



CAF ATHLETIC TRAINERS

CAF ATHLETIC TRAINERS APPRECIATION WEEK

The CAF Athletic Trainer Program (CAFATP) provides support to CAF athletes at Regional, National, and International sport competitions. On June 19-25, join us in recognizing our Athletic Trainers through our social media account by leaving a comment, sharing a story or giving them a thumbs up for the great service they provide.

BOMMER'S LEGACY

FRIENDSHIP MARCH

Boomer's Legacy Friendship March hopes to reinforce the theme of friendship brought to light by the Nijmegen Marches and last year's Victory March.



There is no need to register - all we ask is to share the donation page with your family, friends and colleagues to support CAF members in their humanitarian efforts at home and abroad.

To learn more about Boomer's Legacy visit boomerslegacy.ca

SAVE THE DATE

- 15 Feb - 14 Oct: [CISM Run Series: Race 3 - Registration](#)
1 May - 31 Oct: [CAF Long Drive & Closest to the Pin Competition](#)
4 May - 31 Jul: [Boomer's Legacy Friendship March](#)
28 May - 5 Jun: [CISM Run Series: Race 2 – Race Dates](#)
28 May - 19 Jun: [RCAF Run](#)
30 May - 6 Jun: [CAF Officials Week](#)
 1 - 3 Jun: [Atlantic CAFATP Level 1 Taping Course](#)
 5 Jun: [Run for Women](#)
12 Jun - 7 Aug: [Navy Bike Ride](#)
 19 - 23 Jun: [CAF Trainers Week](#)
 8 - 10 Jul: [CAF National Triathlon Championship](#)
 9 - 13 Jul: [Canada West Regional Golf Championship](#)
 18 - 22 Jul: [Atlantic Regional Slo-pitch Championships](#)
 19 - 22 Jul: [Ontario Regional Golf Championship](#)
 25 - 28 Jul: [Quebec Regional Golf Championship](#)
 25 - 29 Jul: [Atlantic Regional Golf Championship](#)
 2 - 4 Aug: [Atlantic Regional Men's Soccer Championship](#)
 14 - 19 Aug: [Canada West Regional Soccer Championships](#)
 18 - 21 Aug: [Ontario Regional Slo-pitch Championships](#)
 21 - 26 Aug: [Canada West Regional Slo-pitch Championships](#)
27 Aug - 1 Sep: [CAF National Golf Championship](#)
 29 - 31 Aug: [Atlantic Regional Women's Soccer Championship](#)
 9 - 18 Sep: [Canada Army Run](#)
 17 - 25 Sep: [CAF Coaches Week](#)
 19 - 23 Sep: [CAF National Slo-pitch Championships](#)
 2 - 6 Oct: [Canada West Regional Grappling Championship](#)
 15 - 23 Oct: [CISM Run Series: Race 3 – Race Dates](#)
 17 - 19 Oct: [Atlantic Regional Powerlifting Championship](#)
 17 - 19 Oct: [Atlantic Swimming Regional Development Camp](#)

Dates subject to change.

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	A/C *
Gagetown	A/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 & Facilities Coordinator	Chantelle Rouault-Gibson
North Bay	Sports & Facilities Coordinator	Marc Desroches
Ottawa	A/Sports Coordinator	Derek Lacelle *
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)	Jo-Anie Moreau
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	Ariel Whaley

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	LCdr 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	MCpl Wannamaker	n/a	n/a	n/a
Hockey (OT)	VAdm Auchterlonie	Capt McBean	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	WO Parker	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