

AUGUST 2022

# CAF SPORTS

## NEWSLETTER

**NAVY  
BIKE  
RIDE**



**CAF NATIONAL  
TRIATHLON  
CHAMPIONSHIP**

**ONTARIO  
REGIONAL  
HEAD TRAINER**



# PROFESSIONAL DEVELOPMENT

## 2022 PETRO-CANADA SPORT LEADERSHIP CONFERENCE

The Coaching Association of Canada (CAC) is excited to host the first ever hybrid edition of the Petro-Canada Sport Leadership sportif conference (SLS22) and Petro-Canada Sport Leadership Awards Gala. From November 10 – 12, delegates are welcome to attend in-person at The Westin Ottawa Hotel or to tune in remotely from across the country!

In celebration of bringing the sport community together again and to provide support during the return to in-person events, the CAC is pleased to offer decreased [registration](#) rates for SLS22. here will also be benefits available during the Early Bird period (July 27 – September 30).



## HAPPY RETIREMENT

### MAJOR MARTIN LAUNIÈRE



Over the last 25 year Maj Martin Launière has demonstrated outstanding commitment and dedication to the CAF Sports Program in many different capacities. He joined the military in 1997, with a background in swimming he quickly sought out his local base team. As well as being a swimmer, he has been a certified lifeguard (NLS) since the age of 16. Embodying the mission and vision of CFMWS, he volunteer at his local base by offering to assist with lifeguarding duties. Eager to give back to the sport, Maj Launière began his coaching career with his local Master's Team leading to many opportunities to coach CAF personnel at local, provincial and national meets, culminating in him receiving CAF Coach of the Year award in 2013. Through his love of the sport, Maj Launière has participated in 16 CISM military championships including: 5 Military World Games and almost every CAF National Swimming Championship as an athlete, team manager and/or coach.

As Maj Launière's military career winds down after 25 yrs of service, he will remain in the NCR where you will most likely find him paddling at Mooney's Bay, swimming at Meech Lake, or at the Ottawa University swimming laps. Ironically, you will also find him braving the cold Ontario arena's watching his daughters play hockey.

On behalf of the CAF Sports Program and all the swimmers, we appreciate all that you have done for the swimming community and we wish you good luck in your next adventure.

# CAF TRIATHLON

## 2022 CAF NATIONAL TRIATHLON CHAMPIONSHIP

On July 9th, CAF members from across the country competed in the 2022 CAF National Triathlon Championship held in conjunction with the Gatineau Triathlon. They participated in the Olympic and Sprint distances, dominating the civilian awards by capturing the bulk of the top 10 spots as well as medaling in their age categories.

### Men's Olympic:

- 1st Capt Pierre-Luc Bélanger-Melançon (Ottawa)
- 2nd MCpl Alexandre Boule (Valcartier)
- 3rd Capt Jonathan Lapointe (Ottawa)
- 4th Lt Adam Welsh (Valcartier)
- 6th Sgt Martin LaRose (Valcartier)
- 7th LCol Eric Travis (Greenwood)

### Men's Sprint:

- 1st Capt Brad Allen (Borden)
- 4th Maj Joshua Weissbock (Colorado Springs)
- 5th OCdt Jonathan Côté (Kingston)
- 8th LCdr David Dallin (Esquimalt)
- 9th Capt Eric Henderson (Montreal)
- 10th Cpl Gonzalo Espinosa (Yellowknife)



### Women's Olympic:

- 2nd Maj Lesley Quinlan (Ottawa)
- 5th Capt Sarah Graves (Goose Bay)
- 6th Lt(N) Emilie Béland (Halifax)
- 7th Capt Carmen Kiltz (Winnipeg)

### Women's Sprint:

- 10th NCdt Alyssa Roberge (CMR)

In addition to the medals won, members received the following awards at the 2022 CAF National Triathlon Championship;

**Sportsmanship Award:** WO Patrick Simoneau (Comox)

**Regional Shield Award (Male):** MCpl Alexandre Boule (Valcartier), Capt Pierre-Luc Bélanger-Melançon (Ottawa), & WO Nicholas Samson (Valcartier)

**Regional Shield Award (Female):** Lt(N) Emilie Béland (Halifax), Capt Sarah Graves (Goose Bay), Lt Calista Weir (Gagetown)

**Most Improved Award:** Capt Alexandre Blackburn (Ottawa)

For a complete list of the 2022 CAF National Triathlon Championship results click [here](#).

# CAF ATHLETIC TRAINER PROGRAM

## REGIONAL HEAD TRAINER, ONTARIO



Meet Captain Adam O'Leary, the new Acting Regional Head Trainer for the Ontario Region. He will be filling this role until the return of Megan Donovan in April 2023.

Capt O'Leary is a Physiotherapy Officer newly posted to the language school at CFB Kingston. He has been a Physiotherapist since 2015 and a Physiotherapy Officer since 2019. Capt O'Leary has served in a variety of clinical and administrative roles since his transition into the Regular Force from the Army Reserve and is excited for the new challenges that come with being a Regional Head Trainer.

Capt O'Leary has been involved with the CAF Athletic Trainers Program (CAFATP) since joining the Regular Force as a Physiotherapy Officer in 2019, most recently teaching a level 1 course in June 2022, in Halifax. Most of his trainer experience is in football, which is where he started as a trainer at Dalhousie University in 2013.

If you are located in the Ontario region and interested in being part of the CAFATP, reach out to Adam at [Adam.O'Leary@ecn.forces.gc.ca](mailto:Adam.O'Leary@ecn.forces.gc.ca) or contact your local PSP Base Sports Coordinator for more info.

## COACHES

### NCCP COACH INITIATION IN SPORT ELEARNING MODULE

Free until August 5th, the Coaching Association of Canada (CAC) and Decathlon Canada are working together to support coach education and empower coaches with new knowledge and skills.

The CAC is proud to present NCCP Coach Initiation in Sport in partnership with Decathlon Canada, a retailer and creator of sports gear, apparel, and experiences. In celebration of this partnership, coaches who sign up on Decathlon Activities by August 5th will receive a promotional code by email. This code can be redeemed in the Locker until August 15, 2022, to access NCCP Coach Initiation in Sport for free. With the return to in-person sport, this partnership is a great way for both new and experienced coaches to gain useful knowledge and skills, along with learning about free access to the sports facilities available at 11 different Decathlon Canada stores.



# CAF SHOOTING

## CAF CISM SHOOTING TEAM MANAGER



WO Parker has been an active member of the Regular force for over 24 year and with the Royal Canadian Regiment his entire career. During his military career he has been deployed 6 times to; Bosnia, Eritrea, Haiti, Middle East and 2 tours to Afghanistan.

In May 2021, WO Parker took over as the CAF CISM Shooting Team Manager. *“Mentoring students is rewarding. It is something I’ve enjoyed doing throughout my military career both as an Instructor at Infantry School and at CFLRS Recruit School.”*

WO Parker is a strong believer that age is just a number and practices a healthy lifestyle. For many years he taught Aikido, has participated in Bushman and completed the challenges both times, and volunteers with youth soccer programs.

## CANADIAN NRA PISTOL CHAMPIONSHIP

This past month CWO Jim Sandall archived an overall win at the Canadian NRA Pistol Championship which was held in Prince Albert, SK. The event consisted of 3 courses of fire of 90 shots each; a 30 shots slow fire (10 shots in 10 minutes), 30 shots timed fire (5 shots in 20 seconds) and 30 shots rapid fire (5 shots in 10 seconds).

Congratulations CWO Sandall!



## NAVY BIKE RIDE

The elusive Navy Bike Ride coin is back this year! Choose from THREE distances to complete between July 29 to August 7, 2022 and receive your very own collectible coin to commemorate the achievement. We’ll see you there:

<https://raceroster.com/events/2022/56957/navy-bike-ride-2022>

# CAF OFFICIALS



## BASKETBALL

Congratulations to two of our CAF Basketball Referees who have been appointed to Canada Basketball's Summer Nationals this year. Myles Hansen, Fitness & Sports Instructor (Edmonton), will be attending the U17 Men's Summer Nationals in Edmonton 30 Jul-7 Aug and Amber Fehr, Sports & Facilities Coordinator (Wainwright), will be attending the U18 Women's Canada Summer Games in Niagara 6-14 Aug.

Good luck to both at your respective tournaments!

## SOCCER - CAF REGIONAL REPS

LCol Rob Saunders has been an Artillery Officer for the past 39 years and our only Class A Reserve Regional Soccer Rep. Growing up, he participated in baseball and hockey, not ever seeing a soccer net in use, until after he joined the military. First as a recreational player (and not a very good one, he would say), then as a coach (since the 90s) and finally as an official (since 2010, at the young age of 45). He has had the pleasure of officiating at two CAF Soccer Nationals and one for the Canadian Soccer Association, along with numerous regional events in the Atlantic and Canada West Region, and currently serves as an assignor and assessor for SoccerNB. In the winter, you'll find him coaching and refereeing Futsal in the Fredericton area. LCol Saunders takes great enjoyment out of instructing and assessing our new referees, affording them the opportunity to make their own mark on the soccer community.

He describes the highlight of his soccer career at the 2015 Women's World Cup in Edmonton, where he was able to provide his U10 girls teams as the official escort for the two opening games – "Seeing the joy on their faces by knowing they were on international television made my soccer journey complete."



Maj Sam Mizuno is the CAF Soccer Referee-In-Chief for the Quebec region. Soccer has been a big part of his life as a player, referee, instructor, assessor and mentor. In 2013, he stepped in as the CAF Soccer Referee-In-Chief Quebec region and in 2016 attended the CISM World Women's Soccer Championship in France. Maj Mizuno's passion for soccer and observing the advancement of referees is the main driving force behind the satisfaction he derives from his role as the Referee-In-Chief. Sam has participated in numerous regional and national soccer championships. In his free time you will find him at the rinks and fields watching his son play hockey and soccer.

# 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  
12 Jun - 7 Aug: Navy Bike Ride  
27 Jul - 30 Sep: Petro-Canada Sport Leadership Conference - Early Bird Pricing  
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  
22 - 26 Aug: Quebec Regional Slo-pitch Championships  
27 Aug - 1 Sep: CAF National Golf Championship  
29 Aug - 2 Sep: Atlantic Regional Women's Soccer Championship  
29 Aug - 2 Sep: Quebec Regional Soccer Championships  
9 - 18 Sep: Canada Army Run (Virtual)  
18 Sep: Canada Army Run (in-person)  
17 - 25 Sep: CAF Coaches Week  
19 - 23 Sep: CAF National Slo-pitch Championships  
26 Sep - 1 Oct: CAF National Men's Soccer Championship  
26 Sep - 1 Oct: CAF National Women's Soccer Championship  
2 - 6 Oct: Canada West Regional Grappling Championship  
3 - 5 Oct: CAFATP - Taping Level I (Esquimalt)  
10 Oct: CAF Sports Day  
11 - 13 Oct: CAFATP - Taping Level I (Moose Jaw)  
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  
10 - 12 Nov: Petro-Canada Sports Leadership Conference  
22 - 24 Nov: CAFATP - Taping Level I (Wainwright)

*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](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)



# PSP BASE SPORTS COORDINATORS

BASE / WING	POSITION	NAME
Aldershot	A/Fitness, Sports & Recreation Coordinator	Alyssa Platt *
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	TBD
Gagetown	A/Sports Coordinator	Amanda Murphy *
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	TBD
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	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	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	<a href="http://CAFConnection.ca/CAF_CISM">CAFConnection.ca/CAF_CISM</a> <a href="http://Milsport.one">Milsport.one</a> <a href="https://Facebook.com/HQCISM">Facebook.com/HQCISM</a> <a href="https://Instagram.com/CISMMilSport">Instagram.com/CISMMilSport</a>	Athletic Trainer Program (CAFATP)	<a href="http://CAFConnection.ca/CAFATP">CAFConnection.ca/CAFATP</a> <a href="https://Facebook.com/Groups/CAFATP">Facebook.com/Groups/CAFATP</a>
Out Service	<a href="http://CAFConnection.ca/CAFOutService">CAFConnection.ca/CAFOutService</a>	Coaches	<a href="http://CAFConnection.ca/CAFCoach">CAFConnection.ca/CAFCoach</a>
Sports Awards	<a href="http://CAFConnection.ca/CAFSportsAwards">CAFConnection.ca/CAFSportsAwards</a>	Officials	<a href="http://CAFConnection.ca/CAFOfficials">CAFConnection.ca/CAFOfficials</a>
Sports Day	<a href="http://CAFConnection.ca/CAFSportsDay">CAFConnection.ca/CAFSportsDay</a>	Policy	<a href="http://CAFConnection.ca/CAFSportsPolicy">CAFConnection.ca/CAFSportsPolicy</a>
Air Force Run	<a href="http://RCAFRun.ca">RCAFRun.ca</a> <a href="https://Facebook.com/RCAFRun">Facebook.com/RCAFRun</a> <a href="https://Instagram.com/RCAFRun">Instagram.com/RCAFRun</a>	Navy Bike Ride	<a href="http://NavyBikeRide.ca">NavyBikeRide.ca</a> <a href="https://Facebook.com/NBRDVM">Facebook.com/NBRDVM</a> <a href="https://Instagram.com/NavyBikeRide">Instagram.com/NavyBikeRide</a>
Army Run	<a href="http://ArmyRun.ca">ArmyRun.ca</a> <a href="https://Facebook.com/CanadaArmyRun">Facebook.com/CanadaArmyRun</a> <a href="https://Instagram.com/CanadaArmyRun">Instagram.com/CanadaArmyRun</a>	Victory March	<a href="https://Facebook.com/VictoryMarchVictoire">Facebook.com/VictoryMarchVictoire</a> <a href="https://Instagram.com/VictoryMarchVictoire">Instagram.com/VictoryMarchVictoire</a>
Badminton	<a href="http://CAFConnection.ca/CAFBadminton">CAFConnection.ca/CAFBadminton</a>	Ball Hockey	<a href="http://CAFConnection.ca/CAFBallHockey">CAFConnection.ca/CAFBallHockey</a>
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Curling	<a href="http://CAFConnection.ca/CAF_Curling">CAFConnection.ca/CAF_Curling</a>	Fencing	<a href="http://CAFConnection.ca/CAF_Fencing">CAFConnection.ca/CAF_Fencing</a> <a href="https://Facebook.com/CISMFencingCanada">Facebook.com/CISMFencingCanada</a>
Golf	<a href="http://CAFConnection.ca/CAF_Golf">CAFConnection.ca/CAF_Golf</a>	Grappling	<a href="http://CAFConnection.ca/CAF_Grappling">CAFConnection.ca/CAF_Grappling</a> <a href="https://Facebook.com/CAFCombatives">Facebook.com/CAFCombatives</a>
Hockey (M)	<a href="http://CAFConnection.ca/CAF_MensHockey">CAFConnection.ca/CAF_MensHockey</a>	Hockey (OT)	<a href="http://CAFConnection.ca/CAF_OldTimersHockey">CAFConnection.ca/CAF_OldTimersHockey</a>
Hockey (W)	<a href="http://CAFConnection.ca/CAF_WomensHockey">CAFConnection.ca/CAF_WomensHockey</a>	Powerlifting	<a href="http://CAFConnection.ca/CAF_Powerlifting">CAFConnection.ca/CAF_Powerlifting</a>
Running	<a href="http://CAFConnection.ca/CAF_Running">CAFConnection.ca/CAF_Running</a> <a href="https://Facebook.com/CISMRunningCanada">Facebook.com/CISMRunningCanada</a> <a href="https://Facebook.com/Groups/CISMCANADARunningTeam">Facebook.com/Groups/CISMCANADARunningTeam</a>	Sailing	<a href="http://CAFConnection.ca/CAF_Sailing">CAFConnection.ca/CAF_Sailing</a>
Shooting	<a href="http://CAFConnection.ca/CAF_Shooting">CAFConnection.ca/CAF_Shooting</a>	Slo-pitch	<a href="http://CAFConnection.ca/CAF_Slopitch">CAFConnection.ca/CAF_Slopitch</a>
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Squash	<a href="http://CAFConnection.ca/CAF_Squash">CAFConnection.ca/CAF_Squash</a> <a href="https://Facebook.com/groups/CAF_Squash/">Facebook.com/groups/CAF_Squash/</a>	Swimming	<a href="http://CAFConnection.ca/CAF_Swimming">CAFConnection.ca/CAF_Swimming</a> <a href="https://Facebook.com/CISMCANSwimmingLifsaving">Facebook.com/CISMCANSwimmingLifsaving</a>
Taekwondo	<a href="http://CAFConnection.ca/CAF_Taekwondo">CAFConnection.ca/CAF_Taekwondo</a>	Triathlon	<a href="http://CAFConnection.ca/CAF_Triathlon">CAFConnection.ca/CAF_Triathlon</a> <a href="https://Facebook.com/CFTriathlon">Facebook.com/CFTriathlon</a> <a href="https://Facebook.com/groups/CAFHPLongCourseTriathlonTeam">Facebook.com/groups/CAFHPLongCourseTriathlonTeam</a>
Volleyball (M)	<a href="http://CAFConnection.ca/CAF_MensVolleyball">CAFConnection.ca/CAF_MensVolleyball</a> <a href="https://Facebook.com/CISMVolleyballCanada">Facebook.com/CISMVolleyballCanada</a>	Volleyball (W)	<a href="http://CAFConnection.ca/CAF_WomensVolleyball">CAFConnection.ca/CAF_WomensVolleyball</a> <a href="https://Facebook.com/CISMWomesVolleyballCanada">Facebook.com/CISMWomesVolleyballCanada</a> <a href="https://Instagram.com/CISMVolleyballCanada">Instagram.com/CISMVolleyballCanada</a>