

JULY 2022

# CAF SPORTS

## NEWSLETTER

CANADA  
ARMY  
RUN

NAVY  
BIKE  
RIDE

CISM  
MILITARY  
WORLD  
CHAMPIONSHIPS

ONTARIO  
REGIONAL  
SPORTS  
MANAGER



# CAF TRIATHLON

## PATRON

“As we see the light at the end of the tunnel when it comes to the pandemic and reflect on the challenges we faced in the last years, the significance of the mantra “sound mind in a sound body” has, once again, been re-emphasized.

Sports and fitness are obviously an integral part of military life and are absolute requisites for effective operations, which require all team members to work at their peak performance while displaying high levels of resilience and stamina.

To me, the pandemic has elevated the status of physical wellness, to being the most important dimension of the five wellness dimensions as it affects our emotional, social, spiritual, and intellectual wellness. This is not to say that achieving emotional, social, spiritual or intellectual wellness is impossible without being physically fit, but I would contend it is much easier to do so by being physically fit.

I must confess that I personally found it difficult to modify and adapt my workout habits once the pandemic restrictions were put in place and while I managed to maintain a basic level of fitness. I definitely did not manage to maintain the level of fitness with which I was happy with. This is why I feel compelled to congratulate all the athletes who managed to adapt and overcome the pandemic restrictions, to train at a high level and keep a level of fitness commensurate to the best athletes of their sports.

I am amazed and extremely proud of the athletes that are starting to compete again at high levels, not having missed a beat. It is a testimony of impressive levels of creativity, determination and resilience. My hats off to you!

But whether or not you managed to remain at the epitome of your fitness level, I invite you to persevere and to seek improvements now that it is becoming easier to go back to the gym or to stay active however you prefer. As we say, “life is a marathon and not a sprint!” And one thing is for sure, your body is what will get you there!

Good luck to all whether or not you are competing! Have a great and active summer 2022!”

*Mens sana in corpore sano*

-Major-General Sylvain Ménard



## 2022 CAF NATIONAL TRIATHLON CHAMPIONSHIP

The 2022 CAF National Triathlon Championship will be taking place on July 9th at Lac Leamy, Gatineau. Come by and cheer on the Canadian Forces as they swim, bike, and run their way across the finish line.



# CISM TRIATHLON

## CISM WORLD MILITARY CHAMPIONSHIP



This past month from June 7th – 11th Canada participated in the 23rd CISM World Military Triathlon Championship in Aguilas, Spain.

The senior women Maj Lesley Quinlan (Ottawa) and Sgt Catherine Desmarais (OUTCAN Europe) finished 6th and 7th, while the senior men Capt Brad Allen (Borden) and Sgt Martin Larose (Valcartier) finished 14th and 15th. The combined times of the senior athletes put the Canadian mixed team into 5th place.

The elite women's team, Capt Andrea Bowman (Comox), Capt Sarah Graves (Winnipeg), Lt(N) Émilie Beland (Halifax), and Capt Carmen Kiltz (Winnipeg) score allowed them to finish just off the podium with a 4th place finish, right behind the Olympic athlete teams of Poland, Brazil and Spain.

On Jun 10th, they held the first ever CISM Triathlon Super Sprint relay. The Canadian team was composed of Capt Brad Allen, Sgt Catherine Desmarais, Sgt Martin Larose, and Maj Lesley Quinlan who finished just shy of the podium in 4th place.

Well done and congratulations to all!

# CAF SAILING

## CISM WORLD MILITARY CHAMPIONSHIP

Five athletes from the Royal Canadian Navy recently represented Canada at the 53rd World Military Sailing Championships in Brest, France. The event, organized by the French Navy on behalf of the International Military Sports Council (CISM), aims to promote friendship through sport by providing opportunities for armed forces personnel from all nations to meet on the sports field instead of the battlefield. The Canadian Team embraced this objective and was awarded the "fair play in sailing" prize for their sportsmanlike conduct and conviviality with other nations.



For the Canadian Team of PO2 Clayton Mills (helm), LCdr Ryan Deforest (main trim), Lt(N) Sam Morgan (jib trim), Lt(N) Alanna Foscarini (foredeck), and A/Slt Fraser Smith (spare/coach), it was also a once-in a lifetime opportunity to race against some of the best sailors in the world, including world champions and Olympic medalists.

# CAF SPORTS COORDINATOR - HQ

## MADLYNN PALMER

It is with great pleasure that we officially announce Madlynn Palmer is our new HQ Sports Coordinator for a 1-year secondment starting July 11th, 2022.

Please join us in congratulating her and wishing her success in her new role.

Madlynn graduated from the University of Waterloo with her degree in Recreation and Leisure Studies. Post-grad she held contract opportunities in health and fitness, student success, and university athletics and recreation. Madlynn then joined the PSP team as the Recreation Coordinator in Gagetown in October 2019. Formerly a varsity student-athlete, competing for the University of Waterloo Warriors Swim Team, Madlynn contributed heavily to the Warrior Athletics department through volunteering, which immensely grew her interest for sport administration.



As the Acting Sports Coordinator at CFB Gagetown, Madlynn was overseeing the Military Sports Program including Intersection, Out Service, Base, Regional, National and International Competitions (CISM). In her new role, Madlynn will work closely with the CISM program, the CAF Sports Award program, implementing the new CAF Sports Strategy and assist with many other CAF Sports programs & projects.



## CANADA ARMY RUN

**SEPTEMBER 18, 2022**

The 2022 Canada Army Run is back, in-person. Here are the details:

Sept 18th, 2022  
0900 hrs: 5km  
1000 hrs: 10km

There will be no in-person for the half-marathon distance for 2022 but you can still participate virtually. Register today at [ArmyRun.ca](https://ArmyRun.ca)

## CISM LIFESAVING

### MILITARY WORLD CHAMPIONSHIP

Congratulations to all the CISM Swimmers that competed this past month in the Netherlands at the 11th World Military Lifesaving Championship.

Along with medaling in the men's and women's relays, our Canadians places 5th overall, 3rd in the Women's category, and topped it off by receiving the Fair Play Award. Bravo Canada!



# NAVY BIKE RIDE

## TIME IS RUNNING OUT

There are only a few weeks remaining before the ride is over! Are you getting your KMs in? This FREE community event welcomes any age and ability from all across Canada, as well as those sailors, soldiers and aviators deployed around the globe.

Ready to ride? Sea you there!  
<https://bit.ly/3MOhsDR>



## HAPPY RETIREMENT

### ERIC PLANTE



Over the last 30+ years, Eric has demonstrated exemplary commitment and dedication to CAF Sports as an athlete, organizer and athletic trainer through the CAF Athletic Trainer Program (CAFATP). He started his career in the Reserves and later joined the Regular Force as a PERI. In 1997, he retired from the Regular Force when the PERI trade closed. He continued his career as a Fitness & Sports Instructor and will finish his time with PSP as the Fitness & Sports Manager in Greenwood on August 1st. Throughout his career, he has participated in broomball at the Base, Regional and National levels, even participating in and organizing numerous triathlons and running events.

Eric has been a staple in the CAFATP since 2010 when he attended his Introduction to CAFATP and Level 1 taping course. Since then, he has completed the CAFATP Level 2 Taping Course, CAFATP Sport First Responder Course and sport massage courses through civilian venues. Eric has accumulated over 1700 hours of event coverage as an athletic trainer and attended more than 45 events at the regional, national and CISM level, including the World Military Games in South Korea as the CISM Triathlon trainer.

Outside of the CAFATP, Eric recognized the positives of the CAF Sport Program, including the basis for team work, leadership and mentoring. Throughout his successful career, participation in sports provided a way to bridge relationships with his peers, athletes, CAF members and local communities. He has been an exemplary example and promoter of "Friendship through Sport".

Eric, your hard work, diligence, and infectious personality have positively motivated many people over the years. On behalf of the CAF Sports and the CAFATP we appreciate all that you have done to help develop and grow the program to what it is today. Whatever comes next for you, we hope that it brings you much joy, adventure and fulfillment. Happy Retirement!



# CAF RUNNING

## NATIONAL CHAMPIONSHIP RESULTS

For the first time in three years, on May 28th – 29th CAF members competed in the CAF National Running Championship held in conjunction with the Ottawa Race Weekend. In addition to receiving CAF National Championship medals the following athletes also snagged top spots among the civilian competitors;

Capt David Groman (Halifax) placed 2nd/5040 in the 5km with a time of 15:27.3

Capt Jessica Grace (Ottawa) placed 6th/2836 females in the 5km event with a time of 19:53.8

Lt(N) Emilie Beland (Halifax) placed 7th/2836 females in the 5km event with a time of 19:54.0

2Lt Logan Roots (Comox) placed 3rd/8238 in the half marathon event with a time of 1:13:11.3

Congratulations to all who participated!

For a complete list of CAF results visit [www.CAFConnection.ca/CAERunning](http://www.CAFConnection.ca/CAERunning) and check out the event photos on our [Facebook](#) page.



## CAF SOCCER

### CAF NATIONAL CHAMPIONSHIPS

We're excited to announce that CFB Kingston will be hosting the CAF National Soccer Championships from 26 September – 01 October.

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

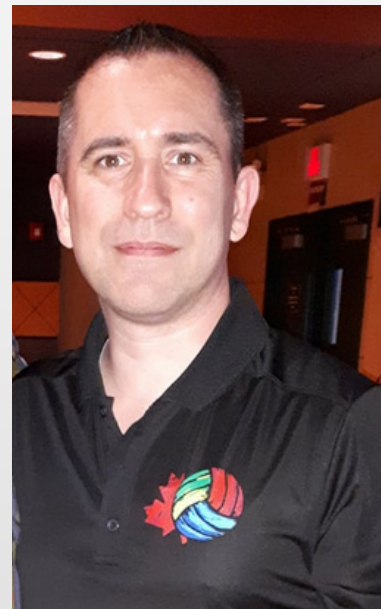
# REGIONAL SPORTS MANAGER

## RICK MCKIE

It is our pleasure to introduce to you, the new Regional Sports Manager for the Ontario region, Mr. Rick McKie.

Rick started playing sports at a young age playing all sports that he could fit into his schedule. He enjoys them all. He graduated from Laurentian University with a Bachelor of Physical and Health Education, walking away with various National Coaching Certification Program (NCCP) levels in Volleyball, Track and Field, and Gymnastics.

In 2001, Rick began working for PSP in Petawawa within their Military Fitness Department as a Fitness and Sports Instructor (FSI). Two years later he deployed to Bosnia-Herzegovina (Zgon) as a Fitness, Sports and Recreation Coordinator, receiving the Non-Article 5 NATO Medal for service in the Balkans, and the Canadian Peacekeeping Service Medal. In 2006, he was hired as the Fitness and Sports Coordinator for the Canadian Special Operations Regiment (CSOR), and in 2008 was hired as the National Physical Fitness Manager for the CF. In 2016 he returned back to Garrison Petawawa, but this time as the Manager of Fitness & Sports (F&SMgr). Rick will be returning this summer from his deployment to Latvia with Operation Reassurance as their Morale and Welfare Manager and take on the additional title of the Ontario Regional Sports Manager in conjunction with his F&SMgr role at Garrison Petawawa.



Some of his CAF Sports highlights include coaching the Garrison Petawawa Women's Slo-pitch team, winning the Ontario Region title 5 times in 5 years (2004 – 2008), taking home 3 National Silver medals, and 1 National Championship. He was also awarded the 3M Excellence in Coaching Award in 2006. Upon his return to Petawawa in 2016, he started coaching the Women's program again. Currently they are the reigning Ontario Region Champions. Since 2007, he was also involved with promoting the sport of grappling, having hosted the first CAF Regional Competitions in Canada.

Rick's Grandfather was a WW2 Veteran and a great athlete. When Rick asked him how he prepared for the rigours of battle his Grandfather explained that it was the lessons he learned from playing sports. It was the situational awareness on the field, how to adapt to the play, when to go on the offensive, and when to play defensively. To cope with the mental aftermath of war, his Grandfather continued to find solace in sports. Rick sees the value in the CAF Sports Program, as it's an effective way to help soldiers be more operationally ready both mentally and physically.

A big thank you to Mr. Paul Best from the CAF Sports Community for his 17 years tenure as the Ontario Regional Sports Manager. We appreciate all your work in supporting the development of sports within your region and grateful for all that you've done for CAF Sports.

# 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](#)
- 12 Jun - 7 Aug: [Navy Bike Ride](#)
- 8 - 10 Jul: [CAF National Triathlon Championship](#)
- 9 - 14 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](#)
- 22 - 26 Aug: [Quebec Regional Slo-pitch Championships](#)
- 27 Aug - 1 Sep: [CAF National Golf Championship](#)
- 29 - 31 Aug: [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](#)
- 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](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	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	TBD *
Gagetown	A/Sports Coordinator	TBD *
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	TBC *
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/CAFCISM">CAFConnection.ca/CAFCISM</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>
Basketball (M)	<a href="http://CAFConnection.ca/CAFMenBasketball">CAFConnection.ca/CAFMenBasketball</a>	Basketball (W)	<a href="http://CAFConnection.ca/CAFWomenBasketball">CAFConnection.ca/CAFWomenBasketball</a> <a href="https://Facebook.com/CISMBasketballCanada">Facebook.com/CISMBasketballCanada</a> <a href="https://Instagram.com/CISMBasketballCanada">Instagram.com/CISMBasketballCanada</a>
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/CAFMenHockey">CAFConnection.ca/CAFMenHockey</a>	Hockey (OT)	<a href="http://CAFConnection.ca/CAF Old Timers Hockey">CAFConnection.ca/CAF Old Timers Hockey</a>
Hockey (W)	<a href="http://CAFConnection.ca/CAF Women Hockey">CAFConnection.ca/CAF Women Hockey</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>
Soccer (M)	<a href="http://CAFConnection.ca/CAF Men Soccer">CAFConnection.ca/CAF Men Soccer</a> <a href="https://Facebook.com/CISMSoccerCanada">Facebook.com/CISMSoccerCanada</a> <a href="https://Instagram.com/CISMSoccerCanada">Instagram.com/CISMSoccerCanada</a>	Soccer (W)	<a href="http://CAFConnection.ca/CAF Women Soccer">CAFConnection.ca/CAF Women Soccer</a> <a href="https://Facebook.com/CISMSoccerCanada">Facebook.com/CISMSoccerCanada</a> <a href="https://Instagram.com/CanadianArmedForcesSoccer">Instagram.com/CanadianArmedForcesSoccer</a>
Squash	<a href="http://CAFConnection.ca/CAF Squash">CAFConnection.ca/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 Men Volleyball">CAFConnection.ca/CAF Men Volleyball</a> <a href="https://Facebook.com/CISMVolleyballCanada">Facebook.com/CISMVolleyballCanada</a>	Volleyball (W)	<a href="http://CAFConnection.ca/CAF Women Volleyball">CAFConnection.ca/CAF Women Volleyball</a> <a href="https://Facebook.com/CISMWomesVolleyballCanada">Facebook.com/CISMWomesVolleyballCanada</a> <a href="https://Instagram.com/CISMVolleyballCanada">Instagram.com/CISMVolleyballCanada</a>