

MAY 2022

# CAF SPORTS

NEWSLETTER

RCAF  
RUN

THE RULE  
OF TWO



CAF  
HOCKEY  
CHIEF  
OFFICIALS

INVICTUS  
GAMES  
2025

PROFESSIONAL  
DEVELOPMENT



# ROYAL CANADIAN AIR FORCE RUN

## EARN YOUR WINGS!

The men and women of the Royal Canadian Air Force will lace up their sneakers and open their world to Canadians. We invite you to “Earn Your Wings” with us – virtually from May 28 to June 19.

A proud component of the Canadian Armed Forces, the Royal Canadian Air Force (RCAF) is comprised of men and women who serve Canada both at home and abroad. The Royal Canadian Air Force Run is a rare opportunity to experience both the camaraderie and aircraft that make the Royal Canadian Air Force unique.

The RCAF Run is for everyone! We welcome participants of ALL abilities and fitness levels, achieve your goals at your own pace! Walk, or run solo or create a team of your family, friends and coworkers! Whatever your style, RCAF Run is for you! Featured distances:

- 3 K
- 5K
- 10K
- Half-Marathon

Dust off that treadmill and join in on the fun! Learn more and register TODAY at [rcafrun.ca](http://rcafrun.ca)



## CAF GOLF

### CAF NATIONALS

It's official the 2022 CAF National Golf Championship is headed to Borden, 27 August – 1 September.

Interested in attending? Talk to you local PSP Sports Coordinator for more info on Play-downs and Regional Championships.

### CAF LONG DRIVE & CLOSEST TO THE PIN COMPETITION

The CAF Long Drive & Closest to the Pin Competition is back with prizes to be won!

For more details, talk to your local PSP Sports Coordinator or visit [www.CAFConnection.ca/CAFgolf](http://www.CAFConnection.ca/CAFgolf)



# NAVY BIKE RIDE

## ARE YOU READY TO RIDE?

Register for the virtual edition of #NavyBikeRide2022, presented by BMO, taking place June 12 - August 7, 2022. Whether you are logging 28 rides or want to push your limits with the Admiral's Challenge, sign up today and make our unique event part of your 2022 cycle season.

- 20 km RHIB Ride
- 80 km Anniversary Ride
- 112 NM RCN Ride (207 km)

Let's make waves and ride together as One Navy Strong!

Visit [NavyBikeRide.ca](https://NavyBikeRide.ca) for more information and to register for this exciting event.

# CAF HOCKEY

## HAPPY RETIREMENT

With over 25 years of service, two decades of officiating minor hockey to juvenile AAA, and three years as the CAF Old Timer's Hockey Chief Official, CWO Sheard is retiring.

CWO Sheard started out as a rookie official and quickly became a regular on officiating crews at Regional and National Championships. His on-ice performance earned him his way into many Championship games and his calm cool demeanor made him easily approachable for coaches and players. They may not have liked his calls, but they always respected him.

Over time, he took on a mentoring role with younger officials in the CAF and outside the community when he became a Supervisor of Minor Hockey Officials in the Borden area.

From rookie official to Chief Official and active mentor in the officiating community, CWO Sheard has had a positive impact on everyone he's interacted with.

Thank-you for your contribution to the CAF Hockey program and from everyone, wish you the best in your next chapter of life.



## CAF MEN'S HOCKEY CHIEF OFFICIAL



It is our pleasure to introduce to you (although he needs no introduction), MCpl Shane Wannamaker.

MCpl Wannamaker is an enthusiastic official who brings 30 years of officiating experience to the arena. He is a current Level V whose officiating journey began at the age of 13 refereeing weekly old timer's games with his father. The following year he registered as a new official with the Ontario Minor Hockey Association and in 2001 was hired by the Ontario Hockey Association to officiate Junior and University hockey where he worked numerous Provincial Junior Hockey League, Ontario Junior Hockey League and Ontario University Athletics playoff games. He was also selected to referee for the Carr-Harris Cup on multiple occasions; Canada's oldest hockey rivalry between Queens University and the Royal Military College as well as the 3 Royal Military College versus West Point Academy Challenge Cup games.

Equally skilled off ice as he is on, MCpl Wannamaker is a former supervisor and instructor at the CAF Ontario Region Referee School, mentor and key player in the implementation of CAF National Hockey Referee Jerseys.

***"I am look forward to working with all of our hockey officials across the CAF, both on and off the ice, and continuing to develop and grow the Officiating Program for the benefit all hockey participants."***

Continually seeking opportunities to grow, MCpl Wannamaker is working toward a B.Sc in Sports Management-Sports Administration. When he's not in the arena you'll find him hitting the links with his wife and 3 children.

## CAF OLD TIMER'S HOCKEY CHIEF OFFICIAL

Capt McBean has been enrolled in the military for 17 years and counting. After getting a degree in Chemistry and Minor in Life Science from RMC, Capt McBean was employed as a Pilot through the RCAF at 413 Sqn and 2CFPTS.

Since the early age of 5, Capt McBean has had skates on his feet and has taken on various rolls throughout his hockey career such as; player, coach and official within the community and CAF. During his 17 years of officiating some of his most memorable experiences include; the Saskatchewan Winter Games, numerous Provincial tournaments, several CAF National Championships, but nothing beats officiating at the CAF Nationals with his father.

A current level IV official, former instructor & supervisor and two time Air Force Official of the year, Capt McBean makes an excellent addition to the CAF Hockey Chief Official team.



Congratulations MCpl Wannamaker & Capt McBean on your new CAF Chief Official roles. We are excited to be working with such talented officials.



# INVICTUS GAMES

This past month it was announced that Canada will host the first-ever Winter Hybrid Games in February 2025. These Games will be the first to incorporate winter adaptive sports, in addition to some of the core sports from previous Invictus Games.



The Invictus Games Vancouver-Whistler 2025 will bring together over 500 competitors from 20 nations to compete in adaptive sports, including the new winter sports: Alpine Skiing, Nordic Skiing, Skeleton, and Wheelchair Curling, in addition to the core Invictus Games sports of indoor rowing, sitting volleyball, swimming, wheelchair rugby and wheelchair basketball.

## CAF TRIATHLON

### 2022 CAF NATIONAL TRIATHLON CHAMPIONSHIP

The deadline is approaching fast!

Have you submitted your qualifying time?

Click [here](#) for this year's Joining Instructions and submit your qualifying time to your local PSP Base Sports Coordinator NLT 16 May.



## CAF CISM SWIMMING & LIFESAVING

### RECRUITMENT

Do you think you have what it takes to be part of the CAF CISM Swimming & Lifesaving team? If so, we want to hear from you!

To be consider, you must meet the following cut offs;

- Men: under 1:00 for 100m Free
- Women: under 1:06 for 100m Free

If you can't quite make these times but have significant lifesaving experience, we still encourage you to apply.

Interested members should contact [Quenneville.Gabriel@cfmws.com](mailto:Quenneville.Gabriel@cfmws.com) or [Serena.Palmer@forces.gc.ca](mailto:Serena.Palmer@forces.gc.ca)



# CANADA ARMY RUN

The Canada Army Run is for everyone! We welcome participants of ALL abilities and fitness levels, achieve your goals at your own pace! Whether you want a new personal best or just want to explore the scenery, we welcome you to join in on the fun. Register now at [armyrun.ca](https://armyrun.ca)

UPCOMING: To celebrate the historic 75th anniversary of the Canadian Rangers, we challenge you to log 75 kilometers throughout the month of May. This challenge is open to all current 2022 Canada Army Run participants.

## SPORT FOR LIFE SUMMIT

### REFLECT. RECONNECT. REIMAGINE.

The Sport for Life Canadian Summit brings together leaders who work together to enhance the quality of sport and physical activity in Canada. Sport for Life recognizes that quality sport and physical activity offer rich benefits to Canadian society through improved health, stronger communities, higher sporting achievement, and stronger national identity.

The 2022 Summit will be a simultaneous, multi-community event that features both live, local content (e.g., workshops, panels, etc.) as well as virtual content (e.g., keynote presentations and national addresses) that will be shared to, and connect, all of the host communities in real time. This [two-day](#) event will take place on May 11-12. [Registration](#) is open to all.

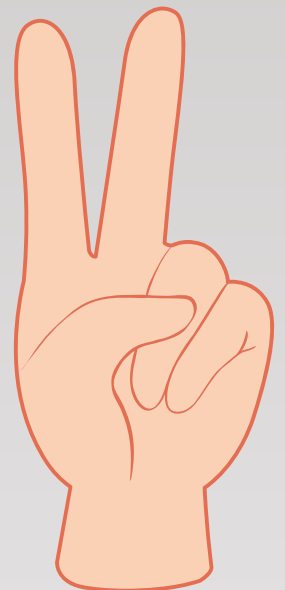
## PROFESSIONAL DEVELOPMENT

### THE RULE OF TWO

This past month the Coaching Association of Canada launched the "[Understanding the Rule of Two.](#)"

The Rule of Two is a leading practice for sport organizations to implement and help foster a safe environment for all. This module supports a crucial pillar of the Responsible Coaching Movement in Canada and provides a foundation for coaches, participants, parents, and volunteers, to continuously ensure a safe sport environment for all.

This eLearning module will take approximately 20 minutes to complete and is available free in [the Locker](#).





# SAVE THE DATE

- 15 Feb - 27 May: [CISM Run Series: Race 2 - Registration](#)
- 15 Feb - 14 Oct: [CISM Run Series: Race 3 - Registration](#)
- 1 May - 31 Oct: [CAF Long Drive & Closest to the Pin Competition](#)
- 6 May: Unconquered Award nominations due
- 11 - 12 May: [Sports for Life Summit](#)
- 16 May: [2022 CAF National Triathlon Championship – Qualifying time submission deadline \(Annex C\)](#)
- 24 - 26 May: Canada West CAFATP Level 2 Taping Course
- 27 - 29 May: [CAF National Running Championship](#)
- 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 juin: Atlantic CAFATP Level 1 Taping Course
- 12 Jun - 7 Aug: [Navy Bike Ride](#)
- 8 - 10 Jul: [CAF National Triathlon Championship](#)
- 9 - 13 Jul: Canada West Golf Regional Championship
- 18 - 22 Jul: Atlantic Slo-pitch Regional Championships
- 18 - 22 Jul: Canada West Slo-pitch Regional Championships
- 25 - 28 Jul: Quebec Golf Regional Championship
- 25 - 29 Jul: Atlantic Golf Regional Championship
- 2 - 4 Aug: Atlantic Men's Soccer Regional Championship
- 14 - 19 Aug: Canada West Soccer Regional Championships
- 27 Aug - 1 Sep: CAF National Golf Championship
- 29 - 31 Aug: Atlantic Women's Soccer Regional Championship
- 9 - 18 Sep: [Canada Army Run](#)
- 17 - 25 Sep: CAF Coaches Week
- 2 - 6 Oct: Canada West Grappling Regional Championship
- 15 - 23 Oct: CISM Run Series: Race 3 – Race Dates
- 17 - 19 Oct: Atlantic Powerlifting Regional Championship
- 17 - 19 Oct: Atlantic Swimming Regional Development Camp

All dates are 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	Steffa MacLintock
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	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)	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	<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>
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/CAFOldTimersHockey">CAFConnection.ca/CAFOldTimersHockey</a>
Hockey (W)	<a href="http://CAFConnection.ca/CAFWomenHockey">CAFConnection.ca/CAFWomenHockey</a>	Powerlifting	<a href="http://CAFConnection.ca/CAFPowerlifting">CAFConnection.ca/CAFPowerlifting</a>
Running	<a href="http://CAFConnection.ca/CAFRunning">CAFConnection.ca/CAFRunning</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/CAFSailing">CAFConnection.ca/CAFSailing</a>
Shooting	<a href="http://CAFConnection.ca/CAFShooting">CAFConnection.ca/CAFShooting</a>	Slo-pitch	<a href="http://CAFConnection.ca/CAFSlopitch">CAFConnection.ca/CAFSlopitch</a>
Soccer (M)	<a href="http://CAFConnection.ca/CAFMenSoccer">CAFConnection.ca/CAFMenSoccer</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/CAFWomenSoccer">CAFConnection.ca/CAFWomenSoccer</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/CAFSquash">CAFConnection.ca/CAFSquash</a>	Swimming	<a href="http://CAFConnection.ca/CAFSwimming">CAFConnection.ca/CAFSwimming</a> <a href="https://Facebook.com/CISMCANSwimmingLifeguarding">Facebook.com/CISMCANSwimmingLifeguarding</a>
Taekwondo	<a href="http://CAFConnection.ca/CAFTaekwondo">CAFConnection.ca/CAFTaekwondo</a>	Triathlon	<a href="http://CAFConnection.ca/CAFTriathlon">CAFConnection.ca/CAFTriathlon</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/CAFMenVolleyball">CAFConnection.ca/CAFMenVolleyball</a> <a href="https://Facebook.com/CISMVolleyballCanada">Facebook.com/CISMVolleyballCanada</a>	Volleyball (W)	<a href="http://CAFConnection.ca/CAFWomenVolleyball">CAFConnection.ca/CAFWomenVolleyball</a> <a href="https://Facebook.com/CISMWomenVolleyballCanada">Facebook.com/CISMWomenVolleyballCanada</a> <a href="https://Instagram.com/CISMVolleyballCanada">Instagram.com/CISMVolleyballCanada</a>