

FEBRUARY 2022

CAF SPORTS

NEWSLETTER

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CHIEF OFFICIALS

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RECOVERY
APPROACH

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NEW SPORTS
STAFF



CAF SPORT RECOVERY APPROACH

2022- 2023 TRANSITION YEAR

The current pandemic situation with Omicron continues to present challenges to our resumption of sports programming. However, despite these challenges, we want to position ourselves for a safe resumption of the regional, national and international programs in FY 22/23. We recognize that the pandemic situation is ever changing and while we may not be able to return to a sustained program on 1 April, we want to be ready. As such, the National Sports Office is focusing efforts on program resumption.

In order to maximize our chances of delivering the program safely, the next fiscal year (2022 - 2023) will serve as a transition year, following a temporary delivery model in anticipation of a return to the formal delivery model, for fiscal year 2023 - 2024.

- The schedule for regional and national level championships will focus on the delivery of outdoor sports, from April until the fall, followed by indoor sports until the end of the 2022-2023 fiscal year.
- Ball hockey will not be offered in the summer of 2022.
- Running, Triathlon, Golf, Slo-pitch, and Soccer will be offered as they are consistent with the progressive approach and safe return to sports.
- PSP staff will coordinate the delivery of local programs based on the modified delivery plan for regional and national level championships.
- Opportunities for activities under the International program will be assessed on a case-by-case basis.
- We will closely monitor the pandemic evolution to advise accordingly on decisions for the program delivery framework for fall and winter of fiscal year 2022-2023.

POWERLIFTING

PROVINCIAL DEADLIFT RECORD

Corporal Nicolas Tremblay, Meteorological Technician at the Joint Meteorological Center (JMC) Gaagetown has been competing in the sport of Powerlifting since 2010.

"Since the pandemic, it has been more challenging to continue my favorite sport but when the rules relaxed in late fall I decided to start competing again. My goal was to break the deadlift record in my new province of New Brunswick. I had competed before in Quebec and participated in the National Powerlifting in 2014 and 2015 but had not competed in the past five years. I was not in top form as my maximum was only 250kg (550 lbs) and the previous provincial record was 275kg (605 lbs)."

With three solid weeks of intense strength training, he managed to increase his maximum to 285kg (628 pounds) setting a new [Deadlift Provincial Record of 285KG in the 105KG- Weight Class](#) at the New Brunswick Powerlifting Provincial Championship.

"I am grateful to my unit (JMC) and the PSP Gaagetown Fitness Center for their ongoing support. I encourage all members of the CAF to discover this sport through your local PSP staff, because it is a motivating environment."



CAF NATIONAL RUNNING CHAMPIONSHIP

REGISTRATION CLOSING SOON

May 28 – 29, CAF Runners from across the country will compete amongst one another 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.

Space is limited! Additional information can be found in the [Joining Instructions](#). Submit your qualifying time to your local PSP Base Sports Coordinator NLT 25 February.



CAF FENCING

CAF FENCING PATRON, COLONEL YARKER



"Integration into uniformed life can hard, really hard. I am sure it isn't any easier today, and could even be more difficult than it was for me over 30 years ago. For me sports was the key, crucial really, to making the transition into the military, if not smooth, at least possible. That is not to say it was clear from the beginning; in fact sport did not come to me easily. I had no history of it on arrival in the CAF. Fitness – OK; a desire to win – absolutely; but specific skills in a specific sport, not really.

In any other place, in any other profession, I don't think I would have found sport. One of the unique and truly advantageous aspects of a military life is the range of opportunities to pursue sport – whether it followed you into service, or you found it while in uniform. The activity, the expertise, the camaraderie, or even just the opportunity to expand your horizons is outstanding.

For me whether it was the opportunity to develop skills from scratch and compete at the university and national levels as a fencer or simply deepen my connection to my unit as a member of the unit ball hockey team – sport has been an essential part of my career. It is something that everyone can benefit from and frankly everyone should.

Although sport has been severely challenged by our current reality during the Pandemic, I know that some are lucky enough to be able to continue their efforts safely and for the remainder I maintain hope for the future.

It is an honour to be the Fencing Patron, and I cannot wait to see our athletes on the piste again."

CAF CISM FENCING TEAM MANAGER, MAJOR FAIRHURST

No stranger to the sport, please join us in welcoming Maj Emma Fairhurst as the new CAF CISM Fencing Team Manager.

Major Emma Fairhurst currently serves as an Aerospace Engineering Officer in 415 Squadron at 14 Wing Greenwood. She holds a BSc from the Royal Military College of Canada and an MA in Leadership from Royal Roads University.

As an athlete, Emma joined the Royal Military College of Canada Fencing Team (2006-2010) and was selected for the CISM Fencing Team in her third year. As a member of the CISM Fencing team (2009-2015) she participated in 5x North American Cups, 3x CISM European Cups, 1x World Military Fencing Championships (Venezuela, 2010), and 1x WMG (Korea, 2015). She was named the 12 Wing Female Athlete of the Year (2015) and to the RMC Wall of Distinction with the 2006-2007 RMC Women's Fencing team.



"Sport and physical fitness is a foundational tool to ensure we are operating at our highest potential and directly contributes to both mental and physical health. As leaders it is our duty to show up as our best selves, and physical activity directly contributes to our capacity to do this."

GRAPPLING

VALCARTIER

CFB Valcartier recently hosted a three-day grappling development camp. In attendance, was Brazilian Jiu Jitsu specialist Guylain Frenette. Guylain provided lessons to a wide range of participants catering to all levels of experience.

The camp was a great success, increasing the skill level of experienced fighters and recruiting new members through introduction of the sport.



CAF HOCKEY OFFICIALS

CALL FOR CHIEF OFFICIALS

The CAF Sports Program is seeking two individuals to act as Chief Officials for the CAF Men's Hockey and CAF Old Timer's Hockey program.

The Chief Official position is a four-year term open to CAF military members (Regular Force, Class B Reservist IAW CANFORGEN 165/15) or full-time employees of the CFMWS.

If you are interested in applying for either one of these positions, please forward your resume to Taillefer.Jessica@cfmws.com NLT 21 February. For additional details on the Chief Official positions and resume requirements click [here](#).



NEW TO THE SPORTS CREW

STEPHEN "STEVE" BOWDEN, PSP SPORTS COORDINATOR - PETAWAWA



Please welcome Stephen Bowden as the new Military Sports Coordinator at Garrison Petawawa. Most people call him Steve.

Growing up in Southern Ontario, Steve was heavily involved in playing Ice Hockey and Football. To this day, he can still remember his first time stepping on to the ice at the age of 4 with his dad at their local outdoor rink to learn to skate and play hockey. Sports provided him with the opportunity to take on new challenges, build long lasting friendships, leaderships and comradery.

Steve graduated from Brock University with a degree in Physical Education, receiving honours and first-class standing. Throughout high school and University Steve competed in rugby, while playing for the Brock University Men's Rugby Team he received an award from the Ontario University Athletics for ALL-OUA Academic; Recognition of outstanding academic achievement in university sport.

In October of 2020, Steve joined the PSP team at Garrison Petawawa as a Fitness and Sports Instructor. During his short time at Garrison Petawawa, Steve has been involved with the CAF community with a focus of bringing Rugby to Petawawa. While he is still fairly new to the organization, he is excited more than ever to showcase his talents and apply his sport knowledge to deliver the best possible Sports Program.

For more information on Garrison Petawawa sports programs visit the official site: [Military Sports \(cafconnection.ca\)](https://militarysports.cafconnection.ca) and Follow on Facebook at [PSP Petawawa Military Sports](https://www.facebook.com/PSP-Petawawa-Military-Sports).

SABASTIAN ROBINSON, PSP SPORTS COORDINATOR - COMOX

Sabastian has made it his goal to help better the lives of youth and high-performance athletes through coaching, training and mentoring. He graduated with a Bachelor's degree in Business Administration from Acadia University, where he also played for the Acadia Axemen football team. After his undergraduate degree, Sabastian used his experience as an athlete and coach to help clients of all demographics reach their fitness and life goals as a certified personal trainer on Vancouver Island.

After working as a personal trainer for a year and a half, Sabastian pursued a Master's Degree in Human Kinetics with a concentration in Sport Management at the University of Ottawa. While completing his graduate degree, Sabastian worked with Football Canada as a High-Performance Consultant, responsible for assisting in grassroots programming, national team scouting and event management. Throughout his time in Ottawa, Sabastian also worked with organizations such as USports, the CHL and the Commonwealth Games. He and his colleagues recently completed a consultation project with the Canadian Armed Forces Sports Program, using qualitative and quantitative research to determine areas of improvement to ensure the Canadian Armed Forces get the most out of their sports programs.



If you have any questions regarding the sport program in Comox feel free to reach out to him at 250-339-8211 ext. 8783.

PSP WINTER CHALLENGE

It's never too late to get moving. Sign up today for the PSP Winter Challenge. Registration is free with prizes to be won!



SAVE THE DATE

- 31 Jan - 28 Feb: [PSP Winter Challenge](#)
- 1 Feb: [CAF Golf Chief Official application deadline](#)
- 21 Feb: [CAF Hockey 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

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 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