

MARCH 2022

CAF SPORTS

NEWSLETTER

**GENDER
EQUITY**

**CALL FOR
CHIEF
OFFICIALS**

**CAF CISM
VIRTUAL
RUNNING
SERIES**

**PROFESSIONAL
DEVELOPMENT**



GENDER EQUITY BUILDS BETTER SPORT

Whether we realize it or not, each of us looks at the world differently, through lenses that shape our perceptions, attitudes, and actions. Our lenses may include biases that impact how we move through the world, make decisions and build systems.

Women and girls are underrepresented in sport. Learn more on the steps you can take to make change through the [Gender Equity LENS](#) e-learning module.

BUT WHAT IS THE DIFFERENCE BETWEEN EQUALITY AND EQUITY?

EQUALITY

Equality is giving everybody the same tools and resources – the same starting line.



VS.

EQUITY

Equity ensures fair access for all based on their needs – a focus on getting people to the finish line.



Concept adapted from: Robert Wood Johnson Foundation

"We're hosting a competition that features both men's and women's events."



"We're scheduling the women's events in a primetime slot on the schedule to increase the number of spectators and highlight the women's program."

"We have a similar number of men and women coaching in our sport."



"We're providing coaching mentorship opportunities specifically for women so they can advance to higher ranks where they aren't well represented."

"We have boys and girls teams of every age group in our club."



"We're designing our girls programming and training our coaches to encourage engagement and slow drop out rates."

"Our board positions are open to anyone who wants to apply."



"Because we want to improve the representation of women on our board, we do outreach and invite them to apply."



national sport organizations believe gender equity is essential or very important.

EQUITY IS A CHALLENGE TO NOT ACCEPT A "ONE-SIZE-FITS-ALL" SOLUTION.

THE RESULT?

- MORE COMPELLING OFFERINGS
- LARGER POOL OF POTENTIAL PARTICIPANTS
- STRONGER ORGANIZATIONS

CAF RUNNING

CAF CISM VIRTUAL RUNNING SERIES

The CAF CISM Virtual Running Series is for all CAF members are part of the CAF CISM Running Team Program or for CAF members who would like to try out for the 2023 team.

The CAF CISM Virtual Running Series is made up of three races with different race distance options. Registration is open and free to all CAF members. A valid Forces account is required for registration.

For those who finish the full series (by completing at least one distance from each of the 3 races) will be entered into a draw for a CAF CISM Running Team Singlet.

For details on result submissions, course requirements, and coaching click [here](#).



	RACE 1	RACE 2	RACE 3
Distances	5km, 10km, 1/2 Marathon	5km 1/2 Marathon	5km, 1/2 Marathon Marathon
Registration	15 Feb - 25 Mar	15 Feb - 27 May	15 Feb - 14 Oct
Race Dates	26 Mar - 4 Apr	28 May - 5 Jun	15 - 23 Oct
Results Due	5 Apr	6 Jun	24 Oct

Do you have a Facebook account? Join [@CISMRunningCanada](#) or [CISM Canada Running Team](#) private group for regular updates.



CAF BALL HOCKEY

CALL FOR CHIEF OFFICIALS

The CAF Sports Program is seeking a dedicated volunteer to become the Chief Official for the CAF Ball Hockey Program.

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

If you are interested in applying, please forward your resume to Taillefer.Jessica@cfmws.com NLT 25 March. For additional details on the Chief Official position and resume requirements click [here](#).

penny appeal
canada PRESENTS

WOMEN IN BASKETBALL SPEAKER SERIES

FOR THOSE WHO HAVE *MAD LOVE* FOR OUR GAME.

BASKETBALL

WOMEN IN BASKETBALL

Tipping off on March 8th is a virtual 4-week program that features a variety of engagements that celebrate and enhance the participation of women in the game of basketball. Through workshops, panel discussions, fireside chats and professional development sessions, women will have a variety of opportunities to expand their thinking and build their skills around our game. Register [here!](#)

March 8-12: Grow Our Game
March 13-19: Coach Our Game
March 20-26: Play Our Game
March 27-31: Ref Our Game

CAF GOLF

CAF GOLF CHIEF OFFICIAL

Jim MacKenzie is the Fitness, Sports & Recreation Manager in Shilo as well as the Canada West Regional Sports Manager. He has been a major fixture of the CAF Sports program for the past 44 years. First as a PERI for 19 years and then as a member of CFMWS.

Jim has been a principal contributor in establishing the regional and national golf programs both as an athlete and as a builder of the sport. As the FS&R Mgr in Shilo, under Jim's tutorage, Shilo has hosted the inaugural CAF National Golf tournament, numerous CAF Regional Golf Championships, as well as the CAF Nationals Golf Championship in 2012 and 2015. Jim has been the Jury of Appeal Chairperson and the Acting Golf Chief Official for multiple championships. His knowledge and experience has enabled him in assisting and guiding the development of the CAF Golf program.

"I am honoured to be asked to be the CAF Golf Chief Official for the next couple of years. I am a passionate supporter of golf within the CAF and am enthusiastic to continue the growth of the sport. Golf is a great sport for our military members to develop mental toughness, understand the requirement for practice, preparation and mental strength to better prepare themselves not only for playing sport but also assist in developing themselves for their military career."



HAPPY RETIREMENT

MASTER WARRANT OFFICER STEEVE PETITPAS



If you're involved in CAF Hockey then chances are you've crossed paths with MWO Steeve Petitpas.

MWO Petitpas was involved in the CAF Sports Program for over 20 years. He spent countless hours perfecting his on ice skills by officiating in local CAF programs, regionals, and nationals as well as numerous civilian tournaments.

The impact of MWO Petitpas' involvement as a hockey official goes beyond just the games he worked. MWO

Petitpas was a clinic instructor, Quebec Hockey District Supervisor, member of the Jury of Appeal, and CAF Men's Hockey Chief Official for the past three years mentoring and training junior referees. In 2020, he was awarded the Military Personnel Command Official of the Year, recognizing his dedication and passion for the sport.

He will undoubtedly be missed by the CAF Hockey community. Happy Retirement Steeve!



CAF HOCKEY OFFICIALS

DEADLINE EXTENDED

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 A or 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 4 March. For additional details on the Chief Official positions and resume requirements click [here](#).

CAF SAILING

CAF SAILING PATRON, COMMODORE ROBINSON



The Canadian Armed Forces CISM Sailing Program is a diverse team of elite women and men who represent Canada at championships around the world. These members who excel at sailing small vessels in addition to their normal duties as members of the CAF exemplify the devotion to duty and fitness that our military needs. Sailing naturally compliments military service. The team work, attention to detail, determination in the face of adversity (especially the occasionally harsh weather and sea state), and desire to win are all hallmarks of both sailing and CAF membership.

The success of the team begins with Lt(N) Kevin Pallard who manages the CAF CISM Sailing Program. The enthusiasm and support he provides is second to none and I know that all of our sailing athletes are thankful for his support and guidance. "As a long time dinghy sailor (especially the Laser), I know first-hand the value of competitive sailing and what it brings to both the athletes and the CAF. I could not be prouder of being offered the opportunity to represent this sport and help to promote its benefits to the CAF."

CAF SWIMMING & LIFESAVING

CAF CISM SWIMMING & LIFESAVING HEAD COACH, GABRIEL QUENNEVILLE

Gabriel holds a B. Sc. in Human Kinetics as well as several professional designations including; Clinical Exercise Physiologist and High-Performance Specialist from the Canadian Society of Exercise Physiology, Swimming 101 Fundamentals and Swimming Coaching Certificates from the National Coaching Certification Program (NCCP) of Canada, and First Aid Instructor from the Canadian Lifesaving Society.

Gabriel has held a various positions within PSP all over the globe, starting as a Lifeguard, Swim Coach and Aquatics Fitness Instructor in Petawawa, Reconditioning Specialist in Cold Lake, and is currently the Fitness, Sports & Physical Exercise Coordinator in Gelsenkirchen, Germany. During his time in Cold Lake he became a certified Swim Coach and took on the head coaching position of the Cold Lake Marlins Swim Club which he held for two years before accepting his current overseas position.



"I first got involved in sports at a very young age. My parents signed us up for everything. But it wasn't until I joined the cross-country running team at 9 years old that I really found my passion. At 13, I joined the local swim team and combined my passion for running and swimming to attempt some triathlons. The summer before senior year, I worked for the Nova Scotia Lifeguard Society and was introduced to Lifesaving sport. I have since competed at the national level in Lifesaving sport, with several national titles and medals and with hopes of making the national team one day. But for now, my focus will re-align itself to coaching the CISM team."

SAFE SPORT TALKS WEBINAR

PANEL DISCUSSION

In Celebration of Women's History Month and the Paralympic Games join the Coaches Association of Canada (CAC) on March 23 from 1400 – 1530 hrs (EST) for a panel discussion dedicated to athlete & coaching journeys, mental health and safe sport encounters featuring Stephanie Dixon, Colette Bourgonje and guests. Click [here](#) to register.

SAVE THE DATE

- 15 Feb - 25 Mar: [CISM Run Series: Race 1 - Registration](#)
- 15 Feb - 27 May: [CISM Run Series: Race 2 - Registration](#)
- 15 Feb - 14 Oct: [CISM Run Series: Race 3 - Registration](#)
- 4 Mar: [Men's Hockey Chief Official Application Deadline](#)
- 4 Mar: [Old Timer's Hockey Chief Official Application Deadline](#)
- 8 - 12 Mar: [Women in Basketball: Grow Our Game](#)
- 13 - 19 Mar: [Women in Basketball: Coach Our Game](#)
- 20 - 26 Mar: [Women in Basketball: Play Our Game](#)
- 23 Mar: [CAC Safe Sport Talks Webinar](#)
- 25 Mar: [Ball Hockey Chief Official Application Deadline](#)
- 26 Mar - 4 Apr: [CISM Run Series: Race 1 - Race Dates](#)
- 27 - 31 Mar: [Women in Basketball: Ref Our Game](#)
- 28 May - 5 Jun: [CISM Run Series: Race 2 – Race Dates](#)
- 27 - 29 May: [CAF National Running Championship](#)
- 08 - 10 Jul: [CAF National Triathlon Championship](#)
- 15 - 23 Oct: [CISM Run Series: Race 3 – Race Dates](#)

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)



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
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	Sports Coordinator	Alyson Hodgson
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	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	Matthew Tibbles