

Newsletter



Facilities Contacts

Facilities Coordinator

Jeanie Haining

Haining.Jeanie@cfmws.com

ext. 677-4634

Facility Supervisor

Tyler Turcotte

Tyler.Turcotte@forces.gc.ca

ext. 677-3321

Arena Superintendent

Stewart Adam

Stewart.Adam@forces.gc.ca

ext. 677-7277



Sports Stores

Hours of Operation

Monday-Friday 0700-1600hrs

Large quantities of equipment should be reserved in advance.

Contact Sport Stores

ext. 677-7002

Supervisor - Fred Thibodeau

Technician - Chelsey Boyce

Gym Supervisor - Carole Groleau

**Mountain Bikes are
NOW CLOSED FOR THE
SEASON!**



Dundonald Hall Hours

Monday to Friday

0600-2200hrs

Saturday and Sunday

0800-2000hrs

HOLIDAY HOURS

11 Nov: 1400-2200hrs

For all Holiday Hours &
Closures **click here!**

Front Desk

613-687-5511

ext. 677-7114

**Outdoor facilities are now
CLOSED!**

**Both rinks are up and running
at Silver Dart Arena!**

**Book your ice PT with Stewart
today!**





What is the Military Sports Department?

The Military Sports Department oversees all military sport operations on base at Garrison Petawawa;

- Unit Sport Days
- Inter-Unit Sport Competition
- Base Team/Regional Sport Competition
- National Sport Competition
- International Sport Competition (CISM)
- Women In Sport Program
- Support to Sports Grant Program

Military Sports Department's mission is to enhance the military sport services provided to CAF members, ensuring proper alignment with member's needs, while promoting esprit de corps.

The Military Sports program is a critical enabler in achieving a physically and mentally fit fighting force.

Objectives

- Develop Unit pride and identity through unit cohesive activities, teamwork, leadership, morale, and commitment;
- Instill a high degree of competition for the Military Member and Athlete;
- Develop Canadian Forces members individual skills
- Promote the physical and mental fitness of members at Garrison Petawawa



Unit Sport Days/Events

If hosting a Unit sport day (0900-1600hrs), the Military Sports Department can assist in the following ways:

- Preparing and providing sports equipment;
- Developing tournament schedules;
- Provide local rules and league rules/regulations; and
- Provide contacts for local officiating organizations

All Unit Sport Days/Events are to be booked by the Unit Sport Officer.

Sports days cannot start prior to 0900hrs if booked at Dundonald Hall (DDH) / Silver Dart Area (SDA)

Bookings can be sent to the Facility Coordinator, Jeanie Haining (Haining.Jeanie@cfmws.com)

Booking Facilities

0600-0900 Fitness Coordinator
Jesse.Cassista@forces.gc.ca

0900-1600 Facilities Coordinator
Haining.Jeanie@cfmws.com

Silver Dart Arena Superintendent
Stewart.Adam@forces.gc.ca

**Inter Unit and Garrison Teams
Military Sports Department**

NEW

Tip of the month

Are you hosting a special sports afternoon, silly season day, or looking to get creative with your sports timings?

Contact Military Sports today for help with planning, logistics, officials, etc!



COACH

NEW

Regional Team Coaches

BASKETBALL - NOW PRACTICING

Coach - Jesse Cassista - Jesse.Cassista@forces.gc.ca
Mondays | 1600-1800hrs | STAGS Gym

CURLING - NOW PRACTICING

Coach - Maj Mikael Lemieux - Mikael.Lemieux@forces.gc.ca
For more info please contact POC

MEN'S HOCKEY - NOW PRACTICING

Coach - MWO Simon Laprade
POC - Capt Alex Lister - Alexander.Lister@forces.gc.ca
Tuesdays & Thursdays | 0700-0750hrs | BEAR Rink

WOMEN'S HOCKEY - NOW PRACTICING

Coach - MCpl Antoine Arvisais - Antoine.Arvisais@forces.gc.ca
Tuesdays, Wednesdays & Thursdays | 1600-1650hrs | BEAR Rink

SENIOR HOCKEY - NOW PRACTICING

Coach - Fred Thibodeau - Fred.Thibodeau@forces.gc.ca
Wednesdays & Fridays | 0700-0750hrs | BEAR Rink

NEW

MEN'S VOLLEYBALL - NOW PRACTICING

Coach Position - Still VACANT!

POC - Cpl Sebastien Sauve - Sebastien.Sauve2@forces.gc.ca
Tuesdays & Thursdays | 1830-2030hrs | STAGS Gym North

WOMEN'S VOLLEYBALL - NOW PRACTICING

Coach - Gerald Wheeler
POC - Capt Jenna Breckon - jenna.breckon@forces.gc.ca
Tuesdays & Thursdays | 1630-1830hrs | STAGS Gym North



Mandatory Coaching Courses

At minimum one person on any eligibility roster at Regional and/or National Sport Championship must have mandatory courses completed. This only relates to team sports.

(All Hockey, Volleyball, Basketball Slo-Pitch & Soccer)

- Safe Sport Training
- Making Headway
- Emergency Action Plan

Recommended Coaching Courses

If a non-playing coach has the mandatory and recommended courses completed, they will have the ability to obtain a maximum of one spot on the eligibility certificate at Regional and National Sport Championships. This only relates to team sports.

(All Hockey, Volleyball, Basketball Slo-Pitch & Soccer):

- Make Ethical Decisions
- Planning a Practice

Upon completion of each course, coaches and administrators will gain leadership skills and professional development points in their locker with Coach.ca under their National Coaching Certification Program (NCCP) account.



Women in Sport Program *CAF Members ONLY*



Women's Hockey Equipment Now Available

The Military Sports Department is now offering women's hockey equipment for sign-out on a **first come, first served** basis.

What's Included

A bag of gear to support your hockey needs.

What's NOT Included:

Jill, Skates & stick

Loan Duration

Length of sign-out will vary depending on demand.

To sign out equipment contact Military Sports Coordinator
Jessica Crouch

Lane Swim

Mondays 0700-0800 | Registration not required | First come first serve basis

For more information please contact Tabatha Smith [EMAIL](#)

Women Only FORCE Tests

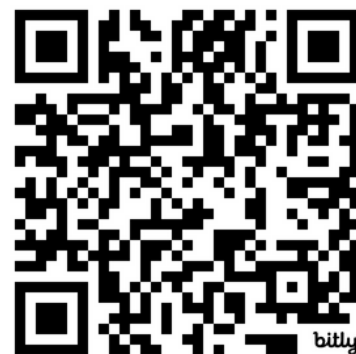
1200-1300hrs Stags Gym Dundonald Hall

27 November | Practice FORCE Test

NEW

This program will resume January 2026!

Registration MUST be completed the FRIDAY before the event.



CAF Women in Sport Grant Program

CAFSD is proud to transition this initiative to the CAF Women in Sport Program. We continue this effort to support the increase of women's participation in CAF Sports and to increase our efforts in directly supporting B/W sports delivery for their members.

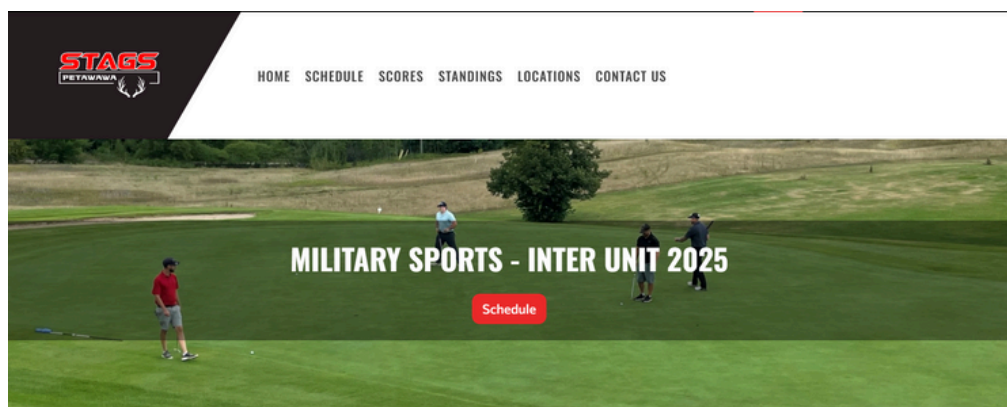
The program aims to reduce various obstacles and challenges that have traditionally hindered women's full and equal participation in sports, thereby creating a more inclusive and equitable environment for female athletes participation to thrive and excel.

For more information on this amazing grant and/or to start your application today...

[CLICK HERE!](#)

All questions regarding the Women's in Sports initiative can be directed to Madlynn Palmer, CAF Sport Coord HQ at palmer.madlynn@cfmws.com





Inter Unit Fall/Winter Sports

We are currently running drop-in sports for all CAF Members and DND Civilians on base!

Please direct all inter unit related questions and emails to Alaric Leskie, Military Sports Assistant.



INTER-UNIT DROP IN SCHEDULE 2025



| NEW | Sport | Day | Timings | Location |
|-----|-------------------------|------------|-----------|--------------------------|
| | Women in Sport - Soccer | Mondays | 1600-1700 | Field Houses 1&2 |
| | Soccer | Mondays | 1700-1900 | Field Houses 1&2 |
| | Basketball | Tuesdays | 1700-1900 | Field House 1 |
| | Volleyball | Wednesdays | 1700-1900 | STAGS Gym N&S |
| | Ball Hockey | Thursdays | 1700-1900 | Field House 2 |
| NEW | Sport | Day | Timings | Location |
| | Goalie Clinic | Mondays | 1600-1700 | Silver Dart Arena - BEAR |
| | Ice Hockey A | Tuesdays | 1700-1900 | Silver Dart Arena - BEAR |
| | Ice Hockey B | Wednesdays | 1700-1900 | Silver Dart Arena - BEAR |
| | Ice Hockey C | Thursdays | 1700-1900 | Silver Dart Arena - BEAR |

CAF MEMBERS ONLY! DND Civilians MUST pay a fee & sign a waiver!

Military Sports Contact Info

Military Sports Coordinator: Jessica Crouch
JESSICA.CROUCH@FORCES.GC.CA
 EXT. 677-7176

Military Sports Assistant: Alaric Leskie
ALARIC.LESKIE@forces.gc.ca
 EXT. 677-4782



Women in Sport Soccer - CAF Women Only

* Goalie Clinic open to all CAF Members - men and women*

Players cannot play down a division for ice hockey but can play up to help with numbers

Goalies:

C Div Team – go through Goalie list C – B – A

B Div Team – go through Goalie list B – C or A

A Div Team – go through Goalie list – A – B – C

REMINDER for all Sport Officers!

We are looking to switch to our regular inter unit format in the new year, pending operational tempo and numbers. Sport Officers, please survey your unit and submit OPI names for all sports listed above **NLT 28 NOVEMBER 2025!**

Any questions, please contact Alaric Leskie.





Officials Program

Have you ever thought of becoming a CAF Official?

To become an Official, or would like to know more about officiating options, connect with your Military Sports Coordinator; Jessica Crouch today!

Just moved to Petawawa and are already certified and looking to get right to it? Let's get you in touch with our local Ref In Chief for your preferred sport!

CAF Officials are still active despite CAF Sports program cancellations. They are participating in professional development sessions and webinars to stay busy within the sport.

Petawawa is always looking for officials and umpires for all of our Inter Unit and Regional Programs.

Programs seeking officials: Ball Hockey, Basketball, Golf, Ice Hockey, Powerlifting, Slo-Pitch, Soccer & Volleyball

To the CAF Officials who do so much to keep the game fair and fun for everyone, and contribute to the growth of sports in their community. Your dedication, integrity, time, hustle and patience bring so much to the game.

THANK YOU!



STAFF

Military Sports Department

Military Sports Coordinator

Jessica Crouch - 677-7176
 Jessica.Crouch@forces.gc.ca
Available on MS TEAMS



Military Sports Assistant

Alaric Leskie - 677-4782
 Alaric.Leskie@forces.gc.ca



Social Media Platforms



PSP PETAWAWA MILITARY SPORTS



@PSPPETAWAWAMILITARYSPORTS



Office Hours

Monday - Friday
0730-1600

During Holidays, please
 check in to see what office
 hours will be.



QR Code
 direct access
 to Military Sports
 on CFMWS

