

# PSP Newsletter

DECEMBER 2025

Southwestern



Ontario

From all of us, SWO PSP staff,  
we wish you and your families a  
magical Holiday Season and a  
Happy New Year!



## 12 Days of Fitness Challenge from **December 1 - 12 2025**

'Tis the season to be fit and  
festive!

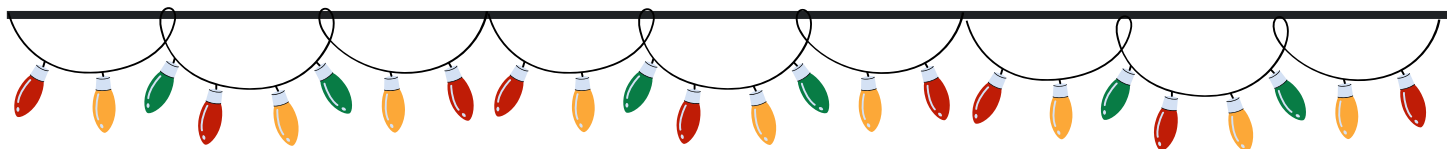
We've curated a series of daily  
workouts designed to keep you in  
peak shape this holiday season.

Follow along each day  
to find the hidden  
mystery word  
in the workouts  
for a chance  
to win prizes!





# Southwestern Ontario



## Upcoming Events & Activities



### Balanced Eating - Holiday Edition

**Tues, 02 Dec** from 7-8:00 PM on MS Teams

Join SWOMFRC and PSP Health Promotion to learn simple, realistic ways to enjoy your favourite festive foods without overindulging.

## REGIONAL SPORTS

**Interested in competing  
at Regionals on behalf  
of SW Ontario?**

Complete the [online survey](#) to be added to the distribution list. When more info is available, you'll be the first to know!



### Stay Tuned

- BFTA Course
- Powerlifting
- CAF FORCE Evaluator Course
- Functional Fitness

Sports	HOST (3 year)	Deadline for Interest	DATES
Curling	Meaford	6-Jan-26	Feb 24-27, 2026
Hockey (M)	Petawawa	24-Nov-25	Feb 09-13 2026
Hockey (W)	Borden	12-Dec-25	Feb 1-4, 2026
Hockey (OT)	Petawawa	12-Dec-25	Feb 16-20 2026
Basketball	Trenton	12-Jan-26	March 2-6 2026
Volleyball (M)	Kingston	12-Dec-25	Feb 16-20, 2026
Volleyball (W)	Kingston	12-Dec-25	Feb 16-20, 2026
Running	NA	24-Mar-26	May 22-24 2026
Triathlon	NA	17-Apr-26	June 27-29 2026
Ball Hockey	Borden	13-May-26	June 8-12, 2026
Golf	Borden	29-Apr-26	July 5-10, 2026
Slo-Pitch (M)	Petawawa	20-May-26	July 20-24, 2026 (TBD)
Slo-Pitch (W)	Petawawa	20-May-26	July 20-24, 2026 (TBD)
Soccer (M)	Kingston	1-Jun-26	July 27-31, 2026 (TBD)
Soccer (W)	Kingston	9-Jun-26	Aug 4-7, 2026 (TBD)
Powerlifting	Local (Hamilton, London & Toronto)	TBD	Mar-June 2026 (TBD)

*All of these dates are subject to change*



**Health Promotion**  
Amy.Doelman@forces.gc.ca  
McLellan.Daniyel@cfmws.com

**Fitness & Sports**  
Jordan.Geehan@forces.gc.ca  
Hannah.Sinclair2@forces.gc.ca

