



FAST AND FEMALE DONATIONS 2020

Thank you for your interest in supporting Fast and Female. Every dollar counts.

Whether you're planning a community fundraising event, logging kms in support of our mission, or just want to help out, creating a Giving Group on Charitable Impact makes sharing and tracking easy - plus your supporters will receive tax receipts through the platform.

1. What is a Giving Group? Check out an example of a successful Giving Group here:
<https://my.charitableimpact.com/groups/mat-s-ironman-for-fast-female-2020>
2. Want to set up your own and fundraise to support keeping girls healthy and active in sports? Follow the steps for "creating a new giving group in support of a campaign":
<https://help.charitableimpact.com/article/128-creating-editing-giving-groups>
3. All Giving Groups supporting Fast and Female need to be linked to "[Fast and Female donations 2020](#)"
4. Use the below F&F info and logo resources to design a campaign:

WHAT IS FAST AND FEMALE?

- Fast and Female delivers empowering programming to give ALL girls the role models and skills they need to succeed in sports and life.
- Aside from the obvious benefits of physical health and wellness, we know that sports help girls develop the confidence, leadership and teamwork skills that are essential for success in any endeavour.
- We are a movement that uses sport to drive confidence and empowerment. We are a movement taking on the field, the pitch, the arena, and life together to achieve an unlimited future. We believe girls are limitless.
- Fast and Female's mission is to keep girls healthy and active in sports. We do this by introducing self-identified girls ages 8-14 to inspiring role model leaders.
- Founded in 2005, Fast and Female has reached over 16,000 girls to date through 250 events thanks to the volunteer work of 700+ inspiring R.E.A.L Role Model Ambassadors.

OUR VISION: A positive, empowering culture for all girls in sports.

OUR MISSION: Keep girls healthy and active in sports.

OUR VALUES:

- **Inclusion**

Listen and learn. Be as welcoming, kind and accepting as possible. Caring is cool.

- **Empowerment**

There is a unique and much-needed leader in each and every one of us.

- **Fun**

Teamwork makes the dream work. Enjoy the journey and celebrate successes along the way.

- **Social Change**

We are part of a bigger picture. Let's work together to make the change happen.

- **Be You. Be Real.**

Vulnerability is strength. Do your best. You are enough.

OUR WHY:

As many as 62% of Canadian girls are not participating in any kind of sport. (Canadian Women & Sport, Rally Report 2020)

Across adolescence, 1 in 3 girls drop out of sports vs 1 in 10 boys. (Canadian Women & Sport, Rally Report, 2020)

WHY DOES THIS MATTER?

Besides promoting physical health and wellness, sports help young women develop confidence, leadership, and teamwork skills.

“When a girl chooses to play sports, what she will gain goes far beyond kicking a ball, learning a new stroke, or crossing a finish line. Through positive sport experiences, girls are more likely to reap the benefits of sport participation and grow into confident and motivated leaders” - Canadian Women & Sport, SheBelongs, 2020

“Participating in sports has a deep and definitive impact on the course of a woman’s life, and we can see from the research that sports help to provide women with the tools we need to succeed and lead.” - *Laura Gentile, Vice President and Founder of espnW*

Research by Ernst & Young and espnW found that 94 percent of women who hold C-suite level positions are former athletes. There is an irrefutable correlation between athletics and leadership!

R.E.A.L. Role Models

Our Ambassador Role Models are **R**elatable, **E**mpowered, **A**ctive **L**eaders. They are the reason this organization continues to thrive and expand. From Olympic and Paralympic medalists to firefighters, teachers, and community leaders, these inspiring volunteers give thousands of hours annually, helping to continue the cycles of leadership created by Fast and Female. In addition to empowering girls, Fast and Female R.E.A.L Role Models also empower each other! The athletes and active leaders who work with us form their own supportive network of peers and make high-powered friendships that provide benefits in far-reaching ways beyond the programs we deliver.

Logo:

