



FAST AND FEMALE DONATIONS 2021

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 2021](#)"
4. Use the below Fast and Female information, messaging and logo resources to design a campaign

ABOUT THE ORGANIZATION?

Who is Fast and Female?

Fast and Female is a Canadian charity on a mission to keep self-identified girls aged 8-14 healthy and active in sports. Founded in 2005 by Olympic gold medalist Chandra Crawford, Fast and Female believes in the power of positive sport experiences and role models to give girls leadership, teamwork, and resiliency skills.

Why Do We Exist?

For the girls!

In comparison to boys, girls are less likely to get involved and stay involved in sports. By age sixteen 1 out of 3 girls who played sports drop out, versus 1 out of 10 boys the same age (Canadian Women and Sport Rally Report, 2020). The top 3 ways to reverse these trends are:

1. engaging with the girls to identify how to create a sense of social belonging,

2. prioritizing their mental and physical health,
3. and providing relatable role models from within their communities.

With these calls to action, Fast and Female strives to provide a safe space to explore new sports and physical activities.

How Do We Do Strive to Accomplish This?

In our endeavour to foster lasting involvement in sports, we host national and local events and programs in collaboration with community partners and like-minded individuals. Fast and Female provides opportunities for powerful connection with REAL (Relatable, Empowered, Active Leaders) Role Models from within the girls' communities.

OUR VISION: Harnessing the power of sports and role models to forge a new generation of women leaders.

OUR MISSION: Keep self-identified girls healthy and active in sports.

OUR VALUES:

- Inclusion
- Empowerment
- Fun
- Social Change
- Be you/Be Real

REAL Role Models

REAL (Relatable, Empowered, Active Leaders) Role Models

Fast and Female REAL Role Models are community leaders who

- 1) See the value of staying active and prioritizing health.
- 2) Want to inspire self-identified girls in their community to do the same by introducing them to new sports and activities.

With more than 700 members, our REAL Role Model network volunteers thousands of hours annually, to assist in hosting our local and virtual events and programming. Ranging from professional athletes, psychologists, Paralympians and Olympians, coaches, to undergraduate students; these inspiring women provide opportunities for powerful connections with self-identified girls in their communities.

In addition to empowering girls, our REAL Role Models also empower each other! We strive to provide a platform to build a supportive network of peers, professional connections, and make lasting high-powered friendships.

Logo:



fast and female