

May 2018

#SheIS Edition

**GIRLS IN SPORTS
ARE EMPOWERED
FOR LIFE**



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#SheIS #FastandFemale- Empowering Female Athletes Everywhere

Fast and Female is delighted to announce our partnership with **SheIS**. SheIS represents a sisterhood through sports of **passionate women** in **pro sports leagues**.

We need your launch support TODAY - May 1st - in the SheIS Challenge:

1. Ambassadors, athletes, coaches, parents: take the **SheIS Pledge**
2. Post a creative video or photo on **FB, IG, or Twitter** (using **#SheIS** and **#fastandfemale**). Your post should show you **attending or watching** a women's sports game/event.
3. Challenge three of your friends to do the same...and repeat often!

Through this challenge, the goal is to encourage the general public to support female athletes at *all* levels *throughout* the year. By demonstrating that there is **demand for female sport** through viewership and attendance, we will **create a global movement for women's sport!**

Mission Statement:

Using the power of women's sport to create a future of, by, and for strong women.



The SheIS Vision:

Increase the resources, viewership, and attendance of women's sports across the globe. At the younger leagues, SheIS is working to improve sport participation levels through programs such as our **Champ Chats** - connecting professional athletes (our ambassadors) with girls all over North America to inspire and empower them to stick with sport for life. As the **donation partner**, Fast and Female is proud to work with SheIS and continue to spread the love and dominate the world!

"If I can see it, I can be it."



#Shels #FastandFemale

Together let's empower female athletes everywhere.



UPCOMING EVENTS



Fast and Female Girl's Run:

Partnering with Rocky Mountain Soap Company's Women's Run!

**-May 26: Canmore, Alberta -
REGISTER**

**-May 27: Canmore, Alberta -
SOLD OUT**

**May 26th Champ
Chat: Lethbridge, AB**

Thanks to the Lethbridge Sport Council and ASDC Southwest, join us from 9 - 12:30 at Chinook Highschool!

REGISTER

Fast and Female CHAMP CHATS LETHBRIDGE SPORT COUNCIL ASDC MAY 26, 2018 9:00AM-12:30PM

LETHBRIDGE, AB
Register at fastandfemale.com

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Fast and Female CHAMP CHATS MOUNTAIN BIKE ONTARIO PULSE RACING GARNEAU JUNE 16 12:00PM-4:00PM

ORO-MEDONTE, ON
Register at fastandfemale.com

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**June 16th Champ
Chat: Oro-Medonte, ON**

Thanks to the Ontario Trillium Foundation, Mountain Bike Ontario, Ontario Cycling Association, Pulse Racing, and Garneau, join us from 12 - 4:00pm at Hardwood Ski and Bike!

REGISTER

October 21: 2018 Summit in Calgary

Pre-register for a day of inspiration and empowerment! Girls ages 8-18 will have a day of activities and time to chat with Athlete Ambassadors, and Parents/Coaches can participate in a seminar focused on issues facing girls in sport.



REGISTER



AMBASSADORS IN THE SPOTLIGHT

- Joanna Brown wins Canada's **first medal** at the 2018 Commonwealth Games (*sportingnews.com*)
- Founder Chandra Crawford inducted into Canada's Sports Hall of Fame - **Three Strong Women**
- Ellie Black claims **all-around glory** in Gymnastics in Australia
- Sarah Pavan and Melissa Humana-Paredes **win inaugural gold** in beach volleyball
- On recovery - an epic read - Georgia Simmerling, **The Wide Lens**

- Wrestler Erica Wiebe **defends Commonwealth Gold** and named flag-bearer
- Haley Smith pulls through for gritty **mountain bike bronze**
- Learn more about Sailing Ambassador **Sarah Douglas**
- Ambassador Jessie Diggins summarizes the **things she learned** this winter
- Our very own Una Louder on being an ally with **#OneTeam**
- Ambassador Ashley Steacy hosting Champ Chat with **Lethbridge Sport Council & ASDC SW**

CANADIAN CHAMP CHATS

Please visit our new Canadian Champ Chats [webpage](#) for more information on how to bring a Fast and Female Champ Chat to your club and community. Ambassadors are invited to apply to become a Fast and Female Champ Chat Event Coordinator and feel the love of empowering the next generation of athletes in your community.



PARENT & COACH RESOURCE CENTRE

- Girls in Sport - Why Be a Girl Athlete - **Inspire Canada**
- **Why Men Quit and Women Don't** - post 2018 Boston Marathon - "they may simply be tougher"
- Preventing Injuries in Female Distance Runners - **eating matters**
- When does training become a compulsion? Balancing **rehab and recovery** in female athletes
- Women on the Verge: the champions, trendsetters, and fighters reshaping the **Outside** world
- Parents - don't limit yourself by denying your inner athlete - **Silken Laumann**
- Ringette is **Back** - and Catriona Le May Doan **explains why** she loves it

- Team Sport Participation can **aid career success** for women
- Active for Life - healthy **after-school snacks**
- Play More Sports - **#changeitup**
- Study shows positive correlation between playing sports, better self-image among girls - **ESPNW**

SHOP OUR ONLINE STORE FOR SPRINGTIME SWAG!

Wear your Fast and Female gear with pride - and prepare for the summer heat with trucker hats, L.L. Bean wicking T-shirts, and Nalgene water bottles! All proceeds directly support Fast and Female events across North America. Help us continue to inspire, empower, & educate the next generation of female athletes.



Shop CANADA **Shop**
USA

Donate to 100 Women for Fast and Female



Women & Girls in Leadership and Sport Conference - May 11-12, Toronto - hosted by the OVA

The Ontario Volleyball Association is hosting this multi-sport event at the University of Toronto (Scarborough), which includes 5 keynote speakers, a panel, and several workshops to educate, empower, and strengthen young female leaders and promote them into leadership roles. **Register Here.** (photo: Ambassador Sarah Pavan. FIVB.com)



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