

fast and female

2021

GIRLS IN SPORTS ARE EMPOWERED FOR LIFE.

Fast and Female Impact Report

CONTENTS

2 - 2021 RECAP

3 - KEY HIGHLIGHTS

5 - YOUTH ADVISORY COUNCIL

6 - BY THE NUMBERS

7 - EMMA'S STORY

8 - SHARING OUR STORIES

9 - FINANCES

10 - DONORS AND SUPPORTERS

Land Acknowledgment

Fast and Female would first like to acknowledge the Indigenous Peoples of all the lands that our staff and network are on today. We recognize the importance of the lands, which we each call home. We do this to reaffirm our commitment and responsibility to improve relationships between nations and improve our understanding of local Indigenous Peoples and their cultures.

If you would like to learn more about the Indigenous lands you live, work and play on, please see: native-land.ca or text 1 (907) 312- 5085 followed by the city and province you reside in for more information.



2021 RECAP

Dear Fast and Female Community,

2021 marked the end of a full-year of virtual programming for our organization. It continued to be a year of planning, pivoting and, ultimately, of resiliency; and with many, many learnings. For us and so many, 2020 left us with unanswered questions and concerns on how to continue to work towards our mission, let alone survive. And survive we did. At times, it becomes very easy to get lost in the numbers and the comparison of what our impact and reach was prior to COVID-19 and the stark comparison to what it looked like in 2021; however, our mission remained the same: to keep self-identified girls, healthy and active in sports and physical activities, virtually and in-person.

Thanks to the support of our donors, sponsors, and grantors (including the SIRC Match Grant, Calgary Flames Foundation, Calgary Foundation Doc Seamen Fund, and Silver Gummy Foundation), we were able to continue reaching girls across the country and connecting them to our incredible REAL (Relatable, Empowering, Active Leaders) Role Models. A key highlight of 2021 was the launch of our first-ever Youth Advisory Council, made up of 15 youth, ages 15-18, from coast to coast. Our YAC provides us the opportunity to collaborate and co-create with youth on events and programs for them, by them. We were also able to continue to work alongside our Anti-Racism and Respect Advisory Committee in taking an intersectional approach to our operations, including program development and delivery, and ensuring to prioritize accessibility and inclusivity in our events and programs by offering subsidized tickets, closed captioning, and our first-ever sign language interpreter. We know there is so much more we can be doing and look forward to continuing this work through 2022 and beyond.

Thank you all so much for your support!
We could not do it without you.

Yours in sport,

The Fast and Female Team



KEY HIGHLIGHTS

Youth Advisory Council

Thanks to the support of the Calgary Foundation's Doc Seamen Fund, Fast and Female was able to launch our first-ever Youth Advisory Council (YAC)! Our YAC is made up of 15 youth, ages 15-18, from across Canada with representations from ON, AB, BC, SK, NS, NC and more! Learn more about them here.





Return to in-person

After 19 months of Zoom calls, virtual programming, online community and more, we made our return to in-person programming in Calgary! Thanks to the support of the Calgary Flames Foundation, we hosted our first in-person event at Decathlon Calgary for 50+ girl participants. So many fist bumps and high-fives! Check out the photos here.

Silver Gummy Pilot Launch

Fast and Female was so excited to launch our Removing Barriers pilot program, in partnership with Canadian Women & Sport, funded by the Silver Gummy Foundation. This multi-week program is designed to be inclusive, and developmentally appropriate while building knowledge, competencies and attitudes to help keep girls safe in sport. Learn more here.





SIRC Match Grant & Power Hours

Thanks to the support of the SIRC Match Grant, Fast and Female was able to partner with Dr. Catherine Sabiston from the University of Toronto for the second year in a row! Dr. Sabiston and graduate students did research on the experiences of past participants of our events and programs and through this, created an evidence-based evaluation tool which we pilot tested at two virtual Power Hours with Badminton Canada and Girls Just Wanna Box. Learn more about our project here.

Giving Tuesday Campaign with Steph Labbe

Following an INCREDIBLE gold-medal win from the Canadian Women's Soccer Team, we were so thankful for Role Model Steph Labbe's support in our 2021 Giving Tuesday Campaign. Check out Steph's letter to the community here.





Run Walk Wheel Cheer: Year 2!

In 2020, we pivoted from having our yearly Girls Run to hosting our first-ever virtual Run Walk Wheel! 2021 marked the second year of our Run Walk Wheel with a theme of CHEER, to support our incredible women athletes and Role Models competing in the Olympics and Paralympics. Thanks to YOU, we managed to conquer over 4000 kms as a community! Learn more here.

YOUTH ADVISORY COUNCIL



Thanks to the support of the Doc Seamen Amateur Sports Grant from the Calgary Foundation, 2021 marked the start of Fast and Female's first-ever Youth Advisory Council (YAC)! A national recruitment call was shared in the Summer of 2021, with our YAC team kicking off their first meeting in September 2021. Our YAC members represented 6 provinces from across Canada in 2021. This included representation from British Columbia (3), Alberta (5), Saskatchewan (1), Ontario (4), New Brunswick (1), and Nova Scotia (1).

As our YAC started to familiarize themselves with and learn more about Fast and Female, they also supported us on the following initiatives and programs:

- Virtual Summit, 2021
- Summit Power Hour - Calgary
- YAC Fast and Female Pop Up Events

Meet our YAC members by visiting our website! Click here for more.



BY THE NUMBERS



3360 MINUTES OF PROGRAMMING



487 PARTICIPANTS



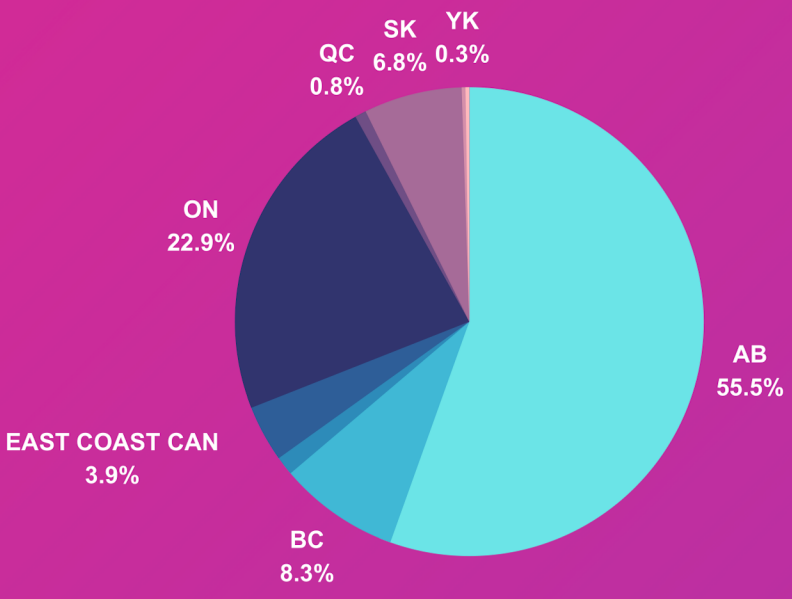
78 ROLE MODEL APPEARANCES



"I had a lot of fun, and Fast and Female really helped my self-esteem grow!"

Virtual Participant, 2021

OUR REACH





4.5 AVERAGE STAR RATING

EMMA'S STORY



In 2021 we were able to reach over 300 girls nationally, through both our virtual and in-person events and programs. Introducing hybrid programming in 2021 allowed us to engage girls in a whole new way, including 10-year-old Emma. Emma is from Esterhazy, a rural part of Saskatchewan. She is an active fifth-grade student and this is her second year participating in Fast and Female activities. Emma was recently interviewed about her experiences with Fast and Female.

Emma beamed throughout her interview, which highlighted how she engaged with her community, how she's stayed active, and her favourite parts of the Fast and Female Summit. In regards to engaging with her community and neighbours, Emma told of how she "shovels the neighbour's driveways, and helps and participates in spirit days and Empower Hour at her school". She also "does all of her sports in her community", actively engaging with community members.

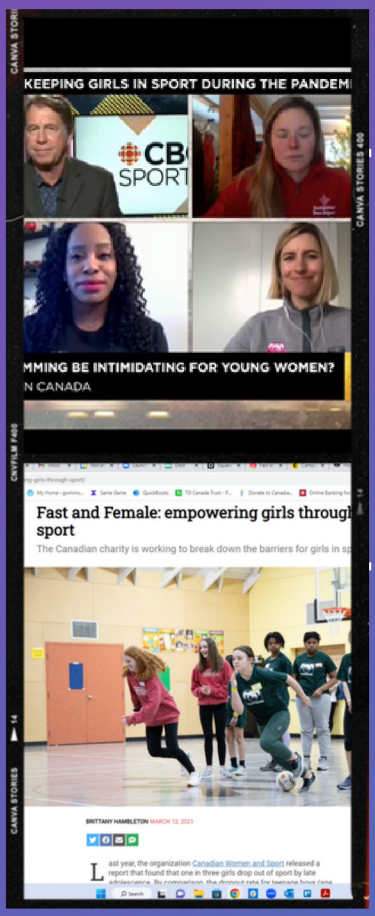
Emma has been staying active during the pandemic, taking part in a plethora of sports, including but not limited to soccer, gymnastics, skiing, and swimming. Her favorite new things that she learned in the Summit were Boxing and Jingle Dress Dancing. Jingle dancing or Shawl dancing is a type of Indigenous dance. Both activities are not offered in Emma's small community, which goes to highlight the importance of being exposed to different activities and cultures.

"My favorite part was doing the activities I've never tried before - they're not offered in my town!"

Emma, 2021 Summit Participant

When asked what she wanted to share about her summit experience, she answered that the key message she took from the summit was "confidence in doing all sports", which is an amazing feeling that we hope all of our participants leave with.

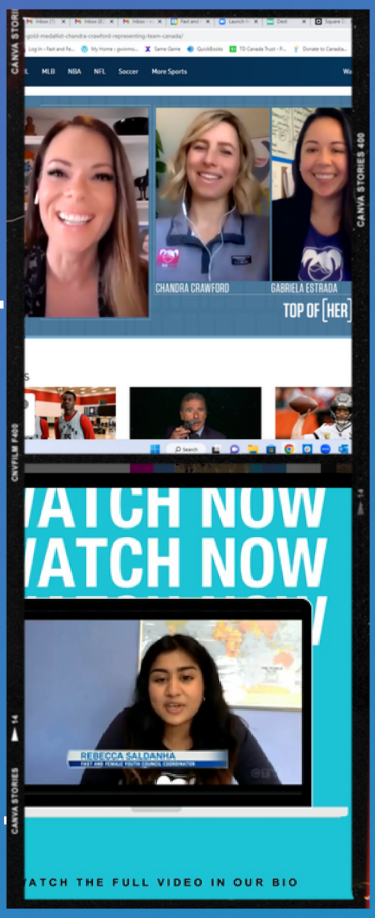
SHARING OUR STORIES



CBC: Keeping Girls In Sport During the Pandemic
Panel with Chandra Crawford
March 2021

Canadian Running Magazine
Interview with Chandra Crawford and Dominique Bouchard
March 2021

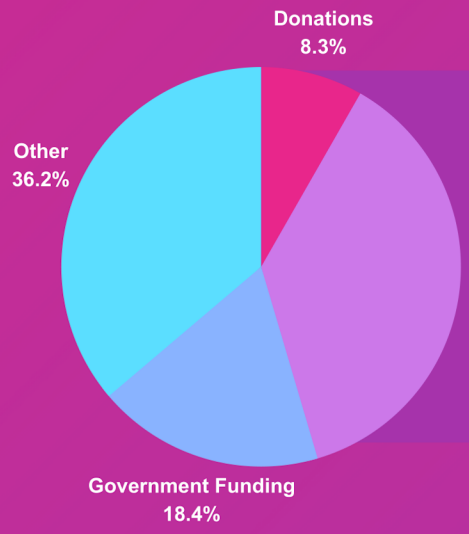
SportsNet Top of Her Game with Tara Sloane
Fast and Female Interview with Chandra Crawford and Gabriela Estrada
May 2021



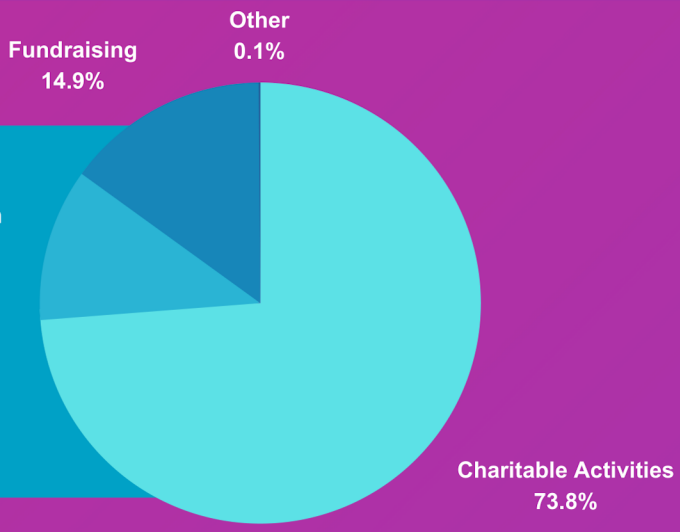
CTV National News with Lisa LaFlamme
Interview with Rebecca Saldanha
September 2021

Obstacles & Opportunities Podcast - Fast and Female Interview with Chandra Crawford and Gabriela Estrada, June 2021

FINANCES



TOTAL REVENUE
$323,752.00



TOTAL EXPENSES
$432,699.00

We invite you to review our 2021 audited financial statements.



SUPPORTERS

Thank you to our community, donors, and Corporate Sponsors for your support in 2021!

Jamie Coatsworth and Christine Gillespie

Jean McAllister | Rebecca Evans | Edward Lambert | Clint Cawsey

Sandy Mechielsen | Allison Ayre | Hannah Parish | Nicola Wealth

Thank you to our incredible network of REAL (Relatable, Empowering, Active Leaders) Role Models, volunteers, facilitators and producers for supporting us through 2021. We couldn't do this without all of you!

fast and female





fast and female™

fastandfemale.com
#fastandfemale

Fast and Female Supporting Women in Sport Foundation
100, 1995 Olympic Way, Canmore, AB T1W 2T6

For more information, please contact info@fastandfemale.com

Fast and Female Supporting Women In Sport Foundation
Registered Canadian Charity: 830781613 RR0002

Photo Credits: Thank you to Maria Dalton, photographer of our Calgary Summit Power Hour.

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