

We at Aurora Nordic Ski Club hope you are getting excited about the annual **Don't Hang Up Your Skis Event** as this year it will make for a banner year with Fast & Female (F&F) attending. F&F presented by Best Buy is dedicated to the empowerment through sport of young women ages 9 to 19.

Focusing on cross country skiing, F&F hosts events led by athletic champions who serve as healthy role models and inspire girls to gain the confidence and leadership they need to reach their full potential in life and sports. In parallel, F&F educates parents, coaches, and sports leaders to ensure they foster the most supportive environment for their young female athletes.

To fulfil its mission, F&F supports the hosting of sporting and informational events held across Canada. All events strive to promote two key objectives: 1) Spread the love (achieved by attracting new and retaining existing female participants to sports) and 2) Dominate the World (achieved by providing the necessary stimuli to empower young women to lead empowered and successful lives both on and off the playing field)

F&F brings the Ski & Chat Series to our club featuring skiing drills combined with a healthy snack and inspirational talks - all led by F&F ambassadors. The goal of the Ski & Chat Series is to allow a dynamic dialogue between female youth participants and ambassadors in a non-intimidating setting.

Don't think though that the annual DHUYS event is not the same as in previous years, it just that this year F&F will be in attendance as well, all genders and age categories will still race to win the cup and bragging rights!! Look forward to seeing you there, and remember, bring lots of people because every point will count.



More information on F&F can be found at www.fastandfemale.com