

Fast and Female Champ Chat presented by Front Runners in Victoria, BC

Join us for a day of empowerment through sports! This Champ Chat includes a physical activity circuit, yoga, autographs, and an inspirational chat with our Fast and Female Ambassadors.

Fast and Female Ambassadors:

Adrea Propp - Athletics

Charity Williams – Rugby 7's

Mariah Kelly - Athletics

WHEN: Sunday, Sept. 30, 2018 from 12:00pm – 3:00pm

WHERE: Pacific Institute of Sport (4371 Interurban Road, Victoria, BC, V9E 2C5)

WHO: Girls ages 8-18 years old

COST: \$30

- Online registration closes: Friday, Sept. 28 at 11:59pm of event registration: \$35

REGISTER HERE: <https://www.fastandfemale.com/programs/bcsept302018/>

REGISTRATION INCLUDES:

- Fast and Female L.L.Bean Technical T-shirt (value \$29)
- Snack
- Fast and Female Autograph Poster

CHAMP CHAT SCHEDULE:

- 11:30am - Check-in / Registration (30 minutes prior to event)
- 12:00pm - Welcome to Fast and Female / Introduce Ambassadors / Group Photo
- 12:15pm - Groups Icebreakers
- 12:30pm - Physical Activity Circuit with Fast and Female Ambassadors
- 1:30pm – Snack Break
- 1:45pm - Inspirational Chat and Q&A with Fast and Female Ambassadors
- 2:30pm - Yoga

- 3:00pm - Autographs & Photos
- 4:00pm - Event Conclusion

CHAMP CHAT GOALS:

- Socialize in a non-competitive environment.
- Be inspired by female role models.
- Experience and encourage varied physical literacy.
- Have fun! Celebrate girls and women in sport.
- Keep girls healthy, happy, and active in sports.

WHAT TO BRING:

- A friend with you!
- Water Bottle
- Active Clothing
- Gym Shoes
- Additional Snack
- Yoga Mat (Optional)

EVENT CONTACT:

Adrea Propp | adrea.ap@gmail.com | 1-778-533-9086

Girls quit sports at 6x the rate of boys in their early teens which means they are missing out on all the benefits of sport participation. To change that, Fast and Female was founded in 2005 by Canadian cross country skier and Olympic gold medalist Chandra Crawford.

Join us on our mission to keep girls healthy and active in sports through their teens.



fast and female

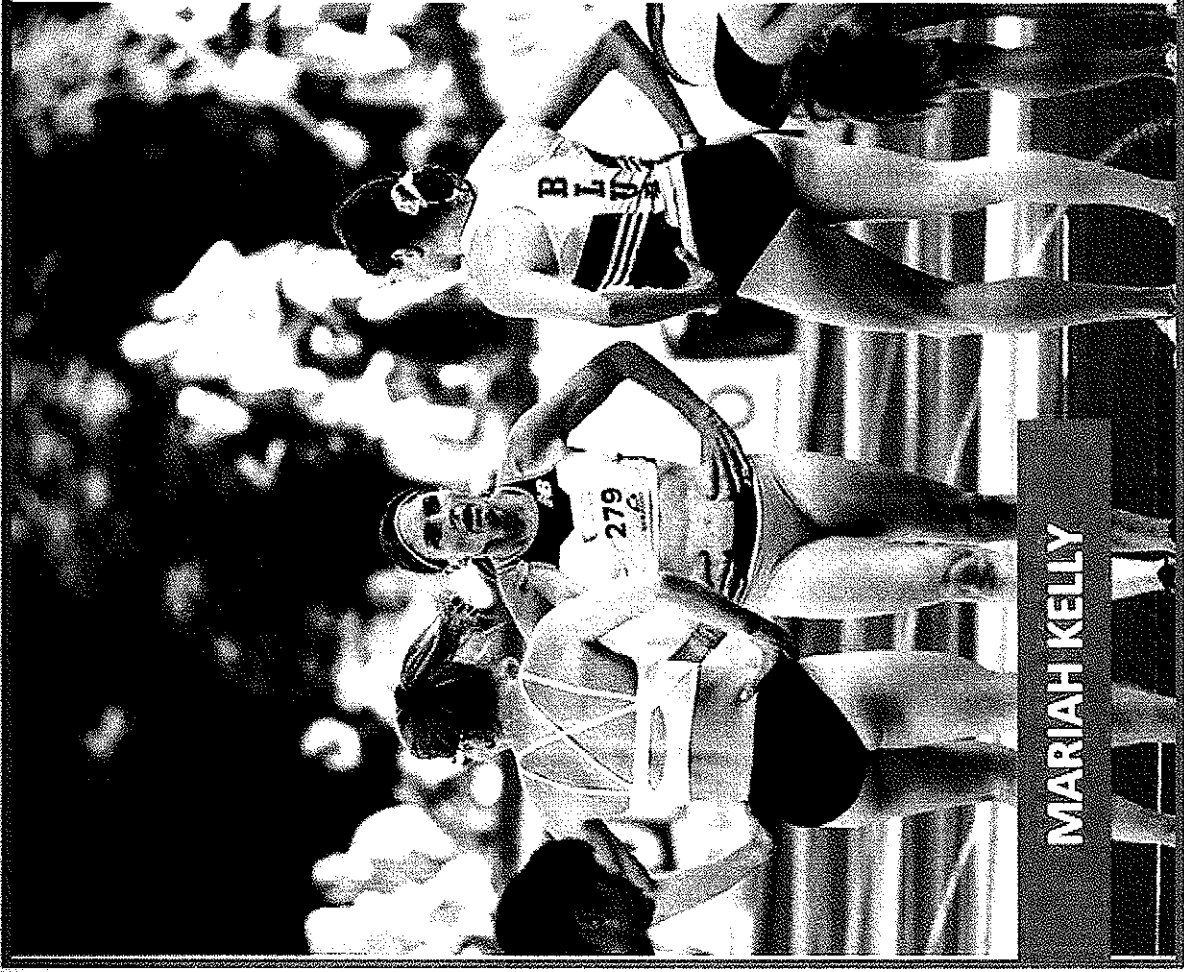
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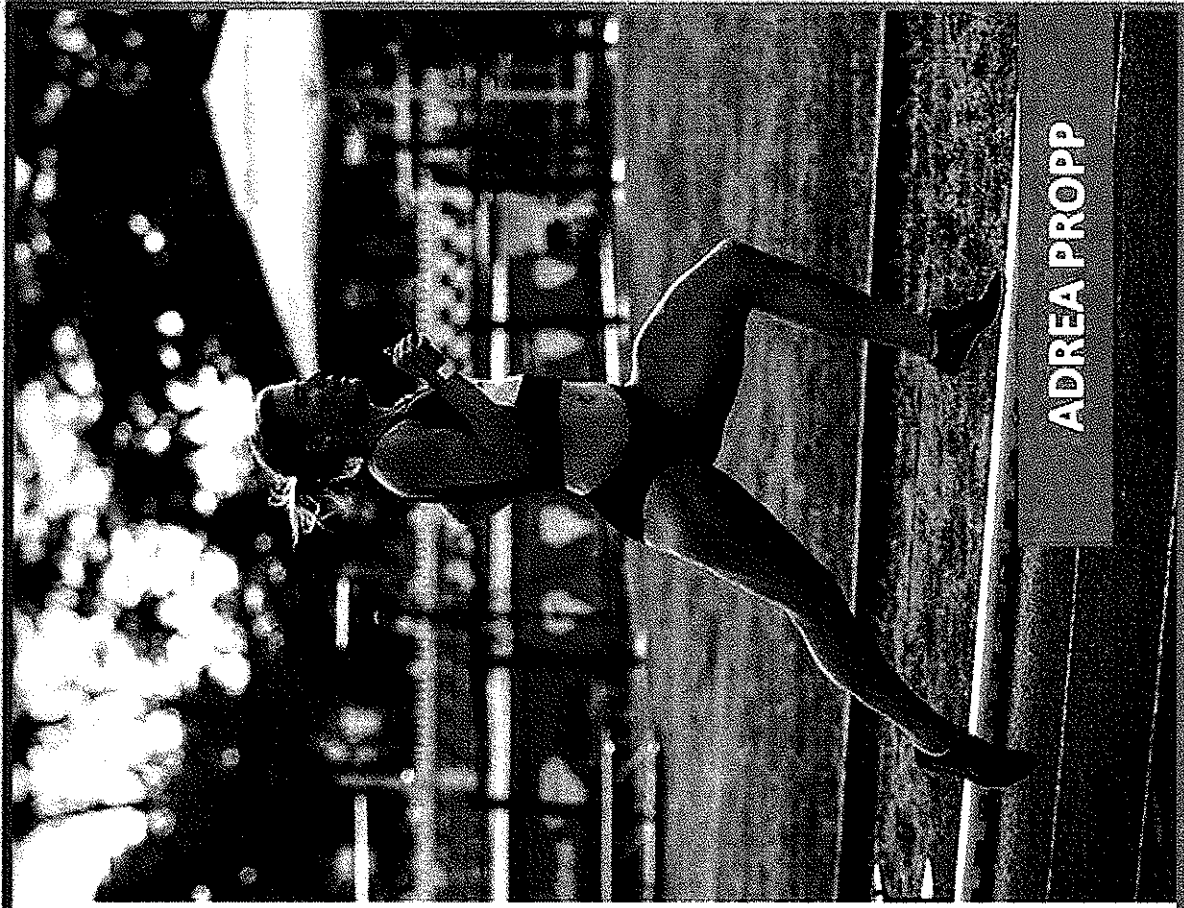
FRONT
RUNNERS

PISZE

Pacific Institute for Sport Excellence



MARIAH KELLY



ADREA PROPP

VICTORIA BC

SEPT 30th

