

Become a
friend of



why?

Because kids
involved in
sports are:

Building
self-esteem.



Photo by Steve Kwan

Learning
to think
strategically.

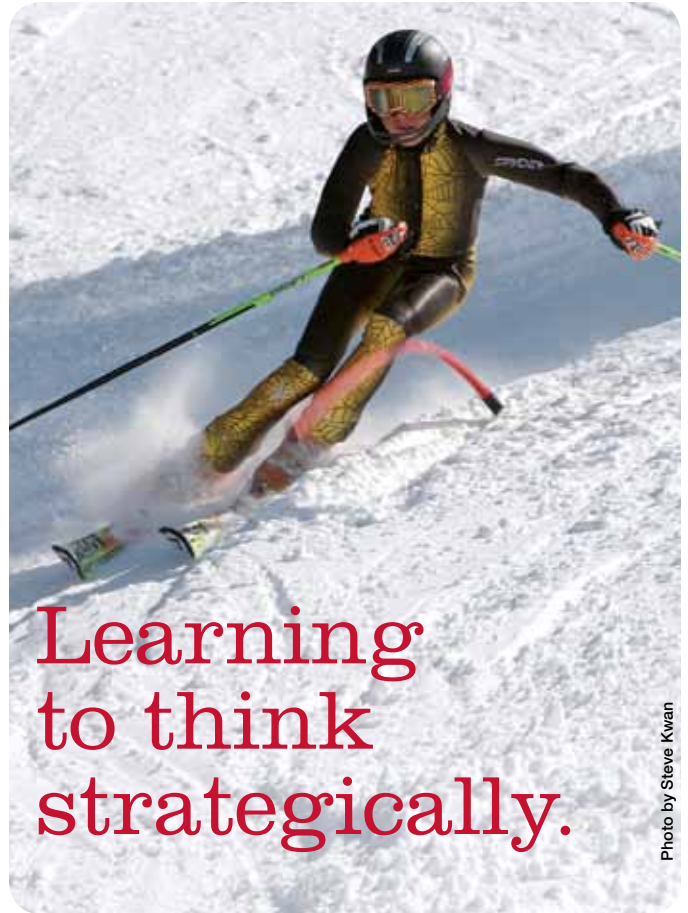


Photo by Steve Kwan

More likely
to graduate
from college.

Photo by Steve Kwan

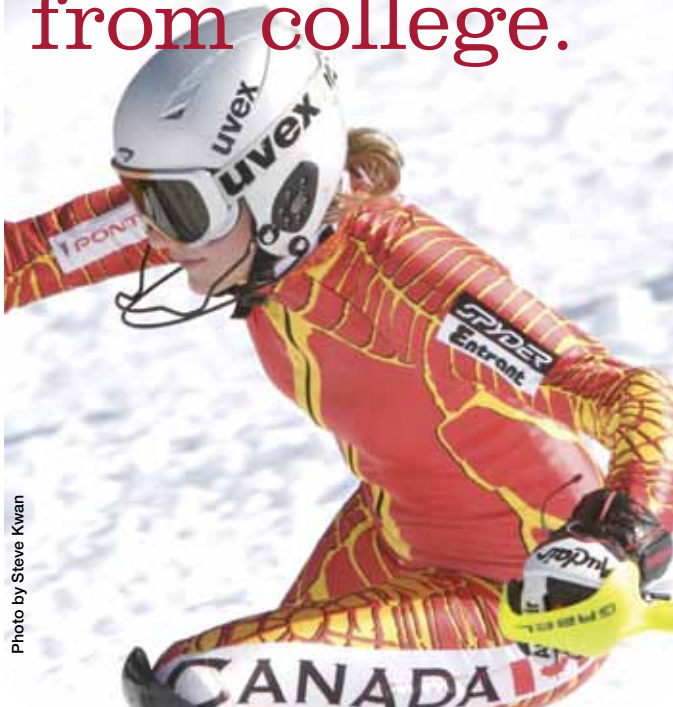


Photo by Steve Kwan

Learning
to deal with
adversity.



Sports are fun!

They give children a sense of achievement while building teamwork, problem-solving, leadership, decision-making, and communications skills.

The Friends of Fast program runs a race series at our home hill. Your donation allows us to run these races with no extra cost to the parent/child.

Get great exposure for your business while showing your commitment to kids in sports.

You win, the kids win!

FAST AT A GLANCE

205 kids represented at all levels!

From 4-5 year olds skiing with their groups every Saturday to Emily Brydon on the National team, we have kids competing locally, provincially and Nationally...

Our goal is to give every interested kid an opportunity to join Fernie Alpine Ski Team! With such a great ski hill in our back yard please help us spread the word!

WE have members from Fernie, Sparwood, Crowsnest, Lethbridge, Invermere, Pincher Creek and Calgary just to mention a few!



FAST, voted Best Ski Club in Canada for 2007 by Ski Racing Canada Magazine

BENEFITS OF SPONSORSHIP

Your sponsorship will make this great race series possible. With a safety focus, the money raised will go towards medals, prizes and race equipment for the club.

The 2 race series and club championship is put on by the Fernie Alpine Ski Team (F.A.S.T.). The series promotes ski racing, participation and teaches our kids the love of competitive spirit and helps to instill a passion for skiing that will last a lifetime.

The series will be marketed throughout the year, giving you great exposure:

- on our web site
- at each race
- during awards
- at our year end banquet
- results submitted to the local paper

Plus your name will be displayed on the posters and you have an opportunity to display a banner at the start and finish lines of the races and at the awards ceremony (banners to be supplied by sponsor).

To find out more about FAST, visit us at fernialpineskiteam.ca

We invite local businesses & club members to become sponsors!

For more information contact Annica at **403-240-1126** or annica@telus.net or send donation to: Friends of Fast Coordinator, 23 Stratton Hill Bay SW, Calgary, AB T3H 1X6

Sponsorship levels Supporter \$100 | Friend \$200 | Slalom \$500
Giant Slalom \$1000 | Super G \$1500 | Downhill \$2000 +

FINANCIAL SUMMARY

2006

- Held the first Club Championship

2007

- \$5000 raised in sponsorships and products
- The start of "Friends of FAST"
Hosted 3 Club races + Club Championship
- Money raised used to subsidize a metal roof for the start hut.

2008

- \$18,373.48 raised in sponsorships and products
- Hosted 3 Club races + Club Championships
- Money raised used for coaching vests/rain ponchos and race equipment upgrades.

2009

- \$13,610.00 raised in sponsorships and products
- Hosted 2 Club races + Club Championships
- Money raised used for stop watches, timing equipment upgrades and to start "Project Safety": a fundraising project focusing on safety improvements.

2010

- GOAL: \$15,000.00 + Project Safety
- To host 2 Club races + Club Championships

Design & production donated by Zinc Ventures

TEACHING KIDS THE LOVE OF COMPETITIVE SPIRIT!



Photo by Steve Kwan



Photo by Steve Kwan



Photo by Giovanni Bernard



Photo by Steve Kwan



Photo by Steve Kwan

KIDS & SPORTS: Playing sports is fun. • It gives your child something to do and a group to belong to. It exposes them to a group of friends with the same goals and interests. • Sports can increase a child's self-esteem and academic performance while decreasing the likelihood of disease and drug use. • Research has found that kids that play sports, especially girls, are more likely to have a positive body image and higher self-esteem. They also are less likely to be overweight. • Kids involved in sports are less likely to take drugs or smoke because they realize the impact that these destructive activities can have on their performance. • Girls who play sports are less likely to become pregnant before they want to. • Physical activities are a good way to relieve stress and reduce depression. • Sports help kids develop discipline. They learn to set goals and then work to achieve those goals. They learn that by working hard they can accomplish the things that they want to in their lives. • Kids who play sports quickly learn that sometimes you win and sometimes you lose. They learn to be a good sport in both situations. It also helps them learn to deal with disappointment and go on. • Statistics show that kids who are involved in sports while in high school are more likely to experience academic success and graduate from high school and/or college. • Sports help develop teamwork and leadership skills. Kids quickly learn that they have to work together as a team to win the game. • Motor skills, strategic thinking, and even math skills are learned by playing sports. Students develop strategic thinking as they figure out plays and the best way to get around a player or score a goal. Math skills are used as they calculate scores and stats. • Regular exercise increases quality of life. • Children who exercise are more likely to continue the practice into adulthood.