



The FAST group, a female-focused skiing group in Newfoundland and Labrador (NL), formed in 2016 to help grow and help with the retention of female skiers in the Avalon Nordic Ski Club. Our mission is to build capacity for female cross-country skiing locally and provincially.

Event Details for 2017	Information
<p>Friday Night Glides</p> <p><u>Dates (rain dates):</u> Friday, Jan 27th, (Feb 3) Friday, Feb 24th, (March 3) Friday, March 31, (April 7)</p> <p><u>Time:</u> 7-10 (ski and social) <u>Where:</u> North Bank Lodge <u>Cost:</u> \$20/three nights \$15/two nights \$10/one night</p>	<p>Ladies nights will be organized on Friday evenings throughout the ski season. This will be an evening of activity and socializing. It will be a great opportunity to meet other women and girls interested in skiing.</p> <p>For our glides, we are planning for 30 minutes of instruction followed by a social group ski (total 1-1.5hours). We have developed three lessons that build upon each other and will cover skiing basics (1. FUNdamentals, 2. skiing with poles, 3. skiing various terrain). And then come join us for snacks and hot drinks in the North Bank Lodge after our ski!</p>
<p>Women on Skis</p> <p><u>Date:</u> March 12th, 2017 <u>Time:</u> 9am-4pm <u>Where:</u> Fluvarium <u>Cost:</u> \$75</p>	<p>In March 2016, the Avalon Nordic Ski Club planned and delivered its first Women on Skis event in the region. It was a huge success!</p> <p>REGISTRATION FOR 2017 IS NOW OPEN!! We only have space for 60 - so make sure to register soon! To register on Zone4, you don't need an account, just click "log in" and you can start filling in your info here: https://zone4.ca/register.asp?id=14679&lan=1&cartlevel=1</p> <p>The Outfitters, one of our major sponsors, is hosting a "VIP" Women on Skis night the week before our event. Come out on Wednesday, March 8th at 6:30pm to learn about the different skis on the market and the difference between classic and skate equipment. The Outfitters have offered us exclusive access to the store and their expertise for the night, plus a "Save the Tax" discount for all Nordic ski items purchased. Come out and learn and pick up anything you might need for our Women on Skis event on March 12th.</p>

If you have any questions or want more information, contact us through:

Email: fastnl709@gmail.com

Website: avalonnordic.com

Twitter: @womenskiing

Facebook Group: Female Athletes Skiing Together

Why was FAST created?

We know that many women in NL feel skiing is inaccessible because of weather, equipment, and technique, with FAST we aim to change this! We believe that FAST is well positioned to help inform, instruct, and inspire female skiers of all levels in a supportive environment. We want to see more women and girls with the skills and confidence to engage in skiing in our great province! We aim to provide opportunities for women and girls to build confidence through skill development and coaching, while also building a strong community and having a good time. We believe women's groups like FAST can go a long way in helping to encourage women and girls to engage and stay in cross-country skiing longer. Our motto is with, for, and by women and girls.

FAST Committee

Erin Cameron: With twenty years of competitive sport experience, competing in both winter and summer sports, and representing Canada at multiple National championships, world championships and major games events in the sport of cycling, Erin credits sport for enriching her life and developing her as a person. Since retiring from sport, Erin has continued to invest her energy, enthusiasm and passion into promoting sport and active living through public speaking, freelance writing, volunteering on a number of committees, coaching, and running youth programming. Erin is now a mother of 4, and an assistant professor in the Department of Human Kinetics, Memorial University in the area of health promotion and health education.

Jodi Cooke: Jodi Cooke is the host of the NTV Sunday Evening Newshour and is a general assignment reporter. She started her career in television as the host of an action sports program, but soon realized her passion was journalism, so returned to school to change her focus to news media. Jodi began her career in news with CTV Atlantic as a general assignment reporter before joining the NTV News team in 2007. Jodi is an avid outdoor enthusiast, actively involved in Skiing and Sailing. She lives in St. John's with her husband Dave.

Nichola Ellis: Nichola Ellis is a cross country ski coach and advocate for healthy living. She started skiing at the age of four, finding confidence, passion, and purpose. Having completed her Masters in Biology, Nichola has found an enthusiasm for education women and girls of all ages. Through her work as a coach, Nichola is excited about promoting confidence, providing support, and creating new experiences for new and experienced female skiers.

Janet Goodall: Janet is a former junior high school teacher, lifelong environmentalist and naturalist. Janet now splits her time between running a not-for-profit and being a mother to two active boys Janet skied in the Canadian Ski Marathon last year, attempting to complete the Coureur des Bois with her husband. Janet loves spending time outdoors and being challenged in sport and in nature. She is also keen to share remote wilderness environment with her children and she has done several self supported expeditions with her husband and kids. Although Janet was bit with the snowboarding bug a number of years ago, she still loves cross country skiing above all winter spots. Bring on the snow!

Past contributors

Many thanks to the following Avalon members for their past contributions:

Marie Wadden

Kim Taylor