

ADOPT-A-CASCADE

Men's & Women's Rowing

Adopt-a-Cascade

I want to support Men's & Women's Rowing in the amount of:

\$ _____

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Expiry date: (MM/YY) (____ / ____)

Signature: _____

Donor Name: _____

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Address: _____

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DONATE IN THREE QUICK STEPS!

1. Provide your personal information;
2. Tell us how much you want to give;
3. Donate online or send this form by mail or fax to:

University of the Fraser Valley
Development Office
33844 King Road, Abbotsford, BC V2S 7M8

Tel: 604-854-4595

Fax: 604-859-6653

Email: giving@ufv.ca

ufv.ca/giving

Cheques payable to University of the Fraser Valley

Charitable Registration Number # 107403701RR0001

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Making a gift to UFV Adopt-a-Cascade is an investment in future leaders of the Fraser Valley!

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ufvcascades.ca



The University of the Fraser Valley is no ordinary university

We are a university built on the values of family, community, hard work and entrepreneurship. Our values are your values.

Access to a first-rate post-secondary university in the Fraser Valley is nothing short of necessary. If we want the next generation to remain—to study, grow and establish their own roots in our thriving communities—we must provide them with the benefits of the big city at home. They are our future community and business leaders and they're worth investing in.

Founded in 1974, the University of the Fraser Valley (UFV) is the school of choice for nearly 16,000 students annually pursuing two master's degrees, 15 bachelor's degrees, almost 100 diploma and certificate programs, and more than a dozen trades and technology credentials.

Cascade Athletics programs

UFV has been involved in intercollegiate athletics since 1981.

The UFV Cascades Men's and Women's Rowing team belongs to the Canadian University Rowing Association (CURA). Through the hard work and commitment of our student-athletes and coaches, the Cascades have achieved a standard of excellence celebrated by the Fraser Valley community.

Adopt-a-Cascade

Cascade student athletes demonstrate remarkable performance in their sport and in the classroom. In 2010-11, 29 student athletes were recognized for achieving 80% GPA and higher. To achieve such well-rounded results our student athletes make numerous personal sacrifices and face many challenges meeting the daily demands of full time education, training, competition, travel and community outreach.

Contribute to a winning team!

As the Cascades pursue excellence in academics, athletics and community service, team and program demands continue to grow. Building a successful athletics program in the Fraser Valley requires the help of great supporters, like you.

A financial contribution to the Adopt-a-Cascade Rowing program not only connects you to our exceptional student athletes and varsity programs, your donation makes it possible for student athletes to be their best, develop their leadership skills and give back to the community we all care about, the Fraser Valley.

Where the money goes

One hundred percent of your donation goes toward training equipment, team apparel, travel to non-conference competitions, advanced coaching/training and student awards.

Here's what some of our varsity students are saying about Adopt-a-Cascade...

“Rowing in unison with my studies has pushed me beyond where I thought I could go as a student and athlete. I take great pride in using my determination and commitment to challenge myself and reach my full potential at UFV.”

—Emmett Campbell,
Kinesiology and Physical Education Student

“The UFV varsity rowing team has given me the opportunity to compete as part of a national team and contribute to the student culture at UFV. Most of Canada's rowing Olympians come from university programs. By giving to Adopt-a-Cascade you may ultimately be impacting the life of a future Olympian, while making a difference in Canada's sports heritage.”

—Courtenay Landsiedel, Alumni

“Being part of the UFV Rowing team drives me to excel in all the things that I do. This kind of drive and determination helped me learn to prioritize my time as a student with many responsibilities. Athletics was a gateway to getting involved in university life, and meeting people I would never have met if I was simply focused on my studies.”

—Kara McFarlane, Alumni

