



## **Jaymi Fast**

Jaymi Fast is a recent grad from Westgate Mennonite Collegiate and is testing out her skills as an assistant coach for the first time in the 2018 season. She played for Westgate Mennonite Collegiate, and helped lead her team to provincials in 2014 and 2015. She also played club for Winman in 2013 and Impact in 2015. Jaymi has a passion for the game, fitness, and fun, and looks forward to learning more about the sport through a coach's perspective.

When she isn't in the gym, Jaymi spends her time working or travelling. She is currently in the Political Science program at the University of Winnipeg.