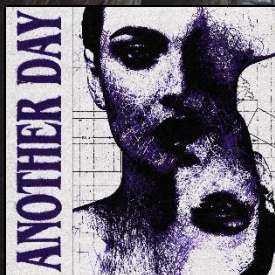


NEW SINGLE
"ANOTHER DAY"
OUT FALL 2023



VOCALS - VINNY BELLE
GUITAR - MAX GIBSON
GUITAR - ALEX GREGORY
BASS - DEVON JAMES
DRUMS - ZANE BEAN

F!TH

F!TH, PRONOUNCED 'FITH', IS A HARD-ROCK BAND FROM OTTAWA THAT HAS BEEN TURNING HEADS FROM THE MOMENT OF RELEASING THEIR SELF-TITLED EP IN EARLY 2023 AND FOLLOWING IT UP WITH A SOLD-OUT HEADLINE CONCERT AND OPENING PERFORMANCE FOR MAJOR BANDS BADFLOWER AND BRKN LOVE. EXPLOSIVE, POWERFUL AND UNDENIABLY CATCHY, THEIR SOUND IS JOINING THAT OF NEW HARD-ROCK LEADERS LIKE BEARTOOTH AND A DAY TO REMEMBER AS THEY DRAW FROM THEIR INFLUENCES FROM EARLY 2000 MAINSTAYS LINKIN PARK, ALEXISONFIRE AND BILLY TALENT. WITH NEW MUSIC COMING OUT OF THE STUDIO IN FALL / WINTER 2023 AND AN IMMEDIATE BUZZ AROUND THEM WITH NO SIGNS OF LETTING UP, F!TH ARE ON TRACK TO BECOMING ONE OF THOSE BANDS THAT ARE IMPOSSIBLE TO NOT TURN YOUR ATTENTION TO.

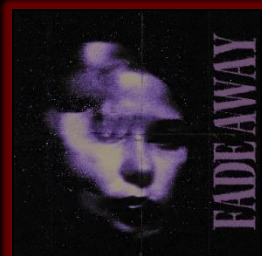


SOCIAL & STREAMING STATS

5,300+ 3,200+ 595

DEBUT EP

LATEST SINGLE



HIGHLIGHTS

- ◆ OVER 43,000 STREAMS ON SPOTIFY
- ◆ SOLD OUT CONCERT WITH 250 + TICKETS SOLD FOR HOMETOWN EP RELEASE SHOW AT CLUB SAW
- ◆ SUPPORTING ACT FOR BADFLOWER + BRKN LOVE SUMMER 2023
- ◆ SUPPORTING ACT FOR BLEEKER FALL 2023
- ◆ SINGLE "DEAD" FEATURED ON OTTAWA'S LIVE 88.5FM

VIDEO RELEASES



OVER 43,000 STREAMS



CONTACT: OFFICIALFITHBAND@GMAIL.COM / MANAGEMENT: OWEN@ANTIGRAVITY-ENT.COM

PAST & UPCOMING CONCERTS / SHOWS

MOD LIVE PROGRAMME

F!TH
SUPPORTING
BADFLOWER WITH **BRKN LOVE**

**6/10 OTTAWA, ON
BRASS MONKEY**

F!TH

WITH SPECIAL GUESTS
HUG MOSH
PASSENGER PRINCESS

**FRIDAY SEPTEMBER 8
CLUB SAW**

ONTARIO CREATES SPECTRA SONIC

F!TH
DEBUT PERFORMANCE

**FRIDAY FEBRUARY 17TH
THE 27 CLUB (27 YORK ST)**
19+ / DOORS 6PM / \$15 ADV.

WITH SPECIAL GUESTS: NOTHING SPECIAL & GUEST ROOM STATUS

Sold Out

F!TH

EP RELEASE SHOW
WITH **CAPTAIN WILDCHILD**
NEON GHOSTHOUSE & BANEZEAN

**FRIDAY APRIL 14
CLUB SAW (67 NICHOLAS ST.)**

ONTARIO CREATES SPECTRA SONIC

PHOTO: JACK SULLY

3 NOISY NIGHTS WITH

F!TH

BEAVER TAILS OTTAWA
Ice DRAGON BOAT FESTIVAL

FESTIVAL
Glace DE BATEAU DRAGON
D'OTTAWA
QUEUES DE CASTOR

Live @ **THE RAINBOW**

F!TH

FREE CONCERT | FRIDAY, FEBRUARY 9, 2024
DOORS | 7:00 PM

ICEDRAGONBOAT.CA Canada Ontario Ottawa

FRI, DEC 1
CLUB SAW,
OTTAWA
OILRC PRESENTS

BLEEKER
WITH
FANCLUBWALLET
&
BOY VEY

SAT, DEC 9
SUPERMARKET,
TORONTO

**GUEST ROOM
STATUS**
WITH
**TREEHOUSE OF
HORROR**
&
VACANT SPACE

FRI, DEC 15
THE MANSION,
KINGSTON

LIKE PACIFIC
AND
LOCKET
WITH
MONACH
&
LISTEN UP KID

@fithband @fith_music @fith_music @officialfithmusic

GALLERY



F!TH breaks out on the scene with self-titled debut EP

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NEIGHBOURHOOD NOISE – By Scott Martin

A few months ago, F!TH made their frenzied debut to the Ottawa music scene with their no-holds-barred debut single “DEAD”. They’ve now returned with the same intensity and confidence in their debut, self-titled EP F!TH.

F!TH had an overwhelmingly warm welcome to the Ottawa music scene with their debut single DEAD reaching over five thousand streams in under a month. This came alongside an exciting and professional music video shot by 3fftyco, a local media production team that has been working with an increasing number of local bands. Following this release, F!TH put out their second single Rock & A Hard Place, to similar acclaim.

Just over a month later, it was time for their first full project in the form of their self-titled EP, F!TH.

The EP begins with the previously released, Rock & A Hard Place. Rock & A Hard Place is a chugging, heavy song that begins with a guitar riff reminiscent of past hard rock bands such as Sum 41 and Billy Talent. This follows into a chorus that demands to be screamed along with Vinny at the top of your lungs as he repeats the title of the song, “between a rock and a hard place”. Two notable moments on this track are the direct reference to the 2008 album Hail Destroyer by Canadian Hardcore band Cancer Bats with the line “bang my head to hail destroyer”. The bridge in Rock & A Hard Place seems to be a nod to the song Don’t Play by Turnstile, with a Latin drum beat and similar vocal melody.

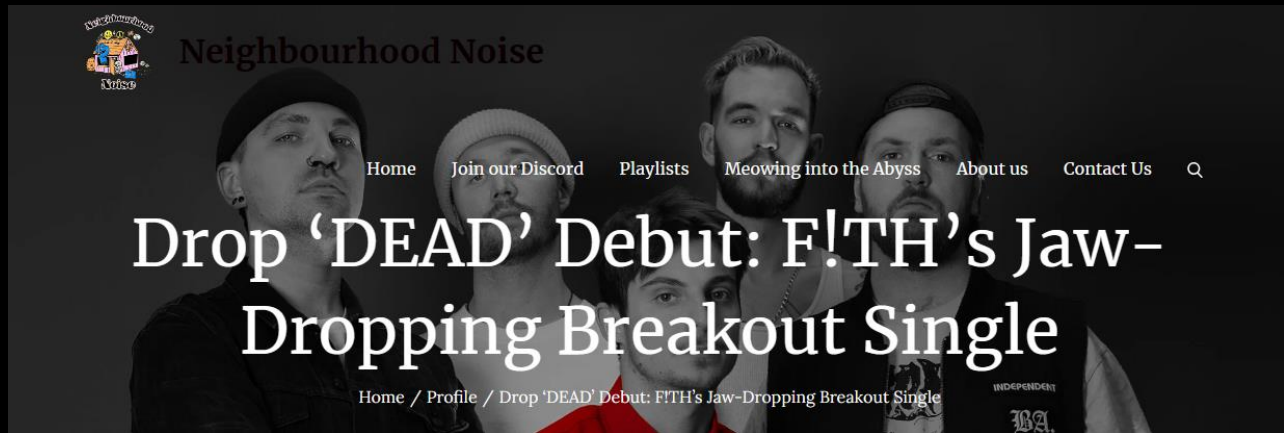
It’s clear that F!th is alluding to the musicians who have influenced them, something that may not often be seen in rock music, but an effective move nonetheless.

Up next is the debut single DEAD. With a simple kick-snare intro, we’re immediately thrown head-first into a desperate and powerful fight song. Dealing with themes of class inequality and corruption within the Canadian systematic powers in place, it’s clear that F!TH brings more to the table than just a catchy song. Lines such as “working to the bone, I see you say it’s not enough, well what the fuck is enough? They’re killing people I love”, F!TH uses their music to stand tall on their convictions. Pair this with a painfully catchy chorus, and you have the recipe for an absolute powerhouse of a hard rock tune.

As we reach the third track of this EP, we come to the first song that will be brand new to listeners. Throwing Stones is a dark, strutting and anthemic song that feels like a call to arms. With thunderous bass and drums leading into a chorus, the song sounds like you can already hear stadiums of like-minded fans screaming along to the lyrics “NOW I SEE WHO YOU ARE”. Throwing Stones leans closer to a hardcore influence than the previous, more melodic tracks, which helps in demonstrating the band’s versatility.

To follow up Throwing Stones we have the atmospheric and gloomy track Winterlude. Most Canadians will be familiar with this name as they’re reminded of childhood memories of the iconic Canadian winter festival. F!TH have cleverly decided to use this name as a play on the term “interlude” meaning a short and transitional song on an album or EP. Winterlude begins with a haunting guitar line that echoes and swirls like the snowy nights of Winterlude themselves before Vinny’s voice comes in alongside sparse yet powerful drums to accentuate the drama and atmosphere of the track.

Finally, we come to the final track on this project, SAFE AND SOUND. The song starts off like a bat out of hell with a pounding guitar riff that settles into a much more focused and calm verse. We’re quickly thrown into a chorus that carries the intensity that this EP began with, all the way to the very end. The chorus in question brings back the riff from the intro, alongside moving lyrics from frontman Vinny Belle. SAFE AND SOUND also makes beautiful use of harmonies and backing vocals much like every other song on this album, which is an element that is typically, and unfortunately, lacking from many heavier bands. As the final song comes to a close, you’re left with an intense yearning for more, which is always the mark of a fantastic debut project. With a debut as intense, impactful and well-written as F!TH truly is, one can only look to the future with excitement as we wait to see where F!TH’s music will take them.



NEIGHBOURHOOD NOISE – By Jack O’Sullivan

F!TH is the latest hard rock 5-piece band to break into the Ottawa scene with their debut single “DEAD” and they are coming out swinging with no remorse. The group was born out of a collaboration between Zane Bean and Vinny Belle. This led them to start a group of their own that encompassed the same type of energy as the track they worked on together, Cali Baby. They had the image in mind but knew they could not do it alone, so they looked to their friends to help complete the team.

Little did they know those four concrete walls and carpeted floor would be the foundation they needed to get their momentum back and begin perfecting the songs they would select for their EP.

During one of their practices in the basement, the band was mindlessly jamming away when they stumbled upon a riff that instantly caught everyone’s attention. Vinny immediately was inspired and started writing lyrics in his notes while building the melody in his head. This song would become their debut single, DEAD.

With two hits on the kick and snare, the quick drum intro grabs the listener by the throat and throws them right into an instrumental chorus; familiarizing them with the melody right away. The overdriven guitars kick into a harmonizing octave riff. This, layered over top of the explosive drums and rumbling bass, gives flashbacks of the glory days of 2000’s hard-rock.

As the verse starts, the guitars and bass quiet to a pulsing chug; making way for the vocals, which introduce the title of the song in the first word. The lyrics address strong anger towards a faceless figure that is depicted through vague yet relatable lyrics. The listener gets to interpret and apply the lyrics to whatever situation they feel fit. Vinny’s energy and grit continues to build throughout the verse; eventually boiling over and leading into a high-powered chorus that will have crowds screaming along in no time.

“It’s not really about anything specific,” admitted Vinny. “I think like most people I was just fed up and angry about the past 3 years; covid, the lockdowns, and the truckers.”

“Yeah... We write ‘fuck you’ songs,” Zane laughed.

The chorus closes with a melodic group vocal that seamlessly leads into the next rage-fueled verse, just as provoking as the first. By the time the second chorus begins, the song’s emotion is undeniably contagious and this feeling is only amplified as THE aforementioned guitar solo kicks in.

Following this display of Max’s guitar chops, everything but the bass cuts out. Vinny recites the chorus in a sombre tone just before Zane launches into the final chorus; This booming drum fill will soon signal the start of some of the craziest mosh pits in local venues.

DEAD is a jaw-dropping debut song and a soon-to-be hard rock classic. The song will incite a healthy amount of irritation and outrage in listeners as they associate the potent lyrics with their personal lives, using the track as vengeful motivation.

Fans of F!TH can finally see them play live at their debut show on February, 17th at The 27 Club in Ottawa supporting Nothing Special with Guest Room Status. There has also been mention of more unannounced shows that are booked, so that will hopefully hold over their fans until the release of the upcoming EP this spring.