Dear teachers / parents / guardians:

This year Athletics Yukon, in partnership with Yukon Workers’ Compensation Health and Safety Board (YWCHSB), is starting a new free of charge after school running program for girls in grades 8-12. The program is called the Ironwomen High School Running Club.

The girls can expect a safe and respectful environment. Our goal is to help them gain self-confidence and positive mental health practices which can support them in their daily lives while learning to run a 5K.

Practices will be held on Thursdays from 3:30 pm -4:45pm, our summer meeting place is at the FH Collins running track. The sessions will go to August, 2022.

I’ll be coaching this group. I’m a teacher, an accomplished long-distance runner, and I have considerable training in mental health. I’m conducting this program through my role as an outreach professional with YWCHSB.

We will have one session a week and the girls will be expected to walk/run once or twice on their own. Others can walk/run with them. During the home running sessions, girls can run the allotted time (slowly) and will learn about pacing.

We also expect the girls to bring home what they learned about maintaining positive mental health practices in the session and discuss it at home with their families.

Each session will start with a warm up stretch, skills, a run/walk and a cool down. We will also take time to discuss ways in which we can support our mental health such as positive self-talk, sleep and incorporating movement into our everyday lives.

If you have a potential Ironwoman in your school, please encourage them to reach out and join us.

If you have any questions or have a student who wants to register, please go to <https://TrackieReg.com/Ironwomen_highschool> or have them contact me at [Natalie.thivierge@wcb.yk.ca](mailto:Natalie.thivierge@wcb.yk.ca) or call me at 867-332-1056.