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**Do you have a potential ironwoman at home who wants to start running?**

**This summer, Athletics Yukon—in partnership with YWCHSB & the Youth Investment Fund, is offering a week-long camp for girls entering Grades 5, 6 and 7. The camp will focus on daily running along with drills through games and fun activities. As well, we’ll explore movements that help keep us strong and healthy throughout our lives.**

**This camp will offer a safe space for young women at any running level. All Ironwomen will be supported by Natalie Thivierge and with the help of some wonderful high school student peer coaches.**

**The camp will also address the importance of self-care and our mental health. We’ll explore risk management, self-care, the importance of sleep and positive self-talk.**

**Dates:  June 20 - 24, 2022**

**Time:   From 9 am to 3 pm**

**Place:   CSSC Mercier gym.**

**Cost:    $100 per participant. If cost is a barrier to participating, please contact me.**

**Online registration link:** <http://www.trackiereg.com/2022-Ironwomen_Gr5-7_Camp>

**Contact:**

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|  | **Natalie Thivierge**  Safety Communication Consultant  Corporate Services | Communications  Yukon Workers’ Compensation Health and Safety Board  m 867-332-1056 | e [natalie.thivierge@gov.yk.ca](http://natalie.thivierge@gov.yk.ca) | [wcb.yk.ca](https://wcb.yk.ca/) |