



Québec en Forme
Argenteuil

PRESS RELEASE

FOR IMMEDIATE RELEASE

8th EDITION OF THE MINI-JEUX D'ARGENTEUIL Watch out for ultraviolet!

Lachute, June 14, 2012. — The MRC d'Argenteuil and its partners, the City of Lachute and Québec en forme Argenteuil, are proud to announce the return, for an eight consecutive year, of the Mini-Jeux on Thursday, July 12. Over time, the Mini-Jeux have become a time-honoured tradition, and we are confident that the 6- to 12-year-old kids from Argenteuil will make it their duty to mark this important date on their calendar. What this means is that they will, once again, be able to discover different sports, and, at the same time, adopt an active lifestyle. Speaking of which, the Mini-Jeux are part of the MRC d'Argenteuil's shift towards healthy changes, "My health in mind". This program aims for the adoption of healthy lifestyles, such as: 0 tobacco, 5 fruits and vegetables per day and 30 minutes of physical activity daily.

For the occasion, the most popular sports are making a return (soccer, karate, gymnastics, flag football and ball hockey); on the other hand, new activities will be on the program. For example, ZumbAtomic®, an engaging activity specially designed for kids, which combines the fun of dancing with the benefits of fitness. Furthermore, we are introducing this year tchoukball, a stirring team sport that requires swift hands and reflexes. And, we have wished, for a while now, to introduce our youth to the basics of boxing. Well, this year, boys and girls will be able to familiarize themselves with this sport's different training techniques. Plus, handball and kickball will also be on the menu.

The event will take place at the Laurentian Régional High School and the École polyvalente Lavigne from 9 a.m. to 3:30 p.m. This year, there are about 300 to 400 athletic youth who will take part in the Mini-Jeux. They will receive an "ultraviolet" T-shirt, the official colour of the 8th edition.

Since we wanted to find a young energetic spokesperson, we enlisted the aid of Jade Bérubé. Only 14 years of age, Jade has distinguished herself on the athletic / track and field stage and has been collecting medals. Jade is a disciplined young athlete who is a model of perseverance for the youth of our region.

Again, this year, the **Trophée A.T. Joe Gilmore** will be awarded to the municipality with the highest number of participants, on a pro rata basis of its population. This trophy was named after a past warden who made a historic mark in the MRC by his implication and mostly for his belief in the youth.

We must acknowledge the participation of the Mini-Jeux d'Argenteuil's sponsors, without whom the event would not be taking place: Lachute Lions Club, the Caisse Desjardins d'Argenteuil, the MP for Argenteuil-Mirabel-Papineau, Ms. Mylène Freeman, the Club Richelieu de Lachute, P.E.P Prêt-à-porter, Naya Waters, the Sûreté du Québec, the Parc Carillon, the Aliments Lebel, Tricentris, Au Vieux Charbon, Canadian Tire, Wal-Mart, Atelier du sport and finally IGA J. Desjardins.

We would like to remind you that the enrollment for the Mini-Jeux d'Argenteuil is **free** and must be completed through one of the nine municipalities of the MRC d'Argenteuil, the daycamps or the MRC d'Argenteuil. Special thanks are extended to the MRC d'Argenteuil's francophone and anglophone elementary schools for their steady commitment to promote this event.

On Thursday, July 12, do not forget your sunscreen because the "ultraviolet" are going to be more active than ever!

- 30 -

For information:
Dany Robillard
Project leader – Summer events
MRC d'Argenteuil
Tel.: 450-566-0530, ext. 2307
Fax: 450-562-1911
drobillard@argenteuil.qc.ca