

Running head: RUNNING SUCCESSFUL CAMPUS RECREATION PROGRAMS

How to Run Successful Campus Recreation Programs at Your University

Sophie Rocheleau

3918885

Sean Mathe

4213948

Brock University

RECL 3P45

John Byl

April 5, 2010

There are various key components to campus recreation, but we think the most important aspects would have to be the actual organization, planning and running of an intramural league. This is the component that everyone thinks about when they think about campus recreation, and if a school wants to have a successful campus recreation program they need to have successful intramural leagues. There is a lot of work that needs to be put into an intramural league, but there is not one step that should be overlooked when it comes to putting these leagues together. The overall production of an intramural program can be broken down into three components; organization of the league, providing the necessary information to all participants, making sure the program runs smoothly and effectively. Campus recreation can be a very fun and enjoyable experience for all participants, however if these steps are not followed throughout then the league will not be as successful as it should.

Organization is a very important step because it is the step where all the leg work is done, and a convenor will know how the league should be run during this process. Our first recommendation is to take promoting and organizing seriously, because it's a service offered to students to create experiences and opportunities in this case during their school year, you want them to walk away with a positive one. That being said the first step in this process is effectively promoting the league to the student body. If the people in the school are unaware of the league then they will not be able to participate and therefore your league will not be the success that you will want it to be. A simple way of promoting your league is by setting up flyers around the school and even using Facebook as a promoter, so that the students will know that this program exists. You can also use word of mouth, but this may not be as good because you may not talk to every person in the school, and you definitely do not want to exclude anyone from participating

in your league. Making sure you catch your target marker is important. For intramurals it is not always as black and white, where athletes are the people interested. Students from all programs like to take some time away from school and even create relationship with people in their programs, intramurals is perfect for that. Another important concept to organization is making sure that you have the necessary space to run your league. For example if you were to run a baseball league, you are going to want to make sure you have baseball diamonds that you are able to use and our accessible to every person who wishes to participate in your league. This will also give you a good idea about how many teams your area can hold and how long your day or days will be when the games actually commence. Finally, you must have the appropriate officiating crew to monitor the actual game play. As a convenor you may not need all of your referees to be fully certified, but it is not a bad idea to have a few who are at this certification so that you will have “senior” referees and can handle any major problems that may arise. This may seem like a lot of work for the beginning phase of your league, but if these are not followed then you will be behind and will start in the wrong direction right from the start.

Our next recommendation is to make sure staff and players are well aware of rules, regulations and all important information about the league. To run a successful intramural league is to provide the participants with the appropriate information. The first step that should be done is to put all of the information on the website. This is good because people can easily just go to the school’s athletic site and all of the information will be there for them and this may answer all of the questions that they may have right away without even talking to the convenor. The next step, which we think may be the most important, is to have a captain’s meeting before the league starts. This meeting is very important because it is an opportunity for the convenor to put faces to

names and to allow the process to become more personal. This is also an opportunity for the captains to fill out any additional information that you may need from them and to answer any more questions that they may have. Also it is very important to go over all of the rules and regulations that the league has, so that no one is surprised when it comes time for actual game play. The main rules that need to be discussed are the alcohol issue and the presenting of student cards before every game. These rules are the most commonly broken rules and if you can inform players of these rules right away you are in good shape. It is also very important that you have full knowledge of all the rules because if you are confused of the rules then the players will try and trick and try and get away with things that are against the campus recreation policy. This stage may be run through very quickly, but if done right then you will be in good shape when it comes time to the actual implementation.

Our final recommendation is to ensure that the league runs smoothly and that is by making sure communication is strong. The first step is to make sure that you have an updated e-mail list of all the captains in your league. This will make your life easy when it comes time to talking to all the captains about rule and schedule changes or details. Another thing that is very important is to make sure that your convenors are checking for student cards. This is important because you do not want any non-students playing in case of injury. This is a major problem because non-members are taking away the experience from the people who paid, are members or the intramural leagues are geared towards. Another step is to make sure that the playing area is safe. This could be anywhere from checking if there are pads around the volleyball poles, if the sticks are of regulation for broomball, or even if players are wearing the necessary equipment for

all the sports. Risk management is very important when it comes to recreation, and campus recreation is no different. You always want to have a safe league and if you make sure that everything is within regulations beforehand then you will be fine when it comes to the actual game play. Also, you want to make sure that schedules are posted well in advance of the first game so that all players will know about the first game. It also does not hurt to send an e-mail out to all captains to relay the message to their team that schedules are posted and when their first game will be. This will stop any confusion from the teams and will cut down on your defaulted games when it comes to the start of the league. It is also very important that updated standings are posted, because as we all know, players will check and they know the scores of their games. If these are wrong they will let you know about it and it will be a hassle when you have to go back and fix all of these scores. When it comes time for playoffs, it is a good idea to follow and be well versed with the way playoffs were planned from the beginning. It will make everyone's life easier when it comes time to make the schedule when all you have to do is plug in team names, rather than making up the whole schedule once the regular season is over. These steps will prove to be beneficial when it comes time to running your league and will help ensure that your league is a successful one.

A very important aspect in any program you run, camps, intramurals, leagues, etc. is to get feedback, always be ready and willing to take criticism, because if you are not capable of doing that, you will be close minded towards improving your programs, and if you want to run successful programs you have to be willing to make changes.

Running a league in campus recreation can be very fun, and if you show that you are very organized then it will be a success. If you prove that you are organized and plan ahead, provide

all of the participants with the appropriate information, and make sure that the program runs smoothly then you know that your league will be a success and will be a painless process. These are the things that we feel are necessary and important to run successful leagues; this will ensure your campus recreation program is great and most importantly fun for everyone.

Literature Review

As recreation and leisure services students, we are looking at Organizing Intramurals as an aspect to Campus Recreation. Eight books and/or journals are being reviewed for insight on the topic.

The authors Jim Stillwell and Carl Willgoose wrote a book called The Physical Education Curriculum which talks about the importance of the role educators have in developing and implementing physical education curriculum to meet the student's needs and requirements for physical activity. The public demand also plays a part in the accountability of education (Stillwell, 2006). In this book, there are ten common curriculum models of physical education. Research is constantly ongoing to upgrade the curriculum of physical education. Committees ensure that program organization follows the curriculum guide. Chapters highlight specific programs geared towards elementary and secondary education. There are characteristics for each age group. A large part of the book focuses on ways to adapt physical education.

The book Physical Education and Intramural Programs: Organization and Administration by Greyson Daughtrey and John Woods talks about intramurals and how it changes lives. Physical education and intramurals have the same objectives. The intramural objectives are to supplement the required program, to motivate students in after-school participation, to provide activities for all students, supervision for after-school play, sufficient facilities and equipment for all students to participate, and for individual differences, and lastly to develop skills in lifetime sports and activities. The book helps with scheduling time for intramurals and planning for competition. The book also includes very detailed graphs to organize different types of tournaments.

In the article Trends in Intramurals Football Programming written by David Gaskins, Bruce Maurer and William Ehling they talk about the main objectives. The objectives are to determine national standards for rules and regulations officiating and prevention of injuries and to determine whether these rules are effective and if they should be changed. The areas of study involved are: demographics, participation, rules of play, blocking techniques, officials and use of flag football rules. NIRSA's standardization is a continuous growth because changes always have to be made and still many programs do not utilize the NIRSA rules. The resistance to change could be resolved by educating intramural sports players about the NIRSA rules.

In the book Managing Physical Education, Fitness and Sports Programs, by Jim Railey and Peggy Railey there are some very important concepts that will help assist recreation and physical education professionals. The two most important factors that are outlined are effective leadership and management. There are also other important concepts that the authors are trying to portray to the reader. One of these is that recreation and physical education professionals must have a lot of energy and a strong passion for what they are trying to teach their group and/or class. The main goal of this book is to present the basic information, concepts and guidelines to help recreation and physical education professionals become an effective part of a management team.

In the book Everything You Need to Know About Penalty Enforcement You Learned in Kindergarten by Thomas Weiss there are numerous concepts that all officials and participants need to know and are very important when it comes to understanding intramural programs. This article also determines that if penalty enforcement is taught properly then it can become a very effective tool when it comes to intramurals. In this book there are six general terms that are

discussed that all officials should know before moving on to more in depth topics and these are; A, B, play, ball, spot, run.

In the book Intramurals: Their Organization and Administration, by Louis Means it discusses how intramurals has becoming more inclusive as it is evolving throughout the schools. This book begins by discussing that intramurals are becoming more popular because the youth are moving from a more chore based lifestyle to a lifestyle that has more leisure time involved. This book also discusses that intramurals should be open for both males and females, and that not one person should be deprived of an intramural experience. This book is also discussing that recreation professionals are trying to create more opportunities for our youth and try to promote more physical activity. This book also determines that the youth will only participate in physical activity if there is a schedule involved.

In the book Administration Management of Physical Education and Athletic Programs by Clayne Jenser, Jenser has main objectives such as outlining intramural programs as a very important aspect of the higher educational system. Another objective is to administer and organize effective athletic programs, now that so many people are participating in intramural programs more efforts have to be made. The main goal of this book is to put together the necessary procedures to improve the physical education programs in our schools. Some other components are management techniques, effective methods for success and positive job results for administration.

In the book Intramural Recreation: A Step-by-Step Guide to Creating an Effective Program, the author John Byl wants to build strong intramural directors who will improve student interest in fun activities. The ultimate goal is to make the programmer's life easier by

providing efficient ways of doing things and making the activities fun. The book has everything an administrator needs to implement successful programs.

References

- Byl, J. *Intramural Recreation: A Step-by-Step Guide to Creating an Effective Program*. United States of America: Versa Press, 2002.
- Clements, J. A., Brimi, B., Holsberry, W., Matthews, D. O., & Montgomery, B. *Management Strategies in Recreational Sports*. Corvallis: The National Intramural-Recreational Sports Association, 1990.
- Daughtrey, G., & Woods, J. B. *Physical Education and Intramural Programs: Organization and Administration*. Philadelphia, London, Toronto: W.B. Saunders Company, 1976.
- Gaskins, D. A., Maurer, B. L., & Ehling, W. (1989). Trends in Intramural Football Programming. *Collective Readings in Recreational Sports* , 110-121.
- Jensen, C. R. *Administrative Management of Physical Education and Athletic Programs*. Philadelphia: Lea & Febiger, 1988.
- Means, L. E. *Intramurals Their Organization and Administration*. Englewood Cliff's: Prentice-Hall, Inc., 1973.
- Railey, J. H., & Railey, P. A. *Managing Physical Education Fitness and Sports Programs*. Mountain View: Mayfield Publishing Company, 1988.
- Stillwell, J. L., & Willgoose, C. E. *The Physical Education Curriculum*. Long Grove: Waveland Press, Inc., 2006.

Helpful Documents

University of Toronto Intramural Handbook

<http://uoftintramurals.ca/handbook/>

<http://uoftintramurals.ca.ismmedia.com/ISM2/IM%20handbook0910.pdf>

University of New Brunswick Intramurals Sports Manual

<http://campusrec.unbf.ca/intramurals/documents/SportManual2009.pdf>

Carleton University Intramurals

<http://www2.carleton.ca/athletics/intramurals/intramurals-101/>

Brock University Intramural General Rules

<http://www.brocku.ca/recreation-services/intramurals/general-rules>