

CANADIAN INTRAMURAL

NEWSLETTER

February 1977

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Published at The University of Guelph, Department of Athletics, Rick Turnbull - Editor

EDITOR'S MESSAGE

This issue features a new look in design and layout. While still keeping the typical intramural person from the former design, the new letterhead also contains a modernized red maple leaf. The printing in the main body of the newsletter is a little larger for those of you who commented on finding the last issue difficult to read. If you have any comments about the new design please feel free to drop me a line, and when you do, send in some of your intramural news that you would like to see published.

We still need info for the next issue and the copy deadline is March 20, so send any material to me as soon as possible.

Thanks to the contributors for the material in this issue - Bev, Peter, Dave, Bob, Gino, Al, Rob.

To date we have only 40 renewals for this year's subscriptions. If you have forgotten to send in your renewal, drop your name, address, institution phone number and a cheque for five dollars in an envelope and mail it as soon as possible to:

Canadian Intramural Newsletter,
c/o Rick Turnbull, Department of Athletics,
University of Guelph,
Guelph, Ontario. N1G 2W1 (519)824-4120 Ext.2220

Rick

LABATT'S BREWERIES - NEW INVOLVEMENT

Recently Labatt's and the Canadian Intercollegiate Athletic Union announced an agreement that involves a financial commitment from Labatt's to assist the C.I.A.U. in promoting and staging national championship sports events. Some of you may have received the new C.I.A.U. Bulletin with a new logo. This was one of the first major results of the C.I.A.U. - Labatt's agreement.

On the intramural scene there have been some preliminary discussions about the formation of a National Canadian Intramural Association. Late in January a group of intramural administrators met in a conference room at Labatt's in Toronto to discuss the needs of such an organization. Al Brawn (U. of Calgary), Dave Wilke (Halifax Maritime Regional Rep., Department of Education), Jean Kennedy (Ryerson Polytechnical Institute), Bob Zeisner (U. of Western Ontario), Dave Copp (U. of Toronto), and Rick Turnbull (U. of Guelph) were in attendance.

It was decided that a representative group from across Canada should meet to discuss this matter further and a list of names is currently being drawn up by Dr. Al Brawn. At this meeting, representatives of Labatt's expressed an interest in assisting the group, and negotiations are underway to promote this first national venture.

Any suggestions, thoughts, or ideas on the formation of a National Association would be welcome. Please forward comments to:

Dr. Al Brawn,
Physical Education Building,
The University of Calgary
Calgary, Alberta.
T2N 1N4

7th ANNUAL STUDENT INTRAMURAL CONFERENCE

Theme - "THE NUMBERS GAME"

Friday evening and all day Saturday, February 4th and 5th, Erindale College was humming with activity.

Bob Ryckman, Patty Goodson and Rick Wesolowski, along with several Erindale students, acted as hosts for the conference, and were well organized and generous with their facilities and hospitality. Friday evening involved registration, recreation (squalleyball and floor hockey) and an Informal rap session and social gathering which allowed the over 70 delegates to quickly become acquainted with each other. Several sporting goods and school uniform companies donated squash racquets, running shoes, and a stop watch as door prizes to lucky ticket holders.

On Saturday morning we were all welcomed by Bob Ryckman, Athletics Director at Erindale and given a brief outline of the days events. Next on the agenda was keynote speaker, Professor Gino Fracas, Intramural Director at the University of Windsor, who presented an interesting and stimulating address on the conference theme "The Numbers Game". (Key points of the address are printed in this issue.)

Dave Copp, Intramural Director at the University of Toronto, presented the blueprint of the new intramural-recreational facilities soon to be built at U. of T. and discussed Athletic Facilities and Intramurals, and their relationship to the numbers game. The use of existing facilities and scheduling, use of outdoor rinks, double booking of ice time for intramural practices, rules, referees, noon hour leagues were only a few of the areas touched on during Dave's discussion.

After lunch there were seminar sessions, where ideas and information were exchanged among the delegates. The seminar sessions covered a wide variety of topics and were very informative. These topics were:

1. Accomodating an Intramural schedule with a shortage of facilities; avoiding inconvenient hours in scheduling.
2. Motivating Women's Intramurals.
3. Do Intramurals satisfy physical and social needs?
4. The large staff and student turnover in Community Colleges and the effect on Intramurals.
5. Liability in Intramurals.
6. Intramurals in the High Schools.
7. The Numbers Game.
8. Financing the Intramural programmes: What are the essentials?
9. Intramural Councils: Do they work?

A social gathering rounded out the weekend and all agreed that it had been a useful informative and exciting weekend. Delegates left Erindale with renewed enthusiasm and ideas which they hoped to use in their own intramural programs.

Thanks to the staff and students at Erindale, distributors, and all the delegates for making the 7th Annual Student Intramural Conference a success.

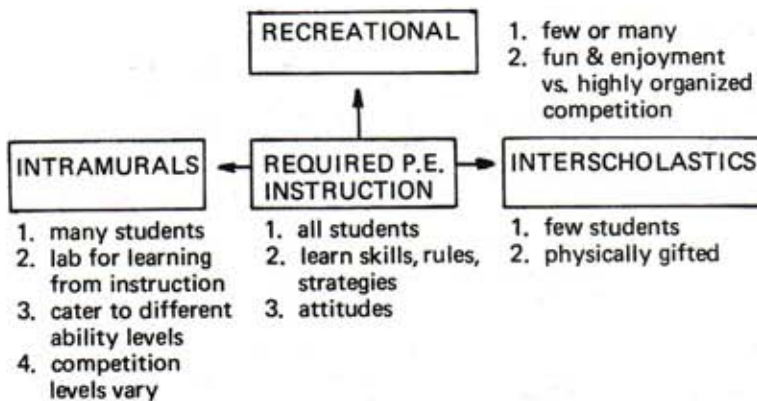
"THE NUMBERS GAME"

KEYNOTE ADDRESS - STUDENT INTRAMURAL CONFERENCE

by Prof. Gino Fracas, University of Windsor

"The goal of modern day intramurals is maximum participation," stated Gino. The problem is that there is a lack of participation at all levels of education due to no, very little, or poor intramural programs and a general apathy among students. This lack of participation has far reaching implications for today's society. With an increase in leisure time, due to a shorter work week and more holidays, people do not know what to do with themselves. This reflects on their backgrounds. Due to a serious lack of intramural and recreational activities in schools, people don't know what to do recreationally - there is very little carry-over activity from school into later real-life situations. This has definite influence on the numbers participating in programs.

Prof. Fracas offered the following as a model for modern physical education programs in schools.



One of the problems in this model which affects numbers are the poor instructional programs offered. This leads to low levels of participation in intramurals and recreation because of lack of skills. The students will then, generally, take one of two paths - their energies will explode into questionable activities, or they will become sedentary.

A basic requirement to increase numbers of participants is the proper balance among these programs. The programs must appeal to various levels of skills, and competitiveness. Leadership and social skills, must be given a potential medium for optimal growth and development. A proper balance of programs can achieve this - specifically, intramurals and co-curricular activities. There are several factors that influence the numbers game in intramurals. Mr. Fracas explored and examined the pros and cons of fourteen different factors.

1. Student involvement

Functional intramural councils and a strong organizational structure are an area for growth of student leadership skills. Also, they aid in creating an atmosphere that students will enjoy and an atmosphere in which they will want to participate because they will have helped develop and run these programs.

2. Fairness in competition

Since we are dealing with various levels of ability, we should try and organize our intramural units so there is an approximate equality in athletic ability among units. Equitable competition will foster interest and motivation and the sport will continue to be enjoyable and challenging to the student. Unbalanced competition will lead to defaults and dropouts and a decrease in participation numbers.

3. Officiating

Good officiating keeps teams coming back. Poor officiating leads to arguments, ill-feelings, protests and withdrawals from the program. Training, selection, and support of officials is necessary to keep participation in the program from dropping off.

4. Use all available time

Before school, noon hours, after school, and weekends are all possible times to run intramurals. If leagues are exciting and close, participants will use this time for their games. Challenge tournaments on weekends may also increase participation.

5. Program of activities

Besides the traditional and conventional sports, add unique and different activities to spice up the program. Individual and dual events, co-ed events and short term and novelty games help increase participation. Evaluate your own situation and adjust accordingly. Add new ideas to your program.

6. Types of competitions

Introduce ladder, round robins, or challenge tournaments for morning or evening time slots. Varying skill levels can compete at appropriate levels.

7. Point systems

Does playing have its own rewards or are we playing only for points or a trophy? Point incentives bring some people into a program who would not otherwise take part, and these activities become recreational favourites later in life. A system based on participation and achievement or some combination of both should reflect your philosophy of intramurals.

8. Use of available facilities

Devise games so all facilities are used in available time slots such as three on three in basketball using all baskets instead of a full court game using only two baskets. This increases the number of participants and also increases the frequency of games, which will create an enthusiastic response from the participants.

9. Publicity program

The success of your program depends on the kind and amounts of information you get to the student body. Strategically placed bulletin boards, colourful posters, action photos, frequent change of material and use of school newsletter with people's names in print are useful publicity ideas that will increase numbers. An annual calendar of events with when?, where?, and times of events will help boost numbers.

10. Extramurals

Interschool competitions gives intramural teams a taste of higher level competition and this can be an incentive for increasing participation. Obstacles such as supervision, transportation and liability have to be overcome before this becomes a viable activity.

11. Use of varsity athletes in programs

Use these people as coaches, officials, or place them in some technical or administrative capacity. This will upgrade the programs, and better programs increase numbers.

12. Program requires prestige

Action photographs of the winners, uniforms, properly dressed officials, printed schedules, respected intramural administration positions, or an intramural awards night. All of these add prestige to your program which will attract greater numbers.

13. Enterprising administrator

Creative and imaginative leadership can certainly add to a program's popularity. Enthusiasm, new ideas, ingenuity, and a sympathetic ear to students' desires, needs and ideas can upgrade your program and thus increase numbers.

14. Summary

These factors put pressure on the numbers participating in your intramural program. Good factors will increase numbers and bad factors will decrease numbers. It's up to intramural supervisors and personell to implement the good factors into your program to help increase the numbers.

Hopefully the above factors and ideas will provoke thoughts that will help your program and 'the numbers game'.

A SURVEY OF THE EXISTING PREVENTIVE SAFETY PROCEDURES FOR MENS' INTRAMURAL PARTICIPANTS

The following is an abstract from a research paper presented by Beverly C. Oliver, University of Waterloo.

The purpose of this study was to survey the existing preventive safety procedures for mens' intramural participants at selected Canadian universities during 1975 - 1976.

The data collected represents thirty-four responding institutions, all universities within Canada. A detailed questionnaire was used to collect as much information as possible about the preventive safety procedures in existence at these Canadian universities during 1975 -

1976. The analysis of data collected was performed by means of a master chart of all information included on the completed questionnaires.

A summary of the major findings are as follows:

1. An average of approximately thirty percent of students enrolled at the surveyed institutions are engaged in intramurals.
2. One hundred percent of the institutions offer competitive-type programs.
3. Only 9 percent of the institutions employ a safety prevention administrator.
4. It was found that handouts and meetings informed most of the participants about safety procedures.
5. Two percent of the responding institutions require medical examinations before participation in the intramural program.
6. All directors believed the requirement of medicals before participation would not reduce participation numbers.
7. The majority of institutions do not have insurance coverage available to intramural athletes.
8. A supervisor is present during regular league and playoff programs the majority of the time.
9. Seventy-six percent of the institutions allow intramural athletes full use of the athletic injury centre upon injury.
10. At ninety-four percent of the institutions a health services centre is present to accommodate injured students.
11. Rehabilitative treatment is received at the hospital (56%), athletic injury centre (44%), physiotherapy centre (34%), and the health services centre (16%) of the time.
12. Only twenty-one percent of the programs hold instructional classes and six percent run coaching clinics.
13. Thirty-eight percent of the locker room attendants hold first aid certificates and seventy-four percent have access to first aid emergency equipment.
14. Twenty-three percent of officials are certified; nine percent have first aid training; seventy-four percent of institutions hold officials clinics and only eight percent must pass an examination to gain employment.
Injuries are reported on the scoresheet 24 percent of the time. The injured participant completes an injury form at 59 percent of institutions.
16. Facilities and equipment are regularly inspected in eighty-eight percent of the programs.
17. Ice hockey was ranked as the sport with the largest number of injuries during 1975 - 1976. Lacerations and sprains were the most common injuries.

Conclusions

On the basis of the results obtained, the following conclusions were reached:

1. A large percentage of male students participate within the intramural programs at most Canadian institutions.
2. Many of the intramural participants are not informed of safety preventive procedures via any means.
3. Medical insurance coverage is inadequate at most institutions.
4. Only two percent of responding institutions required medical examinations before participation.
5. Regular equipment and facility inspection is done in only 88 percent of the institutions.
6. The risk of injury per game was highest for intramural ice hockey.

Recommendations

As a result of this study it does appear that safety preventive procedures in intramurals do warrant investigation. The following recommendations are suggested to enhance our knowledge in this area:

1. This type of investigation should be continued in the future so that better procedures can be established for the good of all concerned.
2. Personal insurance coverage should be mandatory before participation in intramurals is permitted.
3. Mandatory mouthguards and face shields should be instituted for ice hockey to reduce the large number of injuries sustained by the teeth and face.

4. First aid kits should be present at all sport locations in case of emergency.
5. All officials should be trained in basic first aid and be competent in all aspects of emergency procedures.
6. A concise and efficient injury reporting system must be improvised at all institutions making it possible for the director to become alerted to injury situations and assure the safety of participants through preventive measures.
7. All programs should be evaluated with safety in mind on a regular basis to ensure participant safety.
8. An ongoing equipment and regular facility inspection must be completed at all institutions providing sport programs to ensure the safety of all participants.
9. A study which includes female intramural activities might prove valuable for instituting safety preventive procedures for the whole intramural department.
10. The major safety preventive procedures should prove valuable in reducing the number of injuries occurring during intramural activities.

More information on this study can be obtained by contacting University of Waterloo - Intramural Department.

28th Annual NIRSA Conference

April 14th - 18th, 1977 at the Hyatt Regency Hotel in Boston, MA.

Hosts: Larry Fudge and Warin Dexter,
Boston University,
285 Babcock Street,
Boston, MA. 02215

Information on the program and accommodation can be obtained by writing to the above mentioned hosts. Deadline for Pre-Registration is April 1, 1977 and the fee for professional and student members is \$40.00.

Room rates are: Single \$26.00; Double \$30.00; Triple \$40.00; Quad \$50.00; and reservations should be made before March 24th.

Planned, are 3 full days of discussions, buzz sessions, meetings, socializing and recreational activities. Just some of the topics are:

Recreational Sports Facilities (Planning and Construction - Maintenance & Security); Title IX Implications for Intramural-Recreational Sports; Contemporary Intramural-Recreational Sports Program Philosophies; The Direction of Women's Intramurals; Outdoor Recreation; Officiating and Training; Injuries in Intramurals; Construction and Implementation of Multi-Media Promotional Presentations; How Athletics Looks at Intramurals; Huckleberry Finn's Hound Dog Holiday; Campus Recreation - The Total Aspect; Good Sports - Good Officials; Almost Anything Goes.

If you are interested in going, contact either Peter Hopkins, U. of Waterloo, Waterloo, Ontario. (519) 885-1211 Ext. 3532 or Doug Amey, Mohawk College, Hamilton, Ontario. (416) 389-4461 Ext. 272.

Geneva Park Intramural Directors Conference

Mon., April 18th to Wed., April 20th, 1977

Rob Stinson is the co-ordinator of the conference and he is mailing out registration forms and a tentative schedule very soon. The cost will be \$60.00 per person for the three day event. This includes accommodation, meals and registration fees. The one day rate will be \$15.00 registration fee and accommodation will be \$25.00 per night. Registration deadline is April 4th and the conference is limited to 65 people. If you have any questions, or do not receive registration forms, Rob can be reached by phoning (613) 962-9501 Ext. 243, or writing:

Rob Stinson,
Athletic Supervisor,
Loyalist College,
P.O. Box 4200,
Belleville, Ontario.

REFERENCE MATERIAL FOR INTRAMURALS

prepared by Peter Hopkins, Director of Men's Intramurals, U. of Waterloo

A. Formal Associations - Newsletters, Conference, Proceedings

1. National Intramural - Recreational Sports Association - \$10.00 per year. (NIRSA)

Will Holsberry, Executive Secretary,
Dixon Recreation Centre,
Oregon State University,
Corvallis, Oregon. 97331

2. National Intramural Sports Council (NISC) - affiliate of AAHPER

1201 Sixteenth Street NW,
Washington, D.C. 20036

3. National College of Physical Educators Association for Men (NCPEAM)

Mr. Pat Mueller, Executive Secretary,
Cook Hall,
University of Minnesota.

4. Intramural Committee of CAHPER

Dr. A. Brawn,
Intramural Advisory,
University of Calgary,
Calgary, Alberta.

B. Texts

1. Intramural Sports, Pat Mueller, Elmer D. Mitchell, 3rd Edition, Ronald Press Company, New York.
2. The Organization and Administration of Intramural Sports, Louis E. Means, The C.V.M. Mosby Co., St. Louis.
3. Intramural Sports - A Text and Study Guide, Harris F. Beeman, Wm. C. Brown Company Publishers, Dubuque, Iowa.
4. Intramurals, Scarborough Board of Education, W.C. Campbell.
5. Intramural Handbook, Kent Smith, Laurentian High School, Ottawa.
6. Structured Intramurals, Francis Rokosz, The W.B. Saunders Company, Philadelphia, PA. 19105.
7. Intramural Handbook, Paul Dekking and Karen Hergott, Mr. Morley Ashton, Consultant Physical and Health Education, 500 Victoria Rd., Guelph, Ontario.
8. Intramural Handbook, Waterloo County Board of Education, Gary Boug, Box 68 Duke St., Kitchener, Ontario.

C. Publications

1. Canadian Intramural Newsletter (\$5.00), Editor - Rick Turnbull, Assistant Director of Intramurals, Department of Athletics, U. of Guelph, Guelph, Ontario.
2. CAHPER Journal, 10th Floor, 333 River Road, Vanier City, Ontario.
3. JOHPER Journal, 1201 Sixteenth Street, North-West, Washington, D.C. 20036.

D. Conferences

1. NIRSA - Annually in early April
2. NISC - Annually with AAHPER in mid April
3. CAHPER - Annually in June
4. CNPEAM - Annually in December
5. Geneva Park (Orillia) - Annually in April
6. Western Directors Conference - Annually in May
7. Quebec Directors Conference - Annually in May

Summer Employment for Students

If you are seeking a summer camp position, then maybe the Pine Valley Camp in Quebec has something for you. They need instructors for Tennis, Canoeing, Swimming, and Dance (jazz, modern, ballet, etc.) as well as Cabin Group Counsellors for 7 - 15 year olds. All positions are available for male and female applicants, and salary range is commensurate with experience.

For further information, please write to:

Camp Director,
5165 Sherbrooke St. West,
Suite 316,
Montreal, Quebec.
H4A 1T6

Permanent Employment Opportunity

There are three openings in the Recreational Sports Office at the University of Minnesota.

1. Assistant Director - Recreational Sports Office
2. Coordinator of Sports Clubs and Program Services
3. Coordinator of Recreational Sports Promotion with emphasis in women's programming

Application procedures: Send a cover letter identifying qualifications, resume and 3 letters of recommendation to Prof. C.E. Mueller, Director, Recreational Sports Office, 108 Cooke Hall, University of Minnesota, Minneapolis, Minnesota, 55455. Telephone (612)373-4200. Applications due date is March 31, 1977.

