



**VOLUME 2 - NUMBER 2 - JANUARY 1977**

**EDITOR'S MESSAGE**

It's finally here! The second issue. True I've been very tardy in putting together the second issue and a lot of you are irate - but because of the serious lack of information there has been nothing to print. If you have information to share with others, please send it to me now!

Thanks to Bob Z., Ian, Bob R., Kent, Dennis and James for their submissions for this issue. Your support is certainly appreciated.

*Rick*

Subscription: \$5.00 per year to Canadian I.M. Newsletter  
Rick Turnbull, Department of Athletics  
University of Guelph, Guelph, Ontario.

**7th Annual Student Intramural Conference**

Friday and Saturday February 4th and 5th, 1977

Erindale College (University of Toronto)

Theme: The Numbers Game

Hosts: Dr. Bob Ryckman Erindale College 828-5268  
Mrs. Patty Goodson

Friday 4th	6:00 - 7:00 p.m.	Registration
	6:00 - 8:00 p.m.	Dinner in Erindale Cafeteria
	8:00 - 10:00 p.m.	Sporting Event - Social Time
	10:00 - 12:00 p.m.	Refreshments
Saturday 5th	8:00 - 8:45 a.m.	Breakfast
	9:00 - 9:15 a.m.	Opening Address - Bob Ryckman
	9:15 - 10:45 a.m.	Guest Speakers - To be announced
	10:45 - 11:00 a.m.	Instructions
	11:00 - 12:30 p.m.	Activity Session
	12:30 - 1:00 p.m.	Lunch
	1:00 - 1:45 p.m.	Small Group Sessions
	1:45 - 2:00 p.m.	Break
	2:00 - 2:45 p.m.	Small Group Sessions
	2:45 - 3:00 p.m.	Break
3:00 - 3:45 p.m.	Small Group Sessions	
3:45 - 4:00 p.m.	Closing Remarks	
4:00 - 5:00 p.m.	Dinner	

The above is a preliminary agenda and additions, suggestions, deletions, and new ideas are welcome. Send any ideas to Bob at Erindale College Athletics, Mississauga, Ontario.

Some of the questions we hope to answer -

- Do IM Athletic Councils really work?
- Do IM's satisfy your physical and social needs?
- Is it a man's world?
- What is women's involvement in IM's and physical activities?
- What is the value of Intramurals and what is their relationship to academics?

Patty hopes to have a film on Intramurals at Erindale and such topics as violence, awards, communications and publicity, new activities, fitness etc., will certainly come up in discussions during the weekend.

If your institution would like to bring some students to the conference give Bob a call at Erindale (416) 828-5268 and let him know you are coming. There is a limit of six students per institution. Bob is trying to arrange special rates with some nearby motels for Friday night and meals can be purchased at Erindale.

Come on out and make this a successful student conference.

**POST CONFERENCE WRITE UP**

by James de Rosenroll (Conference Chairman)

The second annual intramural conference was once again hosted by Earl of March High School in Ottawa.

The conference held in October 1976 boasted over one hundred participants from as far away as Toronto and Barry's Bay.

The success of the conference was due in large part to the fact it was organized and carried out under the direction of Miss Marg Terrett.

Basically the conference was a presentation by the guest speaker, Dr. Terry Orlick, followed by a hot lunch and seminars in the afternoon.

Dr. Orlick gave a rather unique presentation on co-operative games. His presentation was very informative and was well received.

The seminars in the afternoon covered a wide range of topics concerning various aspects of a school's intramural program.

In conclusion, we felt the main purpose of the conference was to provide a medium for the exchange of thoughts and ideas among the various delegates, and in these terms the conference was a resounding success.

We would like to express our thanks to all those who participated in the conference and express our hopes that Laurentian High School will host the third annual conference next year.

INTRAMURAL COMMITTEE  
OF THE  
CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL  
EDUCATION AND RECREATION  
ANNUAL REPORT  
1976

The aim of the Intramural Committee is to promote the growth and development of intramurals at all educational levels in Canada. The objectives of the committee are to promote research in all areas of intramurals, to disseminate information on intramurals throughout Canada and to coordinate the knowledge and expertise of intramural personnel in Canada.

To accomplish these worthy aims and objectives the Intramural Committee has selected the following executive members and provincial representatives:

CHAIRMAN:	Dr. Al Brawn c/o Campus Recreation Phys. Ed. Building U. of Calgary Calgary, Alberta T2N 1N4
VICE-CHAIRMAN AND ATLANTIC PROVINCES REGIONAL REPRESENTATIVE:	Dr. Dave Wilkie Dept. of Education Phys. Ed. Office P.O. Box 578 Halifax, Nova Scotia B3J 2S9
PUBLICATIONS:	Rick Turnbull Intramural Dept. U. of Guelph Guelph, Ontario N1G 2W1
BRITISH COLUMBIA:	Martin Hendy Recreation Dept. Simon Fraser U. Burnaby, B. C.
ALBERTA:	Al Brawn Phys. Ed. Building U. of Calgary Calgary, Alberta T2N 1N4
SASKATCHEWAN:	Ron New College of Phys. Ed. U. of Saskatchewan Saskatoon, Saskatchewan S7N 0W0
MANITOBA:	Emil Hrenchuk School of Phys. Ed. U. of Manitoba Winnipeg, Manitoba
ONTARIO:	Lorne White Martingrove Collegiate 50 Winterton Drive Islington, Ontario
QUEBEC:	George Short Dept. of Phys. Ed. & Ath. Sir George Williams U. Montreal, Quebec
NOVA SCOTIA:	Dale Clattenburg Sackville Heights Jr. H.S. Lower Sackville Halifax Country, N.S.

PRINCE EDWARD ISLAND:	Frank Morrison Student Information Off. Holland College Charlottetown, P.E.I.
NEWFOUNDLAND:	Jim Saunders Consultant, Phys. Ed. Dept. of Education & Youth Govt. of Newfoundland St. John's Newfoundland
NEW BRUNSWICK:	Doug Laws St. Lawrence Jr. H. S. Oromocto, New Brunswick

The provincial representatives have been promoting intramurals in a variety of ways in their individual provinces. In addition, the Intramural Newsletter, as edited by Rick Turnbull, contributes significantly to the dissemination of intramural news across Canada.

BRITISH COLUMBIA:	<ol style="list-style-type: none"> <li>1. Simon Fraser University Clearing House for Intramurals Martin Hendy and Ian Mc Gregor are collecting all types of intramural information for dissemination throughout the province:             <ol style="list-style-type: none"> <li>a. outstanding intramural programs from elementary to post secondary</li> <li>b. textbooks and references</li> <li>c. intramural newsletters</li> </ol> </li> <li>2. Establishment of an Intramural Sub-Committee of the Physical Education - Provincial specialists Association of B. C.</li> <li>3. Regional Intramural Conference in Cranbrook on April 12</li> <li>4. Regional Intramural Conference in Castlegar on April 13</li> <li>5. Secondary Intramural Workshop in June in Victoria</li> <li>6. Elementary Intramurals Workshop in June in Victoria</li> <li>7. Intramural Credit Course in summer at Simon Fraser U.</li> <li>8. Second Annual Simon Fraser U. Intramural Conference in Oct.</li> </ol>
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It appears that British Columbia is "setting the pace" as far as the promotion of intramurals is concerned. Perhaps the other provincial representatives could try some of B.C.'s ideas in their province?

ALBERTA:	<ol style="list-style-type: none"> <li>1. 7th Annual Western Canadian Intramural Workshop in Banff in May with elementary through post secondary sessions</li> </ol>
SASKATCHEWAN:	<ol style="list-style-type: none"> <li>1. High School Intramural Workshop in Saskatoon in Sept.</li> </ol>
MANITOBA:	<ol style="list-style-type: none"> <li>1. Intramural Clinic in conjunction with Manitoba Teacher's Society Annual Convention. It concentrated on elementary junior high and senior high intramural problems</li> <li>2. Credit course in intramurals in the School of Physical Education at the U. of Manitoba</li> </ol>
ONTARIO - QUEBEC:	<ol style="list-style-type: none"> <li>1. 8th Annual Geneva Park Conference in April for all Education levels</li> <li>2. 2nd Annual Quebec Conference in May at the U. of Montreal</li> </ol>

3. Waterloo County Board of Education published an Intramural Handbook in June
4. Research
  - a. Garland, John, Intramurals in Selected Ontario Community Colleges, M. A. Thesis, University of Western Ontario, April
  - b. Hopkins, Peter, Child's Model for Adult Sport, published in Recreation Canada, March - April
  - c. Hopkins, Peter, The Extent and Nature of Community Use of Recreation Facilities at Ontario Universities
  - d. Oliver, Bev, Safety Procedures in Male Intramural Programmes

5. Intramural Workshop at O.P.H. E.A. Conference at St. Catharines in November
6. Intramural Leadership Course at Laurentian High School in Ottawa for summer school students

#### MARITIMES:

1. Intramural Workshop at Dalhousie University in Halifax in May
2. Nova Scotia Dept. of Education sponsored a summer school course in Intramural and Campus Recreation Programming designed for school principals

If there are any questions concerning the preceding material, the reader is asked to contact myself or the specific intramural provincial representative.

This report was submitted by Al Brawn, Chairman, Intramurals Committee, C.A.H.P.E.R.

#### OTTAWA - CARLETON REGION INTRAMURAL SPORTS LEADERSHIP

by Kent Smith

Nineteen students from the Ottawa - Carleton region completed an experimental course in Intramural Sports Leadership this past summer. The course was classed as a Senior credit course and Ministry approval was obtained. The course guideline in Mueller's Intramural Sports was accepted with some modifications. Emphasis was placed on leadership development and personal growth. Students had experience teaching classes, introducing new intramural games to the group, convening and officiating. Participants were required to assess their strengths and weaknesses as leaders. One of the main objectives of the course was to equip the participants with the necessary skills and knowledge so that they could make a major contribution to their school's program and/or programs in their community.

The group met each day for four hours for approximately six weeks. A number of guest speakers were invited to address the class. Miss Marg Terrett (Earl of March High School) gave an excellent session on program planning. In addition, we were most fortunate in having Peter Hopkins (University of Waterloo) come to Ottawa during the summer to meet with the group. He spent four hours with the class one morning which, in my opinion, was a course highlight. The morning went so fast and there were so many questions. Peter defended his intramural philosophy and several of his trend-setting ideas on intramurals. The students certainly appreciated his time and efforts.

Many high schools have experienced major difficulties promoting an intramural program. Too many schools have failed to provide an adequate program. There is a definite need for an intramural program in every school and in order to make these programs successful, competent leadership must be provided. This course was designed to fill a gap in leadership training. With an increasing emphasis upon mass participation in our schools, it is imperative to develop leadership potential in students who will be essentially running such programs.

#### FEEDER SYSTEM FOR ELEMENTARY SCHOOLS TO SECONDARY SCHOOL INTRAMURALS

by D. Pettit

The whole idea for a feeder system from elementary schools to secondary schools in intramurals came about when it became apparent that some students in the elementary system had few or below average facilities without benefit or fund tournaments and activity. Many of the elementary students felt LOST entering the Secondary system for the very simple reason they were now low man on the totem pole and unable to compete at the extracurricular level because of size or ability, etc. The old stigma of peer abuse of first feelings of apprehension in a new environment retard the participation of many new students in a fun rewarding activity. Thus the feeder system was born.

#### LEADERSHIP WORKSHOP

This probably is the most important unit of the system. The grade seven and eight class reps are brought to the school two mornings in separate weeks. This is done in conjunction with the guidance department. The students are made aware of what the school offers in various courses and streams. Then the intramural directors will take the group and go through the following:

1. What is the structure of their intramural program? (Many grade 8's run their units in London).

2. This is the structure of our intramural unit at Clarke Road:

- 4 houses -- Jr. - Sr. Division
- times for activity
- philosophy of program -- fun and participation

3. What activities do you offer? Here is what we offer --

- Reasons:
- facilities
  - equipment
  - attitude of students \*KEY POINT

At this point the whole philosophy behind the feeder system comes out. "We want you at our school. We want you to help us run our intramural program and organize it at the Jr. level." If the student sees that he or she is welcome and necessary in a program or fun activity where everyone can achieve and enjoy; then your program and theirs will benefit.

You can offer suggestions for motivation, participation and organization to their grade 7 people who will influence their own program when in grade 8. The grade 8 people will become the leaders of the Jr. Division with their ideas for activity and fun before they get into the school.

The above will probably fill the first morning. Send the group back to their various schools with an organizational task for their job and importance has started that day.

They will divide their grade 7 and 8 groups into the four houses and return to the school the next week with the house lists. The lists are to be balanced by ability.

They are also to return with a list of suggested activity for the future fun in the fall.

The students returning to the school for the second session will know the numbers in their house, and possible activity for the houses. **THE ACTIVITY THEY LIKE IS THE ACTIVITY THEY WILL ORGANIZE.** Give the leaders responsibility of executive status in a house and make them responsible for four separate events that year. They must set the schedule, run play offs and supervise the event.

In this way the activity for the house league is planned and student run in the spring. Only activity the incoming groups want will be offered which will insure participation of the new group. The new group will advance in years and become (hopefully) an active senior division.

A final task will be the new grade 9 group hosting intramural tournaments for their previous elementary schools. In this way interest will grow in intramural programs in the elementary schools. With provided facilities of the Central high school, interest will grow also with former students showing their interest in a high school and elementary programs.

The reminder of the feeder system is the implementation of the plans of your future grade 9 students. They should have full support of the director and all the teachers.

The whole idea is to have students working for students in fun activity where everyone achieves or wins.

The course was well received by the students.

## FLOODING YOUR RINK

These suggestions were sent by Bob Zeisner from the University of Western Ontario.

The problems of ice time for hockey are common and well known. There is either a shortage of it, or a shortage of money to pay for it, or both. At Western we are considering a small change in scheduling techniques which may help. In the past, each of our games has been scheduled for one hour of ice time (two 20-minute halves plus warm-up time, plus flooding).

Next year, because we expect more teams and no more prime time ice reservations, we will save some time each game by reducing warm-up time and by flooding only every second game. The result will be that in five hours of prime time we will be able to schedule six games.

The following schedule will illustrate:

6:00 p.m. game  
6:45 p.m. game  
7:30 p.m. flood  
7:45 p.m. game  
8:30 p.m. game  
9:15 p.m. flood  
9:30 p.m. game  
10:15 p.m. game  
11:00 p.m. flood

The saving in time is significant -- for each extra game you can play in a given week, you can accommodate two extra teams in your program -- assuming a game a week per team.

This will work only --

- (a) if you have a long block of time (ideally you should have as we do, the 11:00 - 2:00 time slot also because no group is going to appreciate you using their time to flood)
- (b) the players accept the idea of playing some games on unflooded ice
- (c) you, your officials and the teams are willing to reduce administrative time and warm-up time (warm-up is the most important consideration here)
- (d) you have prime time (Our feeling at the moment is that after 11:00 p.m. we will allot one hour per game and increase playing time to 22-23 minutes per half. In effect, we are saying -- if you play before 11:00, you play regular 40-minute game and you stand a 50/50 chance of playing on unflooded ice. If you play after 11:00 you will have extra time for warm-up, a little extra playing time and you will play on flooded ice.)

We are not sure that it will work but we will give it a try!

## THIRD ANNUAL SFU INTRAMURALS CONFERENCE

Theme: How to Start an Intramurals Program

The 3rd Annual SFU Intramurals Conference was held on Tuesday, October 26, 1976, with 51 delegates attending (28 Elementary; 11 Secondary; 12 Post-Secondary).

Clinicians:

Elementary: Lawrence Vea (Glenayre Elem., Port Moody, B.C.)  
Roger Lindstrom (Lincoln Elementary, Port Coquitlam, B.C.)

Secondary: Sandy Fugger Rutland Jr. Sec., Rutland, B.C.  
Barry Kingsley Rutland Jr. Sec., Rutland, B.C.

Post-Secondary: Dr. Ian McGregor, Intramural Supervisor, SFU

The Conference was an outstanding success, as delegates left loaded with pearls of wisdom on how to set up an intramural program. The elementary and secondary sessions dealt exclusively with this problem, highlighting such areas as formation of an intramurals council, point system, publicity, etc. The post-secondary session consisted of an informal buzz session.

The Conference organizers plan to run next year's Conference, in October, 1977, with the same theme. At that time, they are hoping for a larger participation by non-P.E. delegates, an area of involvement which they feel is key to the success of intramurals in the schools.

### AMEY and HOPKINS LUXURY EXCURSIONS LTD.

invite you to travel with them in April to sunny Boston, Massachusetts to participate in the 1977 NIRSA conference, April 15th to 18th.

Interested intramural types can contact Mr. Amey at Mohawk College in Hamilton and Mr. Hopkins at the University of Waterloo in Waterloo to arrange tour details and luxury accommodations.

The Canadian Contingent will likely depart on Thursday, April 14th and return Monday, April 18th.

Room rates at the Hyatt Regency, Boston are as follows:

Single - \$26.00; Double - \$30.00; Triple \$40.00;  
Quadruple - \$50.00.

If you are interested in joining the tour, please contact Mr. Amey (416) - 389-4461 Ext. 272 or Mr. Hopkins (416) - 885-1211 Ext. 3532.

### Happenings

1. Mohawk College is holding a sportsarama late in March. Eight Colleges from Western and Central Ontario are involved and Intramural Participation is the keynote!
2. The rumored trip to Western Canada for June of 1977 has been shelved until 1978. Plans are now underway for this trip during the summer of '78.
3. The 7th Annual Student Conference is being held at Erindale College, Friday and Saturday, February 4th and 5th, 1977. More details in this issue.
4. The Annual B.C. Interior Intramurals Workshop will be held in Kelowna sometime in April 1977.

