



CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS-INTRAMUROS

Bulletin

Volume 4

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Number 4

CIRA EXECUTIVE MEETS IN TORONTO

The Bristol Place in Toronto was the site of the semi-annual CIRA Executive meetings during the first weekend in December.

In addition to the CIRA Executive, the National Conference Planning Committee was also in attendance. This committee has spent much time and effort in planning the First National Intramural Recreation Conference which will be held in Geneva Park, Orillia, Ontario, from April 23 to 25, 1979. The committee has arranged for interesting and informative speakers from across Canada to be keynote speakers during the conference. Discussions and presentations will be led by our colleagues who themselves have dynamic, successful programs in their own schools. Time has been set aside for activity sessions and the informal exchange of ideas.

The CIRA executive were impressed with the plans and organization of the planning committee and are looking forward to a very successful conference. Members of this committee are Marg Terrett, Doug Amey, Kent Smith, Sue Bolton, Greg Gavin and Sandy Henderson. If you have questions, please contact any of these people.

Norm Woods, Director - National Projects for PARTICIPaction, was on hand to show us some new ideas. T-shirts and posters will soon be available from PARTICIPaction. Each executive received a PARTICIPaction lapel pin. These pins will be on sale from PARTICIPaction for \$2.00. Write to PARTICIPaction, 80 Richmond St. W., Suite 805, Toronto, Ontario M5H 2A4.

Grant Waterman of Labatt Breweries of Canada Ltd. and Lube Koval, Programs Co-ordinator with Labatts Ontario Breweries, met with the executive to discuss Labatts financial support to CIRA. Grant was presented a charter membership certificate by CIRA President, Peter Hopkins.

Of course, there was a considerable amount of work done by the executive during the weekend. Committee reports were presented by the various chairpersons and recommendations were presented, discussed and voted on. Budgets for next year were discussed and revisions were suggested in some areas.

HI-LITES

- a resource list will be available early in the new year and sent to all CIRA members.
- The membership directory is presently being compiled and will soon be available to the members.
- Al Brawn is investigating the feasibility of a CIRA journal. Curriculum guidelines have been developed by Ian McGregor for Grade 12 and 13 students and post secondary institutions. He also has a set of guidelines for intramural conferences and workshops including a planning sequence. These materials will be available from the resource centre early in '79.

- the Bulletin will continue to be a bilingual publication and articles and ideas are welcome from anyone who would like to share them with our membership.
- a nominating procedure for elections of regional representatives and CIRA executive members is being finalized by Warren Campbell and Ian McGregor.
- Emil Hrenchuk has formulated a proposed code of operations for standing committees. These will act as guidelines for committee chairpersons. If anyone would like a copy of the minutes of the executive meetings, please contact the Secretary Treasurer, Mr. Dave Wilkie, Park View Education Center, 1485 King Street, Bridgewater, N.S. B4V 1C4.

QUELQUES FACONS DE RÉDUIRE LES VICTOIRES PAR DÉFAUT À L'INTÉRIEUR DE VOTRE PROGRAMME DE SPORTS INTRAMUROS

Présenté par: Peter Hopkins
Directeur des sports intramuros pour hommes
Université de Waterloo

Les victoires par défaut sont inévitables dans un programme de sports intramuros. Le défi lancé aux directeurs est de les réduire et si possible, de les éliminer complètement. Il n'y a rien dans les sports intramuros de plus décevant que d'avoir un club à une partie à laquelle plus ou moins tous les joueurs de l'équipe adverse abstiennent de se présenter. En plus du facteur coût ceci crée une piètre image pour le programme et cela pourrait être éliminé. Ce qui suit est un consortium d'idées qui ont été mises à l'épreuve à l'université de Waterloo pour conserver nos victoires par défaut en dessous de 5% et pourtant, tout en conservant le dynamisme du programme.

A. LES EQUIPES DE LA LIGUE

1. Des bonds de présence remboursables (coût suggéré \$10 - \$20 par session)
 - l'équipe en défaut perd 1/2 bond, 2 pertes sont équivalentes au bond en entier un plus d'être chassé de la ligue ou bien, une perte par défaut perd le bond et deux pertes l'équipe est chassée de la ligue.
2. Des frais d-inscription non-remboursables.
3. Avoir plusieurs niveaux de compétition à l'intérieur de la ligue. ex. niveau A,B,C,....
4. Avoir des horaires plus courts tout en maximisant le nombre des équipes prenant part aux finales ou si possible, toutes les équipes prendront part à ces finales.
5. Avoir une réunion des capitaines d'équipes de la ligue avant que chaque ligue commence à jouer et ce, avec présence obligatoire.

Options:

- (a) Si des équipes supplémentaires (de substitution) sont présentes aux réunions ils remplacent immédiatement les équipes absentes et l'équipe absente devient l'équipe de substitution (à noter: essayez ceci une fois et vous aurez une présence de 99.9% à vos réunions).
- (b) Ces équipes de substitutions (celles qui se sont fait remplacer au cours de la réunion de la ligue) peuvent revenir à l'intérieur de la ligue. Si l'une d'elles perd par défaut au cours des deux premières semaines l'équipe de substitution remplace automatiquement cette équipe et se verra assigner l'horaire ainsi que la fiche de pointage de l'équipe fautive.
A NOTER: Par rapport à mon expérience je considère ces procédures nécessaires parce que si une des équipes ne peut pas envoyer une personne pour une réunion de 40 minutes invariablement l'équipe est désorganisée et va perdre par défaut de toute façon donc, pour le bien de la majorité des équipes, c'est une des quelques demandes administratives qui fonctionne.
6. S'assurer que les formules d'inscription sont précises et complètes. Des formules d'inscription incomplètes sont l'indication d'une équipe peu organisée et qui peut facilement s'écrouler.
7. Laisser au moins 3 jours entre la réunion des capitaines et le début de l'horaire des parties pour que les capitaines des équipes aient le temps nécessaire pour communiquer les informations pertinentes à leurs joueurs.
8. Réduire la possibilité de joutes inégales en:
 - (a) tenant un tournoi pré-saison afin de déterminer les groupes A, B, ou C.
 - (b) vous servant d'une technique de semi-horaire (split schedule technique) ou le programmeur aura le pouvoir après 2 joutes de transférer les équipes entre les différents niveaux de ligues. Ex: Une faible équipe A contre la ligue B et une forte équipe B contre la ligue A et ce, tout en apportant leur fiche de pointage avec eux. Si une équipe est dans le mauvais niveau et qu'elle perde 90-5 au ballon-panier les joueurs perdront souvent par défaut parce qu'ils ne retirent pas une expérience positive de leur partie.
9. Réglementer le nombre minimum de participants. Allouer un nombre minimum de joueurs qu'une équipe doit posséder avant de débiter une joute (ex: Soccer 8 à 11, Drapeau 7 à 9, Ballon Panier 4 à 5). Il a toujours semblé être contraire à la philosophie des sports intramuros de voir que si une équipe possède 10 joueurs et qu'une autre en possède 11 qu'on ne puisse jouer avec une équipe plus faible numériquement. Une équipe doit donc jouer avec un nombre restreint de joueurs car il serait injuste de punir l'équipe dû à un nombre restreint de joueurs de re changes.

SUBMISSION OF ARTICLES

- The CIRA Bulletin is published monthly from September to April on the 15th of each month.
- Articles should be three to four pages, 8 1/2" x 11" typewritten sheets double spaced and it would be appreciated if both the English and French translations were included.
- Three (3) copies of articles should be received by the 15th of the preceding month for inclusion in the Bulletin.
- Send the material to Rick Turnbull, Editor CIRA Bulletin, Department of Physical Recreation and Athletics, Mount Allison University, Sackville, N.B. EOA 3C0

Pour la soumission d'articles

- La revue du CIRA est publiée le 15 de chaque mois, de Septembre à Avril.
- La longueur des articles doit être de 3 à 4 pages et doivent être tapés à la machine à écrire et ce à double interligne sur des feuilles de 8 1/2 x 11". Nous apprécions beaucoup si les versions Françaises et Anglaises étaient incluses.
- Trois (3) copies de l'article devraient être reçues pour le 15 du mois précédant la parution de l'article dans le bulletin.
- Envoyez les articles à Rick Turnbull, Editeur de la revue CIRA, Dept. of Physical Recreation and Athletics, Mount Allison University, Sackville, N.B. EOA 3C0

B. TOURNOIS

1. Frais d'admission remboursables.
2. Frais d'admission non-remboursables.
3. Après le dernier jour des inscriptions ayez une réunion à laquelle chaque participant d'épreuves individuelles ou un représentant de chaque équipe doit se présenter. Après avoir pris connaissance des personnes présentes, construisez votre horaire seulement en accord avec ceux qui sont présents et ceux qui ont pris des arrangements particuliers avec l'organisateur de votre tournoi. Les personnes absentes sont expulsées du tournoi. Lors de la réunion les inscriptions en retard sont acceptées pour remplir les places libres dans les différentes épreuves. Le jour des épreuves une inscription de dernière minute est toujours possible si un joueur inscrit ne se présente pas à l'épreuve. Bien que ces procédures soient peu orthodoxes elles permettent de réduire les pertes par défaut par plus de 30%. De plus, une plus grande liberté est allouée pour l'organisation générale du tournoi et cela a contribué à offrir une expérience plus positive pour les participants et les organisateurs.
Si vous avez d'autres façons originales de réduire les parties gagnées par défaut j'espère que vous nous les ferez partager pour le plus grand bien des sports intramuros.

"COUNTER ATTACK"

Everyone knows that a regular program of physical activity helps maintain the sound working order of the human body. But who does anything about it?

A new 20 minute film, "Counter Attack," suggests answers to this question which may surprise you.

The film features the work of Dr. Terence Kavanagh, of the Toronto Rehabilitation Centre, a pioneer in the use of endurance exercise for the treatment of heart attack victims. It shows how a number of such people improved their physical condition to a level which enabled them to enter a 26 mile marathon and do better than most people who have never had a major illness.

"Counter Attack" was produced by Sun Life Assurance Company of Canada for Participation, a non-profit organization devoted to making Canada more active.

The film may be borrowed, at no charge, by contacting any Sun Life agent or office.

Specifications: Time - 20 mins. 30 secs.

16 mm colour
sound film

EDITOR'S MESSAGE

The hectic fall period has slipped by us and we now find ourselves wondering how we managed to maintain our sanity — again!

Some programs have run well, others have failed miserably; but we are all looking forward to a break at Christmas time to collect ourselves and head into the winter term with renewed vitality and vigour.

While you are thinking about your fall programs and recollecting good things that have happened and ideas that have worked, take a minute and jot them down and send them to the Bulletin. Other people who read the Bulletin may find your approach new and interesting and perhaps the answer they have been looking for. Share your ideas with hundreds of intramural enthusiasts across the country.

The CIRA executive would like to wish each and everyone of you a very Merry Christmas and a Happy New Year. Have a safe holiday season!

Rick Turnbull
Editor



NEW IDEAS THAT WORK

Janet Murphy — Mimico High School

Intramural Activity Nights — Co-ed.

- 7-9 p.m. 1) Co-ed Volleyball tournament in the Gymnasium and a sock-hop (student disc jockey provides the music) in the Cafeteria.
- 2) Monte Carlo concept using activities instead of a real gambling theme in the booths that are set up in the Gym.

Claudette Lalonde — E.S. Belcourt

"Olympic Week." House competition in 5 different track and field activities where each home form has to register 8 participants. Thus 320 active participants plus some 20-30 organizers.

"Battle of the Sexes" — in basketball, gymnastics, tennis — 3 noon hours in the year where the gym is packed to see this.

Also, Intramurals run by Grade 13 students taking Phys. Ed. Gr. 13 course.

Carol Thomlinson — Aldershot High School

Intramural Archery ideas: 25¢ for 6 arrows — shooting at \$1. bill — if hit dollar, get to keep it.

Archery scrabble — 6 arrows, best work that can be made from letters hit.

Lisa Tafel — Western U. (Kings College)

Sno Golf Tournament — each team of 4 dresses up in different costumes and a course is laid out. Strokes are recorded by the caddy and tabulated at the end. Prizes are given to most original costume — most original team costume — best caddy — best individual score and best team score.

Snoball Football — Co-ed. Basically the same as regular football — touch — but played in the snow.

John Catterick — Central Algoma Secondary

Shot Contest.

1. Shoot a basketball for 2 minutes and score as many points as possible.
2. Must shoot from behind the line.
3. Get your own rebound.
4. Start at mid-court.
5. One timer hollers out every ½ minute.
6. One scorer at each end hollers out running totals for that shooter.
7. If tied after 2 minutes go another minute.

Norma Broadbear — Napanee District Secondary

Intramural Tri-School Meet. Invite two other schools for a day to my school to join our students in fun type games and activities plus some team sports. About 250 students are involved for the day. Emphasis is for non-school team members to participate. Only those who participate for a given time in Intramurals are invited.

Challenge of the Sexes. A week of activities devoted to male vs. female in fun type activities, some team sports, and individual sports. Usually in other weeks we play co-ed.

Alan Fairweather — University of Guelph

"Protest Committee"

Six-student committee made up of men's and women's intramural association members.

Hears all intramural protests and makes all decisions concerning discipline.

Meeting minutes are recorded in student newspaper and it is the most widely read section of the paper.

Manitoulin Secondary

Intramural Indoor Touch and Field Meet

Running events in halls — volleyball, basketball held in gymnasium at same time as track and field events.

R. Wolosyn — Forest Heights

We have had a lot of success running tournaments that last one day. For example, begin at 4:00 p.m. and continue until 9:30 in the evening when we declare a champion. These tournaments would involve one specific grade level at a time.

Fred Wannamaker — Sheridan College

Successful Program changes

Immediate gratification concerning intramural awards. In this case the award was T-shirts (a highly visible award) but I'm sure it would work for a large number of awards.

In past years all Intramural teams or individual winners were recognized and rewarded at a year-end Intramural Pub and Awards Night. This would even include winners of football or softball for fall activities four to seven months earlier.

Thus the excitement of the moment or the avenue to show their success to their peers was impeded. Secondly, any possible program publicity was wasted on an elite group late in the year.

This year all awards were made immediately at the conclusion of the event. This has helped the program in two ways. First, the students have a large portion of the school year to show or wear their awards before the student body. Secondly, it is free advertising wherever they wear the shirts and for those who require reward incentives (and they are numerous) it encourages their participation in future programs.

Indoor Soccer

A new sport for us. There wasn't any level of soccer being played from Varsity to pick-up. There was interest at the school but there were only enough players to form three teams. At the same time we were approached by community soccer groups wishing to use our facility for spring training.

By making their entry fee reasonable the two interest groups were merged to form a community and college Indoor soccer league, three student and three community. The league provided keen and equal competition for all parties involved. More important, this amalgamation was able to serve the needs of both the community and the college.

A final note: With the three community teams, Sheridan was invited and accepted entry into the community's summer league.

Team Sport Tie-Breakers

At a recent ball-hockey tournament at Durham College, all ties were interestingly and quickly resolved without using penalty shots or shots on goals.

The method was as follows:

1. For the first overtime period (2 minutes) both teams were playing a sudden death period at full strength.
2. At the end of two minutes, the time-keeper's whistle signalled that each team must remove one player and play another (2 min.) period.
3. This two minute whistle and resulting player deletion can continue until each team is down to one forward and one goal-keeper each.

This is the rough outline of the scheme. A number of alternative version in varying degrees of specificity can be drawn from this method of resolving ties.

Ed. Note: These ideas were taken from the report from the Intramural Directors Workshop in Geneva Park in April '78.

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Membership Dues

Membership Year	May 1 — April 30
Professional	\$ 10.00
Library	10.00
Student	5.00
Lifetime Membership	100.00

RECENT DEVELOPMENTS

- Universite de Moncton has a new Director of Recreation Services. He is Paul Boudreau, a former U de M student, and replaces Yvette Finn who has returned to educational pursuits.
- Al Brawn has recently developed three new evaluation instruments for the Calgary Boards of Education. They are instruments for the evaluation of intramural programs in (a) elementary, (b) junior high, and (c) senior high schools. Persons wishing copies should write to:
Mr. Don Williams
Supervisor of Physical Education
Calgary Board of Education
Education Centre Building
515 MacLeod Trail SE
Calgary, Alberta
- Nila Ipson, membership chairman of CIRA, reports that the CIRA membership list has just reached the 300 member plateau. Our initial goal for membership was 200 and it is certainly encouraging to see the overwhelming response to CIRA in its' first year.
- British Columbia has formed a provincial committee of CIRA and held excellent workshops each with increasing attendance. This regional association has been recognized by CIRA and it is hoped that more such associations will be formed in the future.
Congratulations to Dr. Ian McGregor and his colleagues for their time and effort in establishing the BCIRA.
- Michel Duguay is the President of the revamped Association Sportive Universitaire du Quebec (QUAA). The aim of the Association is to foster co-operation and participation among the members in order to contribute to the developments of the practice of physical activity. The Association has eleven divisions which will deal with physical activity from the intercollegiate level to the intramural, recreational and sport club level.
There are presently eleven Quebec universities in Association and this new approach appears to be a step in the right direction. Congratulations, Michel!
- The High School Student Intramural Conference in Ottawa drew over 200 delegates and was very successful.

CONFERENCES

- First National Canadian Intramural Recreation Association Conference, Geneva Park, Orillia, Ontario. Monday, April 23 to Wednesday, April 25, 1979.
- The 30th Annual NIRSA Conference will be held on April 7 to 11, 1979, in Atlanta, Georgia. Conference host is Frank Jernigan of Georgia State University.
- 1979 CAHPER Conference will be held in Winnipeg in June 1979. Conference chairman is Kas Vidruk, 1577 Wall Street E., Winnipeg, Manitoba R3E 2S5.



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MAY '79

