

CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS-INTRAMUROS

Volume 3

March 1978

Number 3

Dear Intramural Enthusiast:

This letter will introduce you to the newly organized Canadian Intramural Recreation Association. The C.I.R.A. is a national organization founded to promote the concept of mass involvement through intramural participation.

The Association's goals and objectives are to provide ways and means for practitioners to obtain new ideas, knowledge and assistance which can benefit them in developing and improving intramural and recreation programs in the educational systems at all levels; universities, colleges, secondary and elementary schools.

Annual regional workshops and national conferences are being planned and conducted to allow for personal interaction with other professionals in the field, to share ideas and concerns and to receive practical solutions to common problems.

Please find enclosed a complimentary copy of our Association News Bulletin for your perusal. This is just one of the services used to disseminate important information and one of the benefits of membership in the C.I.R.A.

You are hereby urged as a professional, to join the C.I.R.A. which provides for you, the following benefits:

- a) Many new ideas to enhance your program.
- b) List of available reference materials, resource persons, conferences and workshops.
- c) The opportunity to share your ideas through articles in the Bulletin.
- d) Synopsis of conference and workshop proceedings.
- e) Discounts on registration fees at C.I.R.A. subsidized conferences and workshops.

Kindly fill out the enclosed membership application form on the attached page and send it along with a cheque or money order to the address indicated.

The first one hundred applicants will be awarded a Charter Member certificate.

Sincerely

Nila Ipson

Nila M. Ipson
Membership Chairman

The President Reports

The following is an excerpt from a letter sent out by Peter Hopkins, President of CIRA after the semi-annual CIRA meetings held in Quebec City last November.



Dear Colleague:

In our first year our objectives were:

1. Formalize CIRA
2. Have Logo and Letterhead designed
3. Monthly publication of the Bulletin
4. Identify interested professionals
5. Notify affiliated groups of our existence: provincial, national and international
6. Explore the possibilities of
 - a) incorporation
 - b) federal assistance
 - c) corporate involvement
7. Assistance to and development of Regional workshops.

To date all but #5 has been accomplished. A letter to affiliated groups is on it's way.

As of our meeting in November, the following changes were made for 1978-79.

Objectives

1. Membership drive with a target of 200 members
2. To investigate the development of a Resource Centre
3. To assist and develop regional workshops
4. To encourage research in the field
5. To develop some promotional a-v material
6. To develop a syllabus for credit from credit courses in intramurals
7. Solicit corporate support
8. Increase Bulletin circulation to eight per year
9. Hold the first National Conference

Although these objectives appear ambitious, I firmly believe that we can and will accomplish them. Presently the membership committee should be working diligently preparing for the membership drive in March. All the support materials eg. holders, membership cards etc. have to be prepared. The Executive Committee in the meantime will be accomplishing the following:

1. Planning the Calgary agenda
2. Preparing the 1978-79 Budget
3. Making travel arrangements for Calgary
4. Outlining our concern over the second "Green" paper
5. Drafting the 1978-79 committee structure
6. Outlining criteria for CIRA support for workshops, conferences
7. Ensuring that our plans are on target.

Martin Hendy has officially resigned from his C.I.R.A. committee due to a new position with S.F.U.

Dr. Ian MacGregor, Director of Recreation, S.F.U., Burnaby, B.C., phone 604-291-4103, has been appointed to replace Martin for the interim period.

On behalf of everyone, we wish Martin and Ian our best wishes.

Sincerely,

Peter Hopkins,
President
CIRA

EDITORS COMMENTS

As you can see from page one and Peter's letter membership in CIRA is now available and is co-ordinated by Nila Ipson, Dalhousie University.

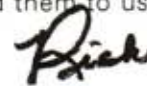
Persons who have previously submitted their five dollar subscription fee for the Intramural Bulletin can have this amount applied to their membership fee. If you have sent subscription money in recently please make a note of this when you send in your membership money.

If you have new ideas that you would like to share with other interested intramural persons, please jot them

down and send them to me for inclusion in the Bulletin. Articles about games, promotional ideas, new rules or new publications are welcome — please send them along.

As some of you will have noticed this publication has changed from a 'Newsletter' to a 'Bulletin'. This was done because the word bulletin is bilingual and we hope in the near future to publish the entire issue in both English and French.

If you have questions, comments or suggestions feel free to forward them to us at your convenience.



Rick Turnbull
Editor CIRA Bulletin



CIRA Semi Annual Executive Meeting — Nov. '77 — Quebec City

Left to Right

Warren Campbell, Al Brawn, Nila Ipson, Andre Belanger, Dave Wilke, Peter Hopkins, Dave Copp, Doug Amey, Michel Duguay, Emil Hrenchuk, and Martin Hendry. Missing is Rick Turnbull who was taking this photo.

This article was taken from CAHPER News, Vol. VI No. 4 March 1978.

BETTER CONDITION — BETTER GRADES

Dr. Roy Shephard at a recent American College of Sports Medicine meeting stated school teachers may find that the learning performance of their pupils actually improves if they have an adequate physical fitness program.

Dr. Shephard and colleagues from the University of Toronto studied primary school children at a rural school, Pont Rouge and a city school, Trois Rivieres, Quebec. One group had only one 40 minute exercise period a week while the other group had five extra hours of exercise, including swimming, cross country skiing and team sports. It was not surprising that the group who exercised were far more physically fit by testing. The surprise was that the children who exercised the five extra hours a week had better grades. Hopefully the habit of exercise and enjoying it will carry over into adult life, and with it, improved intellectual performance.

NEW IDEA — "QUICKIE SPIELS"

These are all night curling bonspiels. They start at midnight and run until 7:00 a.m. With 4 sheets of ice you can allow 16 teams to enter (4 pools of 4 teams). Each pool plays a round robin tournament and then a playoff.

Each team is charged a \$4.00 entry fee — a dollar per person. A photographer takes a picture of each team and each participant gets a team photo of their team. Cost of photography is \$100.00 and ice rental and clean up is paid by the Athletic Department. One of these "quickie spiels" is held each term.

This new idea was submitted by Diane Stinson, Coordinator of Campus Recreation at Mount Royal College, Calgary, Alberta.

A BOOK REVIEW

INTRAMURALS: A TEACHER'S GUIDE

Interest by teachers in intramural programs in both elementary and secondary schools has increased dramatically over the past four years. Much of this enthusiasm by teachers has been generated by a group of physical educators who initiated an intramurals sub-committee of the PEPSA to provide in-service support and to develop intramural information and materials for teachers in British Columbia. Two of the main coordinators of this group are Dr. Martin Hendy and Dr. Ian McGregor, recreation director and intramural director respectively at Simon Fraser University, authors of the Book Intramurals: A Teacher's Guide.

Teachers are always ready to pursue and implement an exciting program in education. Hence it is encouraging that today intramural programming is receiving an enthusiastic revival by teachers and students in both elementary and secondary schools. Certainly Martin Hendy and Ian McGregor have effectively augmented this renewed interest in intramurals by writing a concise, informative, and innovative text on intramural programming called *Intramurals: A Teacher's Guide*.

This is not a book of intramural game ideas. Rather the authors have directed their attention to the organizational and administrative concerns encountered when teachers are establishing or revamping an intramural program. The format used in reviewing these concerns is sequentially developed in a simple point form style.

Throughout the book Hendy and McGregor discuss various topics that are appropriate to any intramural program model regardless of its simplicity or sophistication. Topics vary from organizational concerns such as the design of the intramurals council and the units of competition to administrative concerns such as facilities, promotion, evaluation, safety and legal liability. An interesting section on finances "a lot for a little" illustrates how a large number of students may participate in various intramural activities at a very moderate cost. The text is full of such excellent ideas.

Underlying the administrative and organizational information in this book there is a most important philosophical concept: in essence "if sports are good for athletes then sports are good for everyone." Hendy and McGregor believe that no one should be excluded from intramurals. To emphasize this fact they describe many organizational procedures that ensure all students of all skill levels will be encouraged and attracted to participate in intramurals. For example, all committees are comprised of students except for a staff advisor. Team events are developed with an assurance that team equalization is a major concern. Handicapped students are to be considered as regular participants in events appropriate to them. All available "recreation time" during the school day is considered as appropriate time for intramurals. Awards are an intrinsic aspect of intramurals and "awards the means to an end not an end in themselves." Finally rules are encouraged to be modified to fit the spatial area, safety, grade or skill level. Many other program examples emphasize the need for all students to feel that rules and regulations are provided to encourage participation rather than eliminate the low skill level student.

Both Hendy and McGregor emphasize that their text is not the blueprint of a model intramural program. Rather the intramural components described in the book must be viewed as a guide for teachers and students who are looking to establish an intramural program or who are aiming to improve upon an existing program. My belief is that Hendy and McGregor have definitely succeeded in providing an almost endless list of practical yet imaginative organizational procedures.

Cost of the book is \$3.20 (including postage). This book plus another text, *Intramural Games* (\$2.25), may be purchased through the Recreation Department, c/o Dr. I. McGregor, Simon Fraser University, Burnaby, B.C.

The preceding review was submitted by Ian Andrews, Coordinator of Services and Resources, Simon Fraser University, Burnaby, B.C.

NEW AT THE UNIVERSITY OF MANITOBA

* COED UNDERWATER FOOTBALL *

After much experimentation with methods of play and different rules, the University of Manitoba Scuba Club introduced the game of underwater football to the University of Manitoba students.

Clinics are held prior to each scheduled period of play so that interested students may become familiar to the game sufficiently to play "Pick-up" games the same day.

The game is played in the deep end of the pool by two teams composed of five players per team one of whom must be a female. The condensed version of the rules are enclosed. A complete set of rules will be provided upon request.

- 1) The object of the game is to carry a rubber brick underwater and deposit it on the opposing team's side of the Pool. A Team consists of up to 13 players, only 5 of whom may be in the water at any one time. At least one player must be a female. Equipment worn consists of face mask, swim fins, and snorkle.
- 2) When play commences, the brick is at the center of the pool with both teams in the water at their respective ends of the pool. After a score, the players line up as before with possession of the brick being given to the scored upon team.
- 3) Players may tackle the brick carrier and attempt to steal away the brick, but they must release the brick carrier when he/she releases the brick. No other player may be tackled, but blocking is permitted.
- 4) Substitution of players is not allowed while the play is in motion.
- 5) Attempting to rip off an opponent's equipment, deliberate mask flooding, etc. is illegal, so is tackling by grasping the bathing suit, choke holds, and excessive rough play.
- 6) The brick may not be carried on the surface.
- 7) The brick may not be carried in the bathing suit.
- 8) No player may hold on to the side of the pool so as to affect the play with the exception of the brick carrier.
- 9) Passing of the brick is permitted (underwater).
- 10) A player must be within arms length of the side of the pool in order to score.
- 11) A player may not surface and throw the brick out of the water.
- 12) Players should not wear rings, watches, or other sharp objects.
- 13) Penalties are provided for infractions. See detailed Rules for further information.

The preceding article was submitted by Emil Hrenchuck, Intramural Director at the University of Manitoba.

MARITIME INTRAMURAL WORKSHOP I

Friday, June 2; Saturday, June 3; Sunday, June 4, 1978
To be held at Mount Allison University, Sackville, New Brunswick

Theme: "We've Only Just Begun"

The workshop will include:

Panel Discussion — A prominent elementary school superintendent, high school principal, high school P.E. department head, university athletic director will present views on intramural sports. A question and answer period will be included.

Group Level Discussions — will provide time to examine problems specific to elementary school, high school, college, and university.

Slide Shows and Presentations — will offer ideas for activities, promotion, financing, philosophy, and organizing programs.

Activity Time — will allow for sharing of successful intramural activities and recreation time for all participants.

Spouses and Childrens Programs — will provide tours, crafts, games, and instruction for families who accompany workshop participants.

Time will be set aside for participants to informally exchange ideas, discuss programs and problems.

Accommodation and meals will be available at Mount Allison.

Interested persons may contact the following persons for further information:

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