



ontario intramural recreation association

NEWSLETTER

Vol. 2. No. 1

December, 1981.

ARE YOU BILINGUAL?

If you would like to be part of a national committee on Bilingualism, C.I.R.A. needs you. Our national voice - the Bulletin - is produced in French and English and C.I.R.A. members are needed to help translate. If you have this special talent and want to help promote intramurals in Canada, contact the undersigned today.

Brian Cressman
c/o Waterloo Collegiate Institute
300 Hazel St., Waterloo, Ontario N2L 3P2
(519)-884-9590

STUDENT CONFERENCES

1. 12th Annual Post Secondary Intramural Conference

- February 19, 20, 1982 at Mohawk College
- theme: UNPACK YOUR BAGS AND JOIN US
- conference chairperson is Kerrie Webster
- for more information write to:

Athletic Department
Mohawk College
P.O. Box 2034, Hamilton, Ontario L8N 3T2

2. Ontario High School Intramural Conference

- March 5, 6, 1982 at York University
- theme: ACTIONS SPEAK LOUDER THAN WORDS
- being held in co-operation with C.W. Jeffries Secondary School.
- get your application in early since this conference fills each year.
- for more information, write to:

Meg Innes,
Recreation Department
York University, 4700 Keele St., Downsview, Ont.
M3J 1P3

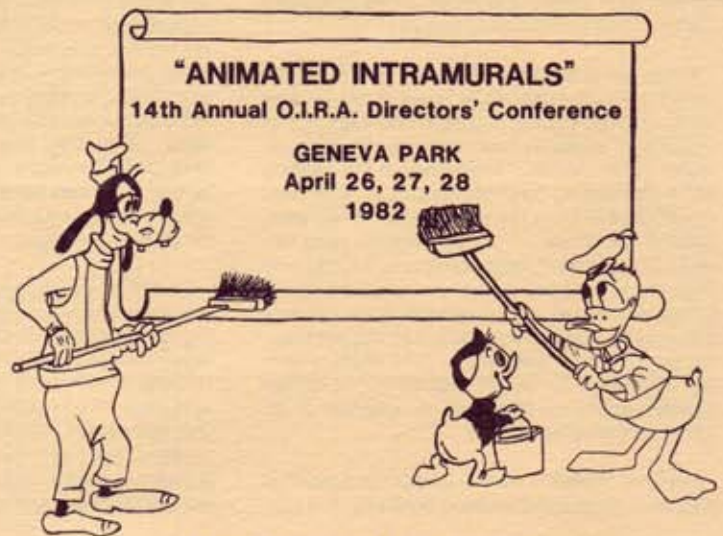
DO YOU KNOW WHERE THEY ARE?

The following people are paid up members of C.I.R.A. but their correct addresses are unknown. If you know where they are, please write to Rick Turnbull, 1074 Pinewood Place, KINGSTON, Ontario K7P 1L1, indicating their correct address.

Denise Boinssonneault, Paul Renwick, Gary Walker

EDITOR'S NOTE

At the Annual General Meeting of OIRA, held at Geneva Park, a resolution to approve the blue OIRA logo was adopted. Since the logo appears in the letterhead of this newsletter, all future editions will have the new design incorporated into the newsletter. A graphic arts student from Sheridan College has submitted three possibilities for the new design. All are well done, and one will be selected for the next issue.



INTRAMURALS AT ITS BEST!

- innovative games
- sharing of ideas
- guest speaker
- major and mini-sessions
- social events
- swap night
- workshops
- new ideas

CONFERENCE FEE:
before March 14
CIRA members \$130.00
non-members \$140.00
after March 14 \$ 10.00 extra

FURTHER DETAILS
call Fred Wannamaker
Sheridan College
P.O. Box 7500
(416) 459-7533

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PHILOSOPHY AND OBJECTIVES FOR AN ELEMENTARY SCHOOL INTRAMURAL ATHLETIC PROGRAM

Presented by Roberta (Bobbie) Cote York University

Upon entering university, I was introduced to an intramural athletic program. Up until this time, I had never encountered such a program in my education and after witnessing the many rewards and benefits that intramural athletics had to offer, I felt that I had been denied a very valuable educational experience in my early developmental years as a student. My purpose in promoting the establishment of an intramural athletic program, at the elementary school level, is to ensure that future students will be allowed to experience opportunities for effective growth and development at a much earlier age.

I would like to begin my discussion of the various opportunities offered by an elementary school intramural program, by stating the overall aim of any intramural program. This being, maximum participation for everyone. If one believes in equal opportunity in life then it should follow that "all persons should have full and equal opportunity for a competitive sport experience, if that is what they desire". The concept of intramurals offers such opportunity in that each individual, regardless of skill and/or ability, is encouraged to participate in a wide variety of sports depending upon where his or her interests lie. It is my belief that if we can introduce students to a wider variety of sports at an earlier age then they will be more apt to discover a particular area of interest which can be developed throughout their education and which they can carry with them into their adult life. "The student needs the opportunity to develop a skill to the point where it will somewhat guarantee participation for the rest of one's life".

It may be argued that students who are interested in pursuing a sport may do so by way of the interscholastic program, however, not all interested students have the athletic ability to make these teams. "The needs of the majority for a stimulating form of recreation (sport) are overlooked in favour of offering interschool competition for a few". It has become quite obvious through the success of intramural programs that a lack of ability does not necessarily mean a lack of interest. "The amateur does not love the activity any more or less than the semiprofessional or professional". The amateur simply requires a means of expressing his or her interest and such a means is provided in an intramural program.

It is part of man's nature to involve himself in play and since sport evolved from play it is rea-

sonable to assume that it would not be too difficult a task to interest students in sports. The task becomes more difficult when we require students to work at their sport and this is where many students begin to lose interest. "When the leaders of a group desire to enhance the natural characteristics of that group, they may elect to promote sport, particularly if the playful characteristics of sport can be preserved". At the intramural level, a student is allowed to play or work at his or her sport depending on his or her own inclination.

If we can encourage students to remain involved in sports by allowing them to move at their own individual pace then we can insure for a more physically fit society. Whether they want to or not, students who participate in sports are exercising their bodies and exercise is one aspect of physical fitness. "Exercise develops the muscles of the body and produces a healthy, balanced posture. The increased activity of the heart and lungs serves to eliminate waste products of the body and to hasten the assimilation of food energy into the body tissues". Quite often due to the fun element involved in intramural sports, students do not realize that they are becoming physically fit. Once they begin to experience this aspect of physical fitness it is hoped that they will become more involved in total fitness and a positive attitude toward fitness will be developed for the present as well as the future. "The elementary and junior high school period is the most opportune time to develop not only activity skills, but also desirable attitudes of the need for participation in physical recreation activities". It is my belief that an early introduction into an intramural program would tend to move the majority of society away from the sedentary toward greater physical fitness. This is far more favorable than our current situation where the majority of society is at the sedentary level, some are in good physical condition and a few elite athletes are in superior physical condition.


As well as developing healthy attitudes toward fitness, an intramural program can promote healthy attitudes toward life, especially at the adolescent level where these young people are beginning to formulate their own individual value systems. "Participation in sports activities takes the individual's mind off himself or herself and focuses it on outside, interesting objects, and thereby combats tendencies to become moody, too introspective and too introverted". Attitudes

regarding fair play, sportsmanlike conduct, a true spirit of competition, etc., all help to foster the socialization process. "Participants receive a real experience in group living which is valuable for "getting along" in the numerous social involvements of everyday living".

A very important benefit of intramurals is that it allows students to participate at the administrative level of their sports program. "Intramural departments are generally ideally suited to give students numerous opportunities to develop skills of leadership and responsibility". If students are introduced to the administrative aspects of intramurals at the elementary school level, it is hoped that the wealth of experience that they receive throughout their education will better prepare them for leadership and roles of responsibility in their later life. With such training behind them, perhaps more individuals would be more willing to take an active part in influencing decisions which will affect both themselves as individuals and society as a whole thus allowing for a less apathetic society.

There is room within elementary school intramural program for a wide variety of philosophies to be demonstrated, however, if I were forced to choose a single philosophy which best described my own personal view of such a program, it would be utilitarianism. This being, "to promote the greatest happiness for the greatest number of people in the community". The many other objectives which I would like to see incorporated into an elementary school intramural program are as follows:

1. That all students be given equal opportunities to participate in any sport which interests them.
2. That the natural tendency toward playing a sport for the sheer enjoyment of it be encouraged at all times.
3. That an emphasis be placed on a better understanding of physical fitness and that its attainment can be an enjoyable experience.
4. That positive humanistic attitudes be fostered toward sport as well as other areas of life.
5. That each individual be encouraged and given the opportunity to socially interact with his or her fellow students.
6. That each student be encouraged to become involved at an administrative level of the program thereby developing leadership and responsibility qualities.

 **OIRA** *ontario intramural recreation association*