



ontario intramural recreation association

NEWSLETTER

Vol. 1 No. 2

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Post Secondary Student Conference Huge Success



Matt Wever, Conference Chairman, chats with Peter Hopkins at the 11th Annual Post Secondary Conference in Waterloo.

The 11th Annual Conference, hosted by the University of Waterloo on Feb. 20 and 21, 1981, was a huge success. The Conference began with a spirited speech given by Dr. Ian McGregor outlining the theme of "Everything you wanted to know about Intramurals but were not afraid to ask". The 125 delegates from colleges and universities across Canada were exposed to topics that ranged from "What Are Intramurals?" to "What is the future of Intramurals?" The enthusiasm was so great this year that Mohawk College



Mary Wilson (University of Toronto) displays her excitement at the Waterloo Motor Inn. Gary Lamcko (Labatt's Rep) and Matt Wever look on.

agreed to host the Conference next year, while University of Toronto is making plans to accommodate the Conference in 1983. The success of the Conference is due to the hard work and tenacious efforts of Matt Wever, Angie Bowers, David Soo and Chris Thomas. A special thanks is given

to (C.I.R.A.) Canadian Intramural Recreation Association, (O.I.R.A.) Ontario Intramural Recreation Association, Labatt's Breweries Limited and Coyle and Greer Awards for their support.

David Prokop
Conference Publicity Chairperson

Meet The O.I.R.A. Executive

Behind every successful event you will always find hard-working, dedicated individuals. The annual Intramural Conference at Geneva Park is no exception. Since last May, the OIRA Executive have been busy making preparations for this year's conference SPIRIT OF 81, to be held on April 27, 28, 29, 1981.

The members of the executive come from all parts of Ontario and from all levels of education. Their chairman, John Catterick, is head of P.E. at Central Algoma Secondary School near Sault Ste. Marie and said "my job is relatively easy when working with excellent people." Fred Wannamaker is the Director of Intramurals at Sheridan College (Brampton Campus) and is the treasurer for the OIRA executive. He is also in charge of registration and proceedings. Sue Walker is a physical education teacher at McArthur High School in Ottawa. Sue is responsible for contacting speakers from secondary schools and also for the conference evaluation. Meg Innes is from York University and is one of the two new members of the executive. She is contacting the post secondary school speakers and is in charge of all the audio-visual needs, sponsors and door prizes as well as student volunteers. Dave Lane, from Sunnyside Senior Public School in Kitchener is the other new member of the committee and is looking after the entertainment and also the speakers from the elementary panel. John Gotziaman is from Loyalist College in Belleville and will be running a spirit program based on the



The OIRA Executive met recently in Toronto at Ryerson Polytechnical Institute. They are Dave Lane, Sue Walker, John Catterick (Chairman), Jean Kennedy, John Gotziaman, and Fred Wannamaker. Missing is Meg Innes.

House System and is also working on major sponsors for the proceedings. Jean Kennedy, last year's chairperson, is the Intramural Director at Ryerson in Toronto and also the CIRA Regional Director for Ontario. Jean's experience and sense of humor will help to make SPIRIT OF 81 the best Intramural Conference yet.

In addition to planning the annual conference, the OIRA executive also assists in running student workshops and conferences, as well as providing resource material.

Intramural Games Booklet

The Waterloo County Board of Education's Physical Education Department has come up with a very simple idea for its more than one hundred Physical Education teachers.

They have asked each Senior and Secondary School P.E. teacher to share one intramural game.

Each activity includes the name, the number of participants, the equipment needed, the rules, scoring and variations.

For more information, contact P.E. consultants Don McKee or Linda Ness at Corporation Square, Kitchener, Ontario (519-742-1751).

This Newsletter is sponsored by Labatt's Ontario Breweries



Indoor Hockey

Observations by Kathy Broderick,
C.W.H.A. Assistant Coach

The Game

Indoor Hockey is a fast and exciting game. The rapid changes from attack to defence, the large number of goals that are scored, the speed and the high level of skill make it an excellent game for both players and spectators. My observations would suggest that in Canada the game of Indoor Hockey should be started NOW and at all levels i.e. Schools, Clubs, Universities and at the Provincial and National levels. It is a natural recreational and competitive sport for Canadians when one considers that athletes in this country are unable to play Outdoor Hockey for seven months of the year. Furthermore, the tactics in Indoor Hockey are very similar to games such as Ice Hockey and Basketball with which Canadians are very familiar and therefore the game can be instituted for its own sake or it can serve as excellent preparation for the Outdoor game.

Indoor Hockey is played extensively at the school, club and National level in Britain and the Continent. In Europe the Indoor Hockey season commences in November and continues to the end of February. During this period no organized Outdoor Hockey is played until the Indoor season culminates in the Club Championships and European National Team Championships.

FACILITIES

Indoor Hockey is best played on a wooden surface 36 to 44 metres long and 18 to 22 metres wide. Every school gym in Canada would definitely be suitable for playing Indoor Hockey. Ideally, the sideline boundaries should consist of boards 10 cm by 10 cm by 9 cm. However, with improvisation, walls and benches can be used as side boards. The important factor is that the use of the boards is an integral part of the tactics used in the Indoor Game.

Authorities in Canada must be convinced that the Indoor ball, the Indoor stick and the Indoor techniques are not harmful to the wooden floor surfaces. The ironic thing is that Indoor Hockey development in Holland is limited by a lack of gymnasia while in Canada such facilities are abundant but in many cases are not allowed to be used for Indoor Hockey. This decision in most instances stems from a lack of understanding of the game. To overcome this lack of knowledge, Indoor and Outdoor Hockey enthusiasts must educate and convince authorities that the game is not injurious to the facilities.

EQUIPMENT

To promote Indoor Hockey, the proper equipment must be used. The Indoor ball is plastic and usually either yellow or orange. The Indoor stick is lighter and has a shorter, square head. The Goalkeeper should be well protected with a face mask, pads, indoor kickers (i.e. no sole), elbow pads, and gloves. Information regarding the purchase of equipment may be obtained from: Ontario Women's Field Hockey Assoc., 160 Vanderhoof Avenue, Toronto, Ontario M4G 4B8

RULES

Indoor Hockey is a game with its own set of rules. The techniques and tactics used reflect these rules and are distinctly different from the outdoor game. It is essential to follow the rules as outlined in the publication Indoor Hockey Rules, to ensure the optimum development of the game in Canada. This publication can be obtained from: Ontario Women's Field Hockey Assoc., 160 Vanderhoof Avenue, Toronto, Ontario M4G 4B8

Indoor Hockey provides the player with an opportunity to develop a high level of personal skills. The game has a complementary effect on the player's footwork, stickwork, hand eye coordination, ball control, accuracy of passing mobility

of movement and fitness. The speed of the game and the tactics which are incorporated require that the player learns to concentrate, to read the game and to react quickly to changing situations. As was mentioned before, the above attributes of the Indoor game prepares the player for Outdoor Hockey as well as being an exciting game in its own right.

JUNIOR DEVELOPMENT

Indoor Hockey is a superb vehicle for Junior Development. It provides an excellent opportunity for young players to learn the basic techniques of the game of hockey on a smooth surface. Mistakes created by poor ball control and inaccurate passes are exaggerated and therefore quickly identified and corrected. Technical success is achieved much sooner and the young player can be introduced to the tactical concepts immediately, thus developing an overall understanding of the game.

REFERENCES

An excellent book, which describes the techniques and tactics of Indoor Hockey, is "INDOOR

Where Have All The Leaders Gone?

Marg Terrett, Cairine Wilson
Secondary School, Ottawa, Ontario
(Presented at the CIRA II Conference in Banff, Alberta.)

Only a few short months ago the media was asking this very question about our country. I am concerned with a much smaller community and I am asking the same question. Student leaders are the backbone of any school organization, be it Student Government, Athletics, or Yearbook. Too often we depend on "Natural Leaders" to emerge and to administer our programs. Schools must begin to offer courses to develop the skills and the confidence of their leaders to insure successful organizations. The spirit of any school community is dependent on the activities offered. They develop commitment and pride which has far reaching effects on the whole school society.

My particular concern is the Intramural program which can provide leadership opportunities for a large number of students. Regardless of these students, better direction of the program results from some formal leadership training. This preparation can be offered in session after school, during retreats, or by personal contact with individuals within the program.

Getting started is the problem. There is so much to do. However, unless you want to work a 900 hour week, start small and progress to a week long program. Select a small group of candidates, and try a one or two day session. Once you establish a small core of competent leaders, then move to more ambitious workshops.

In the past, I have worked with a variety of formats. A "Convenor in Training" course was run twice weekly by the senior students to help new convenors understand our organizational structure and to give them the confidence to run a sport well. We also had weekend retreats which provided an opportunity for students to plan and coordinate their programs. This helped create an overall picture of the activities and prevented duplication. Division of labour resulted and each group knew what interests were their responsibility.

The most successful Leadership Training experience was a five day retreat during which discussions were held on both theoretical and practical skills. Time was allotted to organize activities and to evaluate the use they had made of their new skills. At the end of the session, we brought back to school a well planned yearly program that the students felt was their work and that they were strongly committed to.

This year, at a new school, I am back at square one again. In the Spring I will be working with thirty students from the Intramural and Student

HOCKEY", by John Cadman and W. Van Heumen. This book may be obtained from the: Ontario Women's Field Hockey Assoc., 160 Vanderhoof Avenue, Toronto, Ontario M4G 4B8

THE FUTURE

The predictions for Indoor Hockey in Canada in the 1980's:

- 1) Recreational and competitive leagues for Juniors and Seniors in each province.
- 2) Provincial School Girls Tournaments
- 3) Provincial Club Tournaments
- 4) Junior National Indoor Championships
- 5) Senior National Indoor Championships
- 6) University Indoor Championships
- 7) International Indoor Championships

Government Programs in an attempt to build a strong core of leaders. Cairine Wilson is a rural school with many students involved in agricultural operations. I must help them realize that time and effort spent working towards a vibrant school community is a worthwhile endeavour. For my part, I am planning to conduct a two day, in school, seminar.

The proposed course outline is as follows:

1. A discussion of the purpose and objectives of our workshops.
2. A "Getting To Know You" session to help the students feel comfortable within the group.
3. A discussion of Leadership Styles.
4. A practical session on organizational skills and procedures.
5. The role of committees and the duties of their chairman.
6. Objective setting for the following year.
7. Event scheduling for next year.
8. Wrap-up and evaluation of our workshop.

There are many other possibilities that could be considered: perception and trust, team building, running a meeting, communication. The topics are endless.

The students for the seminar will be selected by the staff involved in the various programs. An application stating the objectives of the course and a statement indicating that some involvement in the school program is expected in return for the privilege of taking the course, will be given to each candidate. Guest speakers for our session will include former students who have been Student Council Presidents or who have been involved in Intramural programs. They will be able to share first hand experiences from their term of office.

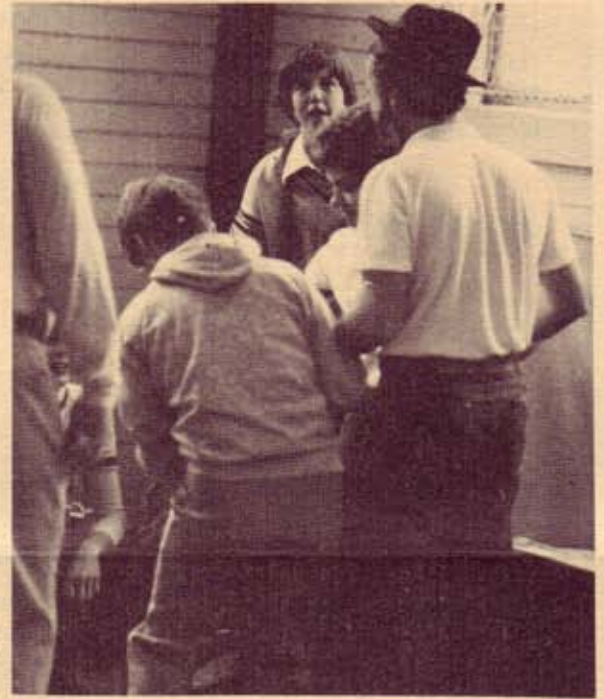
Course Leaders need to have an interest in leadership development but not special training. Every Board of Education has experts in the field who are delighted to offer assistance. How to start? 1) Isolate a few objectives, 2) Design a course that fits the needs of your school, 3) Plan a practical program, 4) Begin. Each year sessions will improve. Your keenness and sincerity will go a long way towards developing a team of leaders who can have a beneficial influence on the entire scholastic community.

Where have all the Leaders gone? Most of them have been passed by. We missed them. Educators have a responsibility to give students life-time skills. Why not be a pioneer in the area of Student Leadership Training?

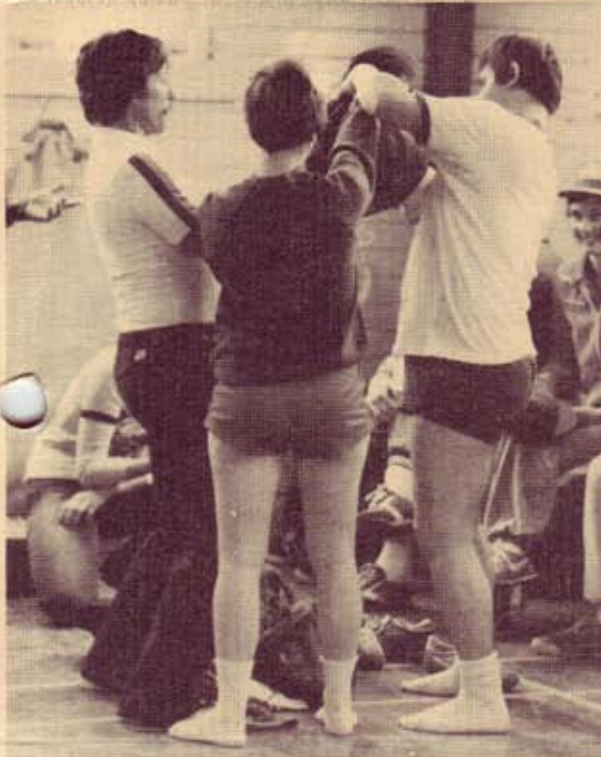
Remember "INPUT '80"? (April 28, 29, 30, 1980)



The "Rat Patrol" looking for moose.



All right you guys,
stop looking at my
legs.



Intramural people are always ready to give a helping hand ...
or shoe!



"Psst! Do you find this new style of chair a bit uncomfortable?"



"I'll hug you George, if it's the last thing I do!"



"No wonder my ant is behind, he's limping!"

SPIRIT 81 — THE INTRAMURAL CONFERENCE
April 27, 28, 29, 1981
Geneva Park Centre, Orillia, Ontario

We all have ideas to share for intramurals and we all can use a few new ones. SPIRIT 81 is an intramural conference that stresses sharing of ideas for the betterment of intramurals. Throughout the conference you will be a part of a model house system.

DISCUSSION GROUPS: Exchange of information on: - adaptive and inventive games
- leadership development
- promotion

MAJOR & MINI SESSIONS: At major sessions you will hear an in-depth presentation on topics such as:
- putting life in your program
- co-operative activity planning
- 56 ways to mess up a presentation
- decentralized intramurals
- to heck with intramurals
- house system - initiating and organizing

At mini sessions, you will be bombarded for 15 minutes with thoughts on a wide spectrum of topics. During each session, participants are given a choice of 3 or 4 topics.

REGISTRATION: If you are interested in attending, send your name, address, postal code, home and business phone numbers and your registration fee to Fred Wannamaker, Sheridan College, P.O. Box 7500, McLaughlin Road, BRAMPTON, Ontario, L6V 1G6. Fred's phone number is (416) 459-7533, Ext. 250, if you have any enquiries. Only the first 125 applications will be assured acceptance.

CONFERENCE FEE: (includes all meals, accommodation, and proceedings)
before March 14 CIRA members \$130.00
non-members \$140.00
after March 14 \$ 10.00 extra

Make cheque payable to: **ONTARIO INTRAMURAL RECREATION ASSOCIATION**
(no refunds given after March 15; no post-dated cheques for after March 15)

SWAP NIGHT has been arranged for you to exchange any number of memento of your school for others — T-shirts, hats, buttons, pins, pencils, crests, mugs.

SOCIALS will include Penny Carnival, Square Dance, 50's Dance. Organizational plans will be available.

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