

NEWSLETTER

All The Mistakes I Made My First Year As Intramural Director

by Peter Murray - Immaculata High School, Ottawa — presented at Geneva Park (April 1982)

I am not entirely certain that the mistakes I made were new; I'm almost convinced that some of them must have happened to someone, sometime, someplace. But when they happen to you, they seem new and perhaps too much to handle. To evaluate more clearly my role in the past year's events and, perhaps, to help you avoid some of the same errors...

"Bless me OIRA for I have sinned..."

SIN #1— Accepting the Job!

Does one ever really volunteer for the job of intramural director? This was my first full-time teaching position and it never hurts to let the boss know how eager you are to fill up your "spare" time doing little things around the school.

There were a few details that seemed to complicate my first year as intramural director--I had new preps, I was scheduled to coach two interscholastic teams and, perhaps most importantly, I was alone.

BUT JUST WAIT! I have come to believe that being intramural director is a two-person operation. In the event that an assistant cannot be recruited, time consideration should be given in the teacher's timetable. Also to make the work easier, keep records! Keep details of everything! It will help you to save time and energy next year. If you have the chance, tap the brains of the person who had the job last year. Ask questions--you'll be surprised by some of the answers. And just wait until *next year*.

SIN #2—Lack of Organization

It is amazing how people take things for granted. "Didn't you know that the Student Athletic Association is *always* in charge of...?" More than once I found myself on the wrong end of a deadline because I was not aware that an an-

nual event was just around the corner and any hope of planning went out the window.

BUT JUST WAIT! Next year will begin with a calendar of events. The whole school year will be mapped out. We'll know well ahead of time what's coming up. Everything will follow a strict schedule.

SIN #3— Overestimating and Underestimating the Student Executives

First mistake: The student executives had been involved in intramurals for much longer than I. Therefore, I tended to trust them to remind me of deadlines, etc. I soon discovered that kids are kids and despite their good intentions I was the one who had to initiate action and then keep the ball rolling.

Mistake number two: What I did underestimate was their hunger for power. They reasoned that since they were elected representatives of the student body--they made the decisions. I soon faced the question: Is this a democracy or a dictatorship? **BUT JUST WAIT!** Next year I'll know that it is important to let your students grow and make mistakes and sometimes take the blame for those messed-up results. But you owe it to them to give them the benefit of your advanced age and wisdom. The trick is to get them to do things your way but make them think it was their idea.

SIN #4—Forgetting About the Administration

Any employer wants to think that the employee can work responsibly on his own with little direction and supervision. Most are quite content to let the ball roll without their input. However, there are those times when the boss wants to know what's going on. These are generally the times when you least expect it.

BUT JUST WAIT! The trick to deciding when to confide in your employer comes from one basic principle: Your employer is responsible for everything that goes on in the school. If you keep that in mind you can understand why he must be kept up to date on any intramural or extra-curricular activities. Rather than pester the principal each time I have a question or want to make a change, I have learned to go through the ranks. My department head and the vice-principal are great sounding boards for questions and ideas. They can tell me how a project will be accepted by the principal, hence saving the boss's time and my reputation as a bright thinker.

SIN #5--Trying to Break with Tradition

Actually, I was quite eager to take over the intramurals. I was full of ideas. This would change! That would be better! But, alas, old habits are hard to break. If intramural volleyball had been scheduled for after Christmas exams for years, it would continue to be scheduled after Christmas exams. The students, surprisingly enough, were the least receptive to change. "But we've always done it like this", was a common cry when I suggested a change.

BUT JUST WAIT! Bring in your new ideas but don't let the kids know that they're yours. Tell them you got them at a conference or workshop or out of a book. That lends more credibility to the idea. Or better still, make them think the idea is their's. Solicit ideas from the students about how to improve an already fantastic programme of theirs. Then offer suggestions as to changes that will eventually bring their "idea" closer to yours. Cont. page 2

TRY IT! YOU'LL LIKE IT!

by Vicki Ness, Forest Heights Collegiate, Kitchener

Take one hundred and thirty enthusiastic students, twenty staff sponsors and four schools eager to share their new games. Add nine talented speakers anxious to share and lend a hand. Mix in a facility large enough to accommodate the action, noise, spirit and enthusiasm and you have a successful recipe to "pep up your time". For perfect results, add a dash of Headmasters' support, a pinch of organization and a spoonfull of dollars and cents.

Actually it's not an edible treat. It's an activity treat organized annually, by the Waterloo County Physical and Health Professional Development Committee, for students and staff who are or will be involved in intramural programs. Viewed by the students as "the highlight of the year", the Conference is organized to promote intramurals in Waterloo County schools, expose students to new ideas, allow schools to share concerns and solutions regarding intramural programs and generally to generate an enthusiasm and appreciation for intramurals. Students attending the conference participate in various activities and workshop sessions throughout the day. Staff sponsors from each school select the delegates from grades nine to thir-

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SIN #6—Getting Upset

It took a while but I finally worked out all my problems with sins one through five. I was organized, I was rolling. And then little bugs would show up in my programme. The schedule for the month was all set up—a snow day, there goes tonight's games. Let's organize something in the arena—"What? It burned down? Everything goes wrong."

BUT JUST WAIT! I will no longer take interruptions in my well organized schedule personally. If tonight's game gets preempted, we'll re-schedule and re-schedule it again if necessary. Just relax, let it flow.

SIN #7—Speaking at OIRA

I must be crazy. I'm a first-timer at the conference. It's my first experience with intramurals. What am I going to say in front of a group of strangers?

BUT JUST WAIT! Involvement is what we're preaching. So what's wrong with a first-timer getting involved? It might even be fun. And just wait—guess who will be up here in my place next year.

teen. Each school is encouraged to select a minimum of four delegates but many request space for and actually send as few as eight and as many as thirteen. Several staff regard the opportunity to attend the conferences as a reward for those students who have acted as leaders and as a motivator for the new leaders in intramurals. To give you some ideas of what the Conference offers, I will attempt to briefly outline the format of this year's program.

To start the day off we had new games presented by four schools. (These presentations are usually voluntary.) The students of these four schools had to present their game and then lead the rest of the delegates through the procedure. It's a great way to get everyone going. Teams are organized prior to the conference by a colour coding system. This ensures that students are able to meet new people and make new contacts.

This section of the program moved right into a one-man show by Warren Campbell, Co-ordinator of Physical Education for the Scarborough Board of Ed. His activity was Tossology (certainly not a new form of entertainment for those who know Warren). At the end of this session, all one hundred and thirty delegates could juggle themselves out of or into any situation. Next on the somewhat packed agenda was lunch. Ah, a break! But a practical one! Each school was paired with another and directed to spend at least part of their "munching" time trying to conquer the trials and tribulations of running a successful intramural program.

The afternoon featured the following presentations:

Leadership Styles, Innovative Rewards, How to Run an Effective Meeting, Organizational Styles, Publicity, Motivation, Team Building, Intramural Checklist and Teacher Torture Week (an amazingly popular choice!). These sessions were arranged in blocks of three to enable each student to choose three sessions from which he or she would benefit most.

The grand finale was mass participation in a Lollipop Olympics, an activity organized and presented by Mrs. Joyce Hopkins, well known to those who are involved in the intramural circle.

This year we were very fortunate to have a wide range of presentors - staff from the elementary panel, Physical Education Directors, A physical Education Consultant, a Special Education Consultant, Superintendent and staff who are active in school intramurals. Participating students felt that the sessions were well organized, that intramurals must be special to involve the calibre of people presenting and sharing ideas and experiences and that the day was worthwhile, practical and really needed and appreciated.

Already we're at the mixing bowl planning for next year. We think we'll name the treat for '83 "Jump, Jive and Stay Alive"! Our big task now is to create the successful ingredients!

If you would like any further information, please don't hesitate to contact Viki Ness at Forest Heights Collegiate, 255 Fischer Road, Kitchener, Ontario. (519-744-6567).

P.S: Our committee would be interested in any recipes you may have too!



JUST BEFORE THE FALL

Among activities at the fourth annual intramural conference held Thursday at Conestoga College in Kitchener was building a house of computer cards. Adding the final cards which caused the house to collapse are (left to right) Suzanne Walters, Forest Heights Collegiate; Michelle Dupuis, St. Mary's High School, and Dennis Anderson, also from Forest Heights.

Record Photo by Gerry Bookhout



"Wanna see my OIRA socks?"



"Snoopy was a bald-headed Beagle"



"I thought a tire was supposed to roll!"

Consultants are always treated as demi-gods





Try explaining this activity to your principal.



When Barb enters, you have to hold the boys back.



Some eat with their mouth, others eat with their nose.

"ANIMATED INTRAMURALS"

14th Intramural Directors Conference by Meg Innes, Conference Chairperson

Ninety-four people exposed themselves to animation at the 14th Intramural Directors Conference held at Geneva Park in Orillia on April 26, 27 and 28, 1982. Of the ninety-four people in attendance, 22 delegates hailed from 7 universities, 19 delegates represented 12 colleges; 40 secondary schools were represented; 13 elementary schools and our own C.I.R.A. program co-ordinator - Rick Turnbull.

Our thanks to the corporate support given by Labatt's Ontario, Coyle and Greer and Participation. It was very much appreciated as was the on campus support by Northern Athletic, Sports Equipment, Global Gym and Bazaar Novelty. Our thanks go out as well to the following donators: A.M.F., Seven-Up, C.P. Air, Adidas, Ramada Inn (Downtown Toronto), Women's Athletic Council (York University),

Recreation York (York University), Tiger Brand (Cambridge), Athletes Foot (Kitchener), New Balance (Kitchener); from Windsor, F. & J. Lamb and Associates, Nantais Sports Shop, Dominion Playword, The Running Shoe, Essex Sport Shop, Cam Tech and Windsor Campus Recreation.

The conference began with the presentations to Jean Kennedy (C.I.R.A. Regional Director), and Brian Cressman (Editor of the O.I.R.A. Newsletter) in recognition of their service to Ontario intramuralists everywhere. Ma and Pa McKenzie then took over with their presentation of the conference No-No's and the Beer Hunter (although the beer should have been warm so it would spray more!).

Everyone then became a member of a team and set off to conquer the Apache Relay (including the lemon pie and coke! UGH!!). The team song emerging victorious with its 5-6-7-8 went to the twenty birds and the coat of arms poster presentation was awarded to the donald ducks. The over-all winners of the conference cartoon capers were the dancing and singing pink panthers. Congratulations to all participants!

The mini sessions given ranged from "An Intramurals All Nighter" to "Utilizing Computers in Intramurals" to "Moral Development in Intramurals" while the major sessions presented ranged from "Professionalism in Intramurals: A devil's advocate approach" to "School Spirit: Let's Hear It". All in all, the sessions were well received by everyone in attendance and we thank the individuals involved for all their time and effort.

"IS NON-CONTACT HOCKEY UN-CANADIAN?"

An experiment of non-violence in Intramurals — by Arvo Tiidus - York University

The York University Inter-College Athletics (Intramurals) ice hockey participation has been tremendous and increasingly growing. About ten years ago a second league had to be created to accommodate those who wanted to participate. The second league by definition tended to be less skilled players who were not able to make the first team in that college. Two years ago the leagues were named respectively: a) "Torch League" - highly competitive earning points for a college for overall championship and, b) "Flame League" - recreational by definition.

From its inception ten years ago, the second league has had problems. Participants in the league were in majority less skilled, but being "red blooded" Canadians, they desired to play the tough, rough body contact hockey as exhibited by the N.H.L. Consequently, the injuries and often bad feelings between teams and players lingered on. Some teams were labelled to be the "goon hockey" teams, meaning everything is permissible so long as one wins.

The referees' situation was not much better. Not very many skilled referees were available and the ones who volunteered to referee were abused verbally and occasionally physically. The budget for refereeing was always meager as it is even now. In fairness, one has to say that refereeing even in the "Torch" league (the highly competitive one) was not much better. This was overcome by the decision by teams involved to hire M.T.H.L. referees. It now costs every team involved in the York Torch League \$140 per season. The teams seem to be happier, but there are still occasional grumblings about referees even now.

It would seem a bit dangerous to go the same route with the "Flame" hockey league as the "Torch", especially in light of the nature of the Flame league which stresses participation over competition. The much over used expression of the hockey commentators of "what a solid body check, the guy is getting up rather slowly!! - but it was a legal hit" should have no room in the recreation league! What does it matter whether a check is legal or not, if the victim is injured?

So the thought of non-contact hockey league was born. Four years ago when it was first suggested, the teams involved did not like it at all, although similar hockey was and is played in

scrimmage form every noon hour. Then the University of Western Ontario came to the rescue. They introduced non-contact hockey two years ago in their intramural program and made an excellent survey of the findings. This survey then was presented at O.I.R.A.'s 1981 Spring Conference.

In the fall of 1981, another meeting of the York hockey players was held and the University of Western Ontario survey was distributed and discussed. Prior to this meeting, some lobby was conducted by the Intramural Office in favour of non-contact hockey. The change for non-contact recreational hockey was approved by a narrow margin. Now in this league, players must play the puck and not the opponent. Finesse is the key word.

The recreational hockey rules were obtained from the Canadian Oldtimers Hockey Association, 333 River Road, Vanier City, Ontario. Two sessions were held with the potential referees, and the varsity hockey coach, who plays in the Old-timers League himself,

Highlights of the Annual General Meeting

The meeting began with a regional update by Jean Kennedy.

1. total membership this year is 364 (up from 212).
2. twenty-five new members joined before the April cut off at \$10.00 each. Maybe this will put us over 1,000 members across Canada.
3. on-going discussion with the ministry has been positive but with no financial assistance is the offering yet.
4. student workshops were again very successful.
5. speakers list for Ontario has been compiled and given to Consultants
6. book resource kit can be used to advantage
7. Federal government has granted CIRA more financial aid and Rick Turnbull will be moving to Ottawa and CIRA's new office at 333 River Road, Vanier City.
8. Labatts (Ontario) was given special mention in sponsoring the social as well as donating clip boards, pens and binders

The new executive for the next two year term was elected by acclamation.

Jean Kennedy - *President/Regional Director*

Meg Innes - *Vice President*

Fred Wannamaker - *Sec./Treas.*

conducted the clinic.

Now after one season the following can be reported:

- 1) Not a single protest was received by the Inter-College Office re: game misconducts, fighting or unsportsmanlike behavior.
- 2) The potential rule breakers were thrown out and advised not to play in this league.
- 3) Not one single major injury occurred during the season.
- 4) The participants who liked the rough stuff were gradually eliminated or they left on their own accord.
- 5) The participants are very happy with the league as well as the student referees.

If only a similar miracle would happen in the "Torch" hockey league.

So Virginia, non-contact hockey is not "Un-Canadian" and a red blooded Canadian student will not lose his masculinity if he does not behave as a maniac in the intramural hockey league.

Bob Boucher - *Member at Large*
Brian Cressman - *Newsletter Editor*
Barbara McIntyre - *Conference Chairperson*

The Conference Committee for 1982 was given an enthusiastic thank you and the new executive for 1983 was announced.

Barbara McIntyre - *Chairperson*
Bob Boucher - *Secretary/Treasurer*
Gail Nesrallah, Pat Kitchen, Mike Hogg, Linda Stapleton, Dave Schlei

The OIRA by-laws were accepted unanimously with the purpose, objectives and voting procedures to be included once the CIRA executive has voted on CIRA by-laws in May.

Brian Cressman requested everyone to send in information and articles for the Newsletter and also thanked Lube Koval for the financial assistance in producing the newsletter. Brian also requested members to take part in National Physical Activity Week that CIRA/OIRA will be involved with in May 1983.

Meg Innes, Conference Chairperson for "Animated Intramurals" 1982, was presented with a gift by the committee. A great job Meg!

"HASHING"

by Dave Walsh, Wellington County Board of Education

The North American Continent was opened up by the early settlers using trails - The Oregon Trail, The Santa Fe Trail, and many others. Often these cattle and bison trails needed to be marked so that other settlers could follow the first ones. Slash marks or "hash" marks on trees, piles of stones or "cairns" or coloured yarn were used to do this. Many of the settlers used scouts to find these trails for the wagon trains that followed. "Hashing" has its roots in this trail blazing of the early pioneers.

OBJECTIVES

A team of several runners must follow a marked trail from a starting point to a finishing point, collecting information along the way.

BENEFITS

1. Fitness
2. Total participation by all members of the team
3. Co-operation
4. Communication between members of the group
5. Observation skill development
6. Appreciation of the outdoors
7. Added fun to cross country running
8. Lead-up to orienteering

HOW

1. Team of 6 - 10 will complete a pre-marked course.
2. The course will be made up of 7 - 10 sections or "legs", each "leg" being 100 - 500 m. in length, depending on the age and ability of the participants.
3. The start of each leg will be marked with a green card.



8 1/2

laminated
to protect from rain

4. The finish of each leg will be marked with a red card.



The code may be:

- i) a number to be copied; e.g. 1st leg MI 2nd leg KE; 3rd leg HO; 4th leg GG; 5th leg IS; 6th leg AT, and 7th leg WIT. Put it all together to check: "MIKE HOGG IS A TWIT".
- ii) a question about what can be seen from this point
- iii) a task to perform: e.g. a) do 14 push ups, b) do a head stand, c) do 20 sit ups.

5. Between the start and the finish, the course is marked using fluorescent surveying tape (old track and field ribbons work well). Each marker must be able to be seen from the preceding one but no other marker should be visible. This will lead to confusion.
6. Between the end of one leg and the beginning of the next, there should be a gap of approx. 150 - 200 feet so that the team must search for the beginning of the next leg.
7. Several teams, starting at 5 minute (minimum) intervals, can use the the same course, with their total time being recorded if a winner is to be decided.

IMPORTANT CONSIDERATIONS

1. Younger, inexperienced students may use open areas. More experienced participants would find wooded areas more challenging.
2. Varying the height of the markers makes the course more difficult and develops observation skills.

3. Check the course after you have set it. Make sure that each marker *and only that one*, is visible from the previous marker.
4. Match up each team with faster and slower runners split up between all of the teams.
5. Fewer numbers make the search more difficult, therefore, teams should have equal numbers.
6. Assign numbers or letters to the teams if the event is to be scored.
7. Score cards on small clipboard, with one member of the team acting as scorer, is recommended.

HASHING SCORE CARD			
TEAM	LEG	CODE	Time out
a. _____	1	_____	Time in _____
b. _____	2	_____	Total _____
c. _____	3	_____	Position _____
d. _____	4	_____	
e. _____	5	_____	
f. _____	6	_____	
g. _____	7	_____	

8. Suitable dress is needed if you are to try this in winter.
9. Safety -first aid kit
-telephone, in case of more serious accident
-course check for dangerous situation - broken glass, stream, cliffs, fences, etc.
10. Clean up the course when you have finished. Remove all markers, collect up all garbage.

REFERENCES:

1. The Physical Educator, October 1979, Vol. 36 #3
2. O.P.H.E.A. Journal, Fall 1981, Vol. 7 #3

OIRA ontario intramural recreation association