

NEWSLETTER

VOL. 3 No. 1 October, 1982

PRESIDENT'S MESSAGE



This Fall begins on a fantastic high! Fitness Ontario has accepted our request for provincial funding. Reuben C. Baetz, Minister of Tourism and Recreation, has sent us a cheque for \$6,217.25 to assist O.I.R.A. in the development of the Association and allow it to provide workshops and other training events for communities within Ontario.

We appreciate the cooperation of Karen King (Fitness Ontario Consultant), Gord Smith (Head of Fitness Ontario) and Art Salmon (Fitness Ontario Consultant assigned to O.I.R.A.) in our funding request. Fred Wannamaker (O.I.R.A. treasurer) has done an excellent job in preparing our budget.

I am really excited about the FitFive program available from Fitness Ontario for all school levels. A certificate is awarded after each of the five levels. You can request the whole program for your school by writing to Doug Reid at Fitness Ontario, Ministry of Tourism and Recreation, 77 Bloor St. West, Toronto M7A 2R9. Write him immediately for your brochures and, of course, mention that you are an O.I.R.A. member.

The C.I.R.A. Board passed a motion at the annual meeting in Vancouver in May that changes the Regional Assistance Grants. The result is that O.I.R.A. will receive a larger amount for workshops.

Labatt's Ontario has also confirmed their continued support for 1982-83. The O.I.R.A. Newsletter is sponsored by Labatt's; as you know, the Intramural Director's Workshop wouldn't be the same without Labatt's involvement.

Lube Koval, Promotions Coordinator for Labatt's Ontario, mentioned that he was pleased to have received several letters of appreciation for Labatt's support in O.I.R.A. endeavours.

One of our plans for the year is the designing and implementing of a Workshop Resource Kit. It will contain a slide show and tape or notes from some

of our excellent presentors. This kit can be used to augment any Intramural Workshop and will facilitate planning for the organizers.

We also plan to bring all the regional intramural consultants together for a meeting to discuss how we can better help one another.

At this time we have three groups working and planning in Ontario - your O.I.R.A. Executive, the workshop planning group, and the 1984 C.I.R.A. Conference Committee. There's a lot going on behind the scenes!

Perhaps YOU can participate more fully in O.I.R.A. this year: write an article, run a workshop, find some new members, come to our annual workshop. In other words, have fun and a good year!

Jean Kennedy

INTRAMURAL ALL-NIGHTER

This year York University will be hosting an Ontario High School All-Nighter. The All-Nighter will begin on Friday, November 19th at 6:00 p.m. and will run right through the night until Saturday, November 20th at 8:00 a.m.

"What is an Intramural All-Nighter?" you may ask. It is an intensified learning experience where you will learn new, exciting, innovative skills and activities which you can take back to your school and apply to your own intramural program. The emphasis for the evening events will be learning through participation. The events will range from innertube volleyball to piggyback basketball. You'll be doing things you never dreamed you could do. We

would like to extend an invitation to your students to come and participate in our special event. If you are interested in sending students, please call and reserve a space(s). The registration forms and information package will then be mailed to you.

Hoping to hear from you soon!

Intramurally yours,
Ornella Guizzo
Chairperson
All-Nighter Committee
(416) 667-2351

P.S: An attempt will be made to have beds available (on campus) for those TEACHERS who have a long drive ahead of them the next morning.

This Newsletter is sponsored by Labatt's Ontario Breweries



IT'S A TOSS-UP



Fitness Canada has declared the week of May 15 - 23, 1983 as National Physical Activity Week. The purpose of this week is to stimulate greater participation in physical activity for a healthier lifestyle.

The Canadian Intramural Recreation Association (CIRA) and the Canadian Association for Health, Physical Education and Recreation (CAHPER) have joined forces and are preparing a promotional package for this week to reach over 5 million elementary and secondary school students. The campaign focuses on throwing activities and is called *IT'S A TOSS-UP*.

A representative of each association has been appointed to coordinate this project. Brian Cressman, Director of Student Activities at Waterloo Collegiate Institute in Waterloo, Ontario is representing CIRA and Phil Carlton, Subject Specialist in the Physical Education Department with the Calgary Board of Education, Calgary, Alberta is representing CAHPER.

Promotional posters and a package of suggested activities for both the physical education curriculum and the intramural program will be forwarded to each school in March. The package has been designed to provide maxi-

mum flexibility for the school to meet the needs of all students and a minimum amount of administrative and teacher time will be required to promote active participation in this national event. This is the only project during National Physical Activity Week designed especially for the schools.

Further information may be obtained by contacting:

Dr. Thomas Bedecki,
Executive Director
CAHPER
333 River Road, Vanier,
Ontario K1L 8B9
(613) 746-5909

- or -

Mr. Rick Turnbull,
Executive Director
CIRA
333 River Road, Vanier,
Ontario K1L 8B9
(613) 749-1635



Fitness Ontario En forme

THERE IS A FUN WAY TO FITNESS

-reprinted from *FITNEWS*, June 1982.

There's a fitness program now available which can be used by individual fitness leaders, fitness clubs, companies or anyone else involved in the fitness-recreation field. It is simple to use and inexpensive.

All the resource materials needed to run the program are supplied free and participants receive a certificate upon completion of each level and a specially-designed pin upon completion of all five levels.

What is it? It's Fitness Ontario's *FitFive* program.

The *FitFive* program is a five-level activity program designed to take people from a sedentary (or a just-active) lifestyle to a very active lifestyle. It is an easy-to-follow program which allows participants the opportunity to participate in any of 50 activities and receive credit for the time done in these activities. These credits are then recorded on a score-card.

Activities range from jogging to

walking to gardening. The booklets also include information on areas related to fitness (ie: nutrition, how to avoid injury, etc.). While this program is an ideal program for an individual, it is also finding great success as a "tool" in the employee/fitness class field.

The *FitFive* program has been designed to be flexible enough to fit all needs.

It can be run "in-house" by a leader or a company where it may serve as a fitness program or as a bridge programming between classes. In this case all materials are forwarded to the leader, so it becomes their own program. This has the benefit to participants of "instant gratification".

It can also be run as a "hand-out" program wherein the leader makes the level one brochures available to members of their classes and then lets them do the program on their own and submit the completed score card to Fitness

Ontario. In either case, the program is free-of-charge.

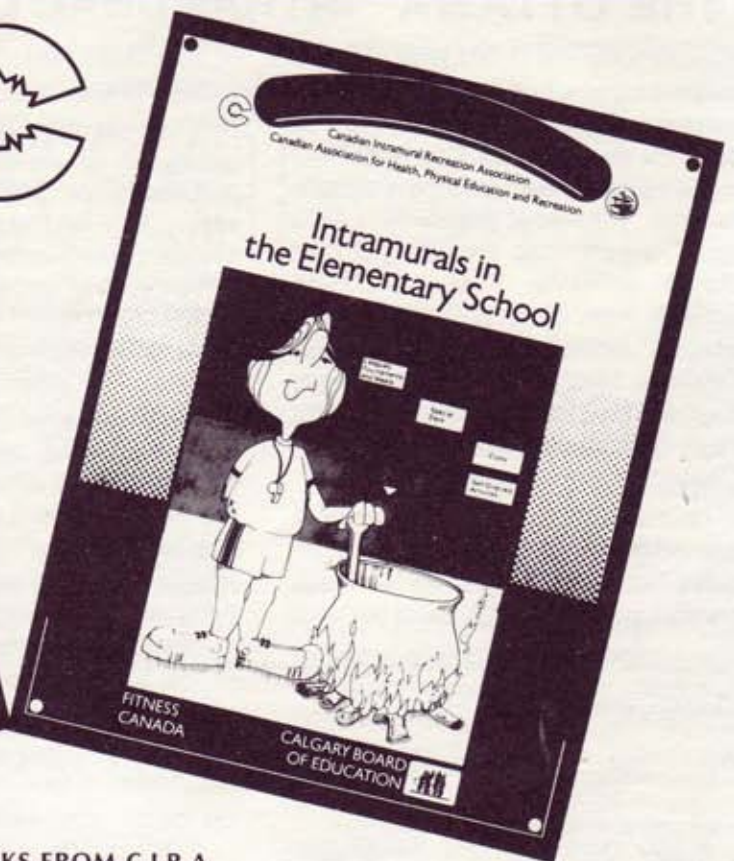
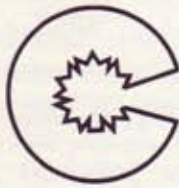
If you want to begin a *FitFive* program in your club, company or class and wish a supply of the material; or you just want to talk about the program and what it can do for you, please contact:

Doug Reid, Award Programs Officer,
Fitness Ontario, 77 Bloor Street West,
8th Floor, Toronto, Ont. M7A 2R9
(416) 965-2686.

National Physical Activity Week

May 15-23
1983

IT'S A TOSS-UP



TWO NEW BOOKS FROM C.I.R.A.

"INTRAMURALS IN THE ELEMENTARY SCHOOL" "JUNIOR HIGH INTRAMURALS"

- * Build a distinctive program for your school
- * An excellent resource for you and your school
- * Hands-on materials to put into practice
- * Games and activity ideas for your students
- * Answers to common organizational problems
- * Components for a total balanced program
- * New and exciting ideas to choose from
- * Developed by the Calgary Board of Education Curriculum Action Project

NAME: _____

ADDRESS: _____ POSTAL CODE: _____

I would like to order: (a) Intramurals in the Elementary School (68 pp)
(b) Junior High Intramurals (89 pp)

_____ copies
_____ copies

Membership # _____

Total copies: _____ @ \$6.25 each (\$5.25 for CIRA members)
plus \$1.25 per book (mailing) = _____

Please enclose a cheque payable to "C.I.R.A." and forward to:

Rick Turnbull,
Executive Director, C.I.R.A.
333 River Road
Vanier City, Ontario
K1L 8B9

THE OTTAWA "INTRAMURAL UPDATE"

A number of physical education teachers and Department Heads with the Ottawa Board of Education had made requests for resource materials for their intramural programs. As a result, a committee consisting of Skip Moyst (Ottawa Technical High School), Kent Smith (Laurentian High School), Bob Smith (McArthur High School), Ted Terry (Highland Park High School), Sue Walker (McArthur High School), and Dick Walsh (P.E. Consultant) was formed.

On the basis of a needs assessment carried out by the committee, they decided upon a 10 - 15 page resource booklet published 2 - 4 times per year

called *INTRAMURAL UPDATE*. These publications include new ideas, and gimmicks to enrich the intramural program, new equipment resources with prices and supplies, co-ed activities, Winter Carnival activities, Spirit Week ideas as well as information on the organization and administration of a successful intramural program.

The Ottawa Board has responded responsibly and positively to a need by its physical education teachers in the area of intramurals. If you would like to receive a copy or wish more information, contact any of the committee members.

O.I.R.A. Presents

"SPRING TUNE-UP '82"

If you have attended the Ontario Intramural Conference in any of the last three years, we are sure you will agree that not only did your intramural program benefit, but YOU also felt refreshed and ready to tackle the final months of the school year.

The 1983 Intramural Organizing Committee would like to invite you to attend "Spring Tune-Up '83", at Geneva Park, on April 24, 25, and 26. You will be able to recharge your batteries and rejuvenate your intramural program with a wide variety of intramural ideas that are yours for the taking.

What's new this spring in Intramurals?

- two outstanding Key-note addresses:
 - John Hudson, Director
National Promotions & Media
Properties
Labatt Brewing Co. Ltd.
 - Peter Hopkins
Director of Campus Recreation
University of Waterloo
- and -
- Joyce Hopkins
Head of P.E.
K-W Collegiate
- more quality presentations
- a Casino night

DID YOU RETURN YOUR CIRA RENEWAL MEMBERSHIP FORM?

- more free time to exchange ideas
- new games and activities for elementary, secondary, and post-secondary intramural programs

Plan Now To Attend
"SPRING TUNE-UP '83"

Tune up your program!
Take advantage of this opportunity
for personal growth in the intramural
area!

COST: Members of O.I.R.A. - \$140.
Non-members - \$155.

Yours in Intramurals,
Organizing Committee:

Barb McIntyre	Pat Kitchen
Gail Nesrallah	Mike Hogg
Dave Schlei	Bob Boucher
Linda Stapleton	

For further details, contact:
Dr. Bob Boucher, Faculty of Human
Kinetics: University of Windsor,
Windsor, Ontario
Phone: (519) 253-4232, Ext. 441

OIRA ontario intramural recreation association