

## NEWSLETTER

### WILL OUR MODELS OF TODAY SUIT THE CLIENTELE OF THE FUTURE?

Ed Silva-White, Burnaby, B.C.  
Supervisor of Physical Education & Athletics

*"When winning the game becomes more important than winning friends, respect, self confidence, skill, health, and most of all self-worth, then winning is out of perspective."*

- Rainer Martins  
Joy and Sadness in Children's Sports

In the last decade many of us thought that certain factors would not be significant in our school, community, college or district. Such variables as students that are part-time, transient, second language, single parent, handicapped, blind, deaf, from work experience, different ethnic cultures, and in grade equivalency programs are recognizable within our educational environment. While senior citizens, volunteers, blue and white collar workers, facility staff and the visitors are similarly evident with facilities. Current issues related to the demise of inter-school and college athletics, open gyms, flourishing community based programs, non-competitive philosophy and depopulation of public schools are some of the new reference points.

Why are these items of interest to organizers of intra-murals? These are tomorrow's issues and clientele in the traditional egg-carton buildings. How we respond will be up to "risk-taking practitioners" in the 80's.

Intramurals has not the legacy of sophisticated organization, regulations and people power that interscholastic athletics is historic for. Therefore, future intramural concepts could be one of the answers or bridging models which can provide opportunities for people to be involved in co-operative and competitive play.

The aforementioned list is a challenge to provide new experiences which encourage involvement of a new student body. Why is it not possible to provide events in which the immediate community around the school is our participants as well as students? Next time, design the activity so that senior citizens, volunteers, parents, custodial and secretarial staff and the circumventing business community can make up teams with students. What about a tournament where the outside community teams play against student school teams not playing for the community education classes or seminars? Some people can participate before morning classes or during an extended lunch break.

"Unique Student Days" could be events or special invitational teams which may enter into regular league play on a limited basis. These would be students who are part-time, work experience, or off campus.

Is it possible to provide tournaments in which English language cannot be used or all students experience handicaps such as blindness and limited use of limbs?

Technology and physical activity will soon go beyond the phone-in challenges. Computer programs may provide the strategies and opposition to stimulate levels of play. T.V. and movie themes provide game ideas such as "turbo time" allows for doubling points earned during certain time-periods of games.

Can we organize an intramural tournament-clinic that when teams or individuals are not participating, they receive instruction in improving their

skills or knowledges of the sport? Maybe there is a need to develop new prime times in your facility. The 4:30 to 7:00 o'clock cocktail or supper hour in which registration includes a light supper after play or an Early-Bird Tournament which includes a continental breakfast.

Finally, let us look at the Awards systems. Is it possible to provide activities where the award is a nutritional snack pack or meal for the winning teams or individual. Another method would be that each participant brings an award to be given to a team when knocked out of competition. The future of intramural models rests with the imagination of the individuals involved. For those of us who are responsible for organization and change, I suggest an approach recently presented by the Superintendent from Burnaby, B.C. to his Board of School Trustees:

*"Since changes in any systems, including education, don't occur as a result of announcement, there will be a gap which can be closed only by major allocation of resources or reallocation from present programs and activities. What the public has been led to believe is 'in place' is actually only yet on paper or in its earliest implementation stages."*

Therefore, I leave you with the following reflection on the individual in an innovative society -

If we indoctrinate the young person in an elaborate set of fixed beliefs, we are ensuring his/her early obsolence. The alternative is to develop skills, attitudes, habits of mind and the kinds of knowledge and understanding that will be the instruments of continuous change and growth on the part of the young person. Then we will have fashioned a system that provides for continuous renewal.

# CERTIFICATION OF INTRAMURAL DIRECTORS IMMINENT

A certification process is underway led by the Parks and Recreation Federation of Ontario (PRFO) under the jurisdiction of the Ministry of Tourism and Recreation. OIRA recently joined PRFO and as a full member has access to the certification process.

OIRA is able to set the requirements within certain boundaries for the issuing of the certificate and OIRA would be the base process committee that would recommend members for the certificate.

The purpose of the certificate is "to provide recognition of individuals employed in the provision of leisure services. This certification is accredited on the basis of education and work experience, and maintained through the professional development process."

How would you get the certificate? The OIRA executive is trying to finalize

our requirements so that all those in the educational field running intramural recreation programs, would be able to apply and receive the certificate. I would like feedback from the membership on the following minimum requirements for the Primary Certificate:

1 - 3 years full time employment in the academic field.\*

- plus -

1 - 3 years involvement in directing an Intramural Program.\*

- plus -

Attend 1 Intramural workshop or conference within that time frame.

- plus -

Current membership in OIRA.

This certificate would be valid for a period of 5 years and would be renewed on application.

The Permanent Certificate would include the following:

1. A valid Primary Certificate.
2. Further 3 years involvement employment.
3. Continuing membership.
4. Satisfactory evidence of maintaining continuity in professional development.
5. Evidence of having maintained a satisfactory standard of professionalism.

The certificate will be the first for Intramural Directors and should provide members with some recognition, some chance of upgrading and attending conferences and will hopefully move in the same direction as coaching certificates as being fully recognized in the academic field.

The certificate program will be finalized at the April Directors Workshop. Please send your comments as soon as possible to Jean Kennedy, Ryerson Polytechnical Institute, 50 Gould St., Toronto, Ontario M5B 1E8.



Fitness Ontario En forme

## THE FACTS ON FITNESS

- Reprinted from *FitNews*, December 1982

Take a look at your programs because fitness in Ontario is shaping up to be an integral part of everyone's lifestyle.

More people are participating in physical activity today than ever before. The challenge for each and everyone of us has now become maintaining this interest with new and exciting ideas for fitness programming.

These and other findings are part of a special study conducted by Fitness Ontario. Available soon in printed form, the second *Physical Activity Patterns in Ontario* is must reading. It details the results of surveys conducted twice a year over the past three years on the level of physical activity among Ontario residents.

Not only do the results indicate that the activity level has changed (it has increased), but so have the participants. More women are exercising - so much so - that there is essentially no difference between the number of women exercising compared to men.

They do, however, have different exercise patterns suggesting a need for special activities geared to their individual needs. As well, women

appear to have difficulty in maintaining a program once they have started. A challenge for anyone involved in fitness - How to keep the people coming back once they have started a program.

Survey results also show, that although younger people are more active than older people, older people seem to be increasing their activity level at a higher rate than younger people. Over the last three years, the increase in participation by seniors was about 15 per cent compared to 4 per cent for those between 18 and 29.

Old and young are exercising and the needs of each specific age group should be taken into consideration when creating new programs.

Because the findings indicate there is strong awareness of fitness by most Ontario residents, the educational focus of attention has changed. There is not so much need for awareness information as there is a need for the following:

- encouragement and assistance for those people who are active at a low level to help them increase their activity safely and efficiently;
- strong support to those who have

just begun exercising to maintain the activity and perhaps increase it when ready;

- and a strong appeal to interested inactives who want to increase the level of activity but just don't know how. Information on how to get started, what to do and the appropriate programs available to beginners should be provided to this very important group

Other general trends identified through the report indicate that the Ontario market for fitness is growing; more people are active in spring than in the fall; most inactive people say they lack the time to become active; and a large proportion of people who start activity programs drop out later.

A copy of the report will be sent to those who regularly receive *FitNews*. Watch for it!

Additional copies, if needed, can be obtained by requesting them from Fitness Ontario, Ministry of Tourism and Recreation, Queen's Park, Toronto, Ontario M7A 2R9 - (416) 965-6311. These copies are available free of charge to those working in the fitness field in Ontario.

If you have questions or wish more detailed statistical information, please contact Burt Perrin, Research Consultant, Fitness Ontario, Ministry of Tourism and Recreation, Queen's Park, Toronto, Ontario M7A 2R9 - (416) 965-6311.



## JOHN HUDSON TO SPEAK AT OIRA CONFERENCE

Mr. John Hudson, Director, National Promotions & Media Properties with the Labatt Brewing Company Limited will be one of the key speakers at this year's OIRA Conference. His background is extensive and indicates he is very qualified to speak at "SPRING TUNE-UP '83". He graduated from the University of Dubuque, Iowa with a B. Sc. in physical education. He was the Director of Physical Education at the Wood Green Community Centre in Toronto and has been involved in promotion and public relations with The Toronto Telegram, CFTO-TV and Adidas Canada Limited. He has also been the Executive Director of the Coaching Association of Canada and Head of TV Sport with the Canadian Broadcasting Corporation.

As an athlete, John Hudson was a national track and field champion and cross country runner. In addition, he took up coaching under the tutelage of Lloyd Percival. Eventually he was appointed Canada's National Track and Field Coach for 1968 and 1969. He was co-founder of the now world famous Maple Leaf Indoor Games held in Toronto each winter and was the director of that event until 1971. He was the CBC television colour commentator for track and field from 1969 until 1975, including coverage of the Commonwealth games, Pan-American games and Olympic games.

In his role with CBC television as Head of Sports, he was co-executive producer of the 1976 Olympic Games from Montreal and was responsible for the introduction of several new

sports programs to the CBC during that period including the development of the Sportsweekend format.

He joined the Labatt Brewing Company Limited in 1979 and is responsible for the company's involvement in television in terms of television rights and sponsorship. He is also the director of national promotions which includes such events as the Labatt Brier, the Labatt Grand Prix and the Labatt's International Golf Classic.

The title of his address is "If a Game is Worth Playing, It's Worth Playing Badly."

Let's  
run around  
together.



**PARTICIPATION**  
The Canadian movement for personal fitness.

## MONSTERMANIA - NEW GAMES SESSION

- by John Kocemba, University of Waterloo  
(Reprinted from the 10th Annual Student Conference)

Games involving little skill and low competition are a great way for groups of people to get to know each other and have fun together.

Here's an outline of the New Games played during the Monstermania session which had over 100 playing participants.

1. *Welcoming Applause*: Get a welcoming applause and warm spirits up, with the "cross the figures" trick. Have the audience clap their hands every time your hands cross each other. Cross them at a faster and faster rate until a full applause breaks out...then take a bow.
2. *Members*: Call out a number, i.e. 5, and let the players get into groups of 5 and sit down. Do this a few times - it's a good mixer.
3. *Back to Back*: In groups of 2 have players (1) stand back to back, (2) link elbows and (3) sit down and get up together without using their hands to push off the floor.
4. *Ways of Saying Hi!* Two circles of equal numbers, one inside the other then start the music, (band or singing) and have the 2 circles march in opposite directions. Cut the music at different points and introduce different ways of saying hello;

then let the players try it.

- a) Dairy Farmers - the cow milking hand shake
  - b) Lumberjacks shake - a sawing movement - back and forth.
  - c) From down under - bum up and reach down, through your lap and shake hands with your partner.
  - d) The Unuits greeting - rub noses.
  - e) Others - use your imagination.
5. *Vampire*: (1) Everyone closes their eyes, (2) set out a few vampires - also blind, (3) everyone goes around shaking hands, (4) vampire who meets a mortal lets out a blood curdling scream and turns the mortal into a vampire, (5) if 2 vampires meet, they both scream and turn back into mortals.
  6. *Skin the Snake*: (1) groups of 5 to 12 players, (2) stand in a line, one behind the other, (3) everyone takes their left hand and grabs the hand in front, (5) the whole group moves back, (6) the last person lies down, (7) the group keeps moving back till everyone is lying flat on their backs, (8) the group then reverses the process and everyone returns to their starting position.
  7. *Around the Body*: The first man-

oeuvre can be done by almost anyone, the second should be demonstrated. If you choose to let the players try it, advocate control and caution.

8. *Musical Knees*: Like musical chairs except there are no losers. Everytime a "Chain" or "Knee" is pulled out from the centre, the person becomes a part of the marching group. The object - to get as many people piled on as few knees as possible.
10. *People Pass*: (1) two equal lines facing each other, (2) the players should be shoulder to shoulder, (3) everyone should hold their hands out at waist level and pass the body down the line.
11. *The Lap-sit*: (1) form a tight circle, one person behind the other, (2) have the group slowly sit back on the lap of the person behind them, (3) while sitting, how about giving your neighbour a back rub? (4) The world record set in California stands at 1,458 students!
12. *References*:
  - 1) Fluegelman, Andrew. *The New Games Book*. Dolphin Books, New York. Cost: Approx. \$7.00
  - 2) Orlick, Terry. *Cooperative Games*.

# TEACHER TORTURE WEEK

- by Steve Roberts and Barb Paterson, Doon P.S.

(Reprinted from OIRA Conference proceedings, April 1982)

## Objectives:

- to compete for fun with sponsorships
- to develop cooperation between students and teachers
- to raise money for student activities

## Summary:

All interested teachers were asked to decide on a character name for themselves and then enter any of the contests listed below. Meanwhile, the students have sponsored their favorite character on pledge sheets while not knowing which teacher they have signed for. This avoids a favoritism of sponsorships. The students sign the pledge sheets in the week prior to Teacher Torture Week, while the teachers create posters and advertise their character without revealing their identity. The ten events are run for five days with two events each day. Limits were set so that it would not cost a student more than 25¢ per person per event. They could, however, sponsor more than one person and also remain loyal with their favorite character throughout the week. Winning made no difference in the collection of the sponsorships.

Innovative prizes can be awarded to the teacher who wins the event and these prizes are redistributed the next year. Teachers may enter as many events as they feel comfortable in. Dressing up as your character adds more spirit. After the first day, the students know which teacher is which character but the pledge sheets have been completed.

## Events:

The following events were to be sponsored for with 1¢ or 2¢ maximum for every completion of the task. Limit is 25¢.

- 1) Ping Pong Blow** - 25 foot distance. Blow a ping pong ball through the grass possibly 5 competing at a time and a playoff if desired. 1¢ or 2¢ for each foot completed. PRIZE: "Biggest Blow Hard"
- 2) Jello Eating Contest** - Eat a bowl full of jello in a minute as you are blindfolded and fed by a student or nonparticipating teacher. 1¢ per successful mouthful in a minute. PRIZE: "Jelly Lips Award"
- 3) Breath Hold** - Longest holding of breath underwater. PRIZE: "Holy Snorkel Award"
- 4) Staring Contest** - 4 characters try to make 1 person laugh, smile or blink as they sit across the table. 1¢ per second that they last. PRIZE: "Eyeball Award"
- 5) Potato Sac Race** - in pairs, two characters jump through a course and return. 13 pilons, down and back. 1¢ for each pilon successfully passed. PRIZE: "Cozy Sac Award"
- 6) Cracker Relay** - Obtain a biscuit from a table without use of hands and run around a pilon to return and obtain a different biscuit in the same manner. 10 foot distance. 1¢ per successful trip in a 3 min. time PRIZE: "Big Biscuit Award"
- 7) Basketball Free Throw** - Highest number of baskets in a 3 min. limit from the foul line. Unlimited shots. 1¢ per successful shot. PRIZE: "Handicap Ball Award"
- 8) Peanut Toss** - Highest number of successful peanut tosses in the air, caught and chewed by the mouth in a 3 min. time limit. 1¢ per successful catch. PRIZE: "Perky Peanut Award"
- 9) Push Ups** - (For the Macho person) 1 point for each push up done in a 1 minute time. PRIZE: "Superman" poster
- 10) Water Balloon Toss** - 1 point for every successful balloon toss in a minute time. If balloon breaks the point is not counted but an additional 4 balloons are available for each pair of contestants. Pairing is done by the organizer in order to create the best of competition. PRIZE: "Golden Balloon Award"

An egg toss event may be included if another event is needed. These events can be done in the early Fall as a teacher introduction or in June to wind up the year's activities. Similarly, it can be set up as a student activity week for members of your Student Council or selected students from each form.

Some names that our teachers used: *Snagglepuss - Popeye - Greatest American Hero - Hawkeye - Tweety Bird - Cyclops - Incredible Hulk - Sylvester - Road Runner - Bugs Bunny - Superman - etc.*

Our program has been delightfully successful in school spirit and cooperation between teachers who participate and students who help organize the events.

## INTRAMURAL SLOGANS — PART II

In the last issue, I asked you to send me any slogans that you have used or could think of to create interest in your intramural program.

A special thanks goes to Barb Prysnyk at Grand River Collegiate in Kitchener and to her students. At a meeting of their GRIT (Grand River Intramural Team), they brainstormed slogans and came up with the following:

Spare a minute. Play and win it!  
Roses are red, Violets are blue,  
I love Intramurals, And so do you.

Love is....Intramurals  
I love Intramurals more than apple pie!  
Intramurals are close to my heart!  
I slam....for Intramurals!  
Intramurals are....better than sex!  
Be there or be square!  
Join a bunch....play at lunch!  
Intramurals are fine....to have a great time!  
Get lean - join a team!  
Exercise those "way to the beach muscles" - get involved with Intramurals.

Be athletic....its psychedelic!  
Once a sport, always a sport!  
An Intramural a day....keeps the doctor away!  
An Intramural a day....keeps the students awake!  
Intramurals are fun....so get ready to run!  
In the gym, you and your kin can win!

Brian Cressman,  
Editor, OIRA

## MERRI-TIMES '83

5th National Conference  
MAY 20 - 23, 1983  
Wolfville, Nova Scotia

### Conference Theme:

Leisure Intramurals Fitness  
Experience

Come to the Merri-Times and live  
the intramural LIFE. Intramural Ac-  
tivities For all AGES!

### Key Presenters:

Dr. John Meager, UNB,  
New Brunswick  
Mr. Paul Fiander, Halifax,  
Nova Scotia

- Conference Site: Acadia University
- Special Film Presentation &
- Everybody's Favorite:  
A Lobster Boil!
- Featuring a Scottish Ceilidh
- Post-Conference Activities: Apple  
Blossom Festival, Deep Sea Fish-  
ing, a Ride on the World-Famous  
*Bluenose II*

For registration information, please contact:

Joseph MacDonald, Director of Intra-  
murals, St. F.X. University, Antigonish,  
Nova Scotia B2G 1C0



O.I.R.A. Presents

## SPRING TUNE-UP

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
- 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  
Gail Nesrallah  
Dave Schlei

Linda Stapleton

Pat Kitchen  
Mike Hogg  
Bob Boucher

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