

NEWSLETTER

INTRAMURALS - FOR THE FUN OF IT!

- by Marla Taylor and Meg Innes

York University hosted its annual High School Intramural Conference on November 25 & 26, 1983. There were over 100 delegates in attendance and we could tell from the very beginning that everyone was here - for the fun of it.

The Conference began with a thought-provoking key note address by Miss Bobbie Cote. She asked us if our programs were perhaps becoming a bit too sophisticated with little thought or energy directed toward the fun aspects of intramurals. After the address, the delegates were cloned into teams and began devising cheers and murals for the remainder of the evening.

The next day began at 9:00 a.m. in the gymnasium with relays - for the fun of it. The relays included such events as team-legged race, blind obstacle course, marshmallow pass, people roll and FIRE! At 10:30 a.m. the delegates attended sessions rang-



Co-operation is evident in the Electric Fence exercise.

ing from Dance Fitness and Motivation to Leadership and Innovative Games. We stopped for lunch and then wore it off at the Electric Fence, All Aboard

and Mass Baseball in the gym. (Did you know that mass baseball can be a success with 100 people?) Sessions then continued, and the delegates could choose to be active in a Fitness Class or Promotion and Art or Active Games as well as listen to presentations about Staff Involvement or How to Spell Participation.



Students participate in the team-legged race.

Unfortunately the Conference had to come to an end, but not before the awards were presented to individuals and teams who showed the most spirit, the most energy and the most fun. A good time was had by all involved in this conference and we would like to take this opportunity to thank the committee members, the speakers and the delegates for contributing to Intramurals - For the Fun of It!

ADVISORS HOLD MEETING IN TORONTO

There were 27 advisors in attendance at the workshop held at Ryerson on November 5, 1983. These advisors participated in a full day of discussion and information items. Some of the topics included:

- introduction of O.I.R.A. executive
- financial report
- up coming events
- a presentation by Brian Cressman on the C.I.R.A. Administrator's slide/tape show to answer the question "Why Intramurals?" The target group for this package is elementary and secondary administrators/superintendents. Each advisor was asked to make one presentation in his/her area in the next year.
- the election of the O.I.R.A. executive was discussed
- National Physical Activity Week to be held May 13 - 21, 1984. Last year, approximately 1.9 million elementary & secondary school children participated in "It's A Toss-Up". This year CIRA and CAHPER have joined forces once again and will conduct "Get Up and Go" which concentrates on running activities.
- Art Salman, Fitness Ontario consultant, made a presentation on "Forums on Youth Fitness" and Doug Reid, also from Fitness Ontario, gave the advisors an update on the FitFive program.
- the certification process by P.R.F.O. was highlighted



Don Fairweather, Rick Turnbull, John Gotziaman and John McIntyre listen attentively.



Bert Moorby, Anthony Mercuri, Jamie Beardmore, Pat Kitchen and Carol Sybenga concentrate on the presentation.

- membership by O.F.S.A.A. region and membership goals were given by the advisors
- two new slide shows have been added to the OIRA Resource centre and can be obtained from Karen Lavell

The advisors were brought up to date with the many changes occurring in OIRA, CIRA and Fitness Ontario. This workshop contributed to the gaining of knowledge, a commitment to add more members and a clear understanding of the events happening across Ontario

WHAT MAKES CANADIANS GO?

- reprinted from "Highlights" No. 15

The principal reason that Canadians are physically active in their leisure time is to feel better mentally and physically. And, since a growing number of Canadians are active (*Highlights* #14), many must be achieving their goal. Feeling better is cited as "very important" by 60% of the population, and is the top-ranked reason for every age group over 20.

Feeling good and keeping well dominate the first five of the 10 reasons

identified. Of lesser importance are reasons associated with challenge, learning, and advice.

Three reasons become more important with passing years: physician's orders, improving flexibility, and companionship. In contrast, three motives for activity decline sharply in importance after adolescence: fun and excitement, challenge, and learning new things. Weight control is an important reason for all age groups except those 65

and over. For these Canadians, it is less important.

Reasons for being active provide important clues to program planners and leaders. In many cases, opportunities to focus activities on motives specific to the client's age (eg: weight control, flexibility, fun and companionship) are suggested. Such attention should increase both participation and perceptions of "feeling better".

OIRA MEMBERSHIP TO GROW

At the Advisor's Workshop held recently, a great deal of time was spent discussing the OIRA membership by

region. Each advisor was asked to give a goal for his/her region for new members by April of 1984. According

to the figures given by the advisors, the OIRA members should increase from 315 to 407.

O.I.R.A. MEMBERSHIP TABLE

Area Members	April 1983	Sept. 1983	April 1984
			Future Additional Members Guaranteed
E.O.S.S.A.	13	15	5
C.W.O.S.S.A.	35	30	10
O.V.S.H.S.A.A.	32	30	5
N.O.S.S.A.	23	23	5
S.W.O.S.S.A.	16	14	5
C.O.S.S.A.	14	20	6
G.B.S.S.A.	26	37	9
P.H.S.S.A.	21	23	5
SCARBOROUGH	13	12	6
NORTH YORK	18	16	12
H.I.A.C.	6	9	3
N.W.O.S.S.A.	7	9	6
S.O.S.S.A.	12	10	-
ETOBICOKE	5	5	5
W.O.S.S.A.	31	34	10
I.A.G.B.	2	6	-
TORONTO	22	22	-
Total Members:	297	315	92 (expected membership: 407)

CLUBS

As an integral part of a well balanced intramural program, clubs offer an opportunity to participate in a long term program of instruction, recreation, and/or competition in a specific activity. Because of the length of the "season", there is ample opportunity to develop both physical and leadership skills. The club program further provides the opportunity to participate in activities that may not be included in the class instruction program or the interscholastics program. Consider these reminders.

REMINDERS

1. Obtain administrative support.
2. Secure a staff sponsor.
3. Advertise and promote the club.
4. Determine if extra finances have to be raised or otherwise obtained.
5. Determine if the school has the necessary equipment to operate the club.
6. Outline a year's program.
7. Meet regularly.
8. Elect executive members if necessary.



GET UP AND GO



MEET O.I.R.A. ADVISORS

As reported in Vol. 2 - No. 2 of this Newsletter, the O.I.R.A. has established a committee known as **Intramural Advisors**. This group represents the entire province at all educational

levels according to O.F.S.A.A. regions. Beginning with this issue, we will be doing a brief profile on these advisors and hope that you can come to know your "intramural advisor".



Warren Campbell

Warren is the advisor for the Scarborough region. He is the Co-ordinator of Physical and Health Ed. for the Scarborough Bd. of Education. He has been involved in Intramurals for 28 years at the elementary and secondary levels. He has been a member of CIRA/OIRA since its inception where he was instrumental in getting CIRA established by being on the founding committee and the very first CIRA executive. Warren is married with 2 children and is presently involved in a project with Participation.



Carol Sybenga

Carol is the advisor for the Peel region. She is the Program Co-ordinator at Sheridan College in Brampton. Carol has been working in intramurals for 4 years and has been a member of CIRA/OIRA for 3 years. One of her goals is "to make as many institutions aware of what and how much OIRA has available for them to improve their individual programs". Carol will be on the '84 - '85 conference committee. She enjoys photography, squash, basketball and travelling.



Ron Fearon

Ron is the advisor for Northwestern Ontario and is at the Fitness Centre of Confederation College in Thunder Bay. Ron has a diploma in recreation leadership and has been using his expertise in the field of intramurals for 10 years. He has been a member of CIRA/OIRA for 7 years and would like to see "intramural participation become an integral part of school life and that people working in the field full time be recognized as professionals". Ron enjoys alpine ski racing, home computers, travel and antiques.

EDITOR'S NOTE

Included in this issue is a registration form for the 6th national CIRA Conference and I would encourage all OIRA members and physical educators to attend this worthwhile event.

Also included in this issue is a nomination form for the OIRA executive. There is one position available for the president and three positions for the executive. Nomination forms

must be returned by January 15, 1984. Please take the time to seriously consider nominating a responsible OIRA member to one of these positions.



Fitness Ontario En forme

SEMINARS ON YOUTH FITNESS

Fitness Ontario, a program of the Ministry of Tourism and Recreation is currently negotiating with the American College of Sports Medicine to introduce their "Forums on Youth Fitness" workshops into Ontario.

This program was hosted in 15 cities across the U.S. in 1981-82 by A.C.S.M. and proved to be very popular among teachers who operate physical fitness programs. The Objectives of the program are:

OBJECTIVES

1. Inform and motivate professional physical education leadership on the need for youth fitness improvement.
2. Increase these professionals' skills and broaden their knowledge.

3. Communicate the value and importance of fitness to the youth of the community via these professionals particularly to instill fitness awareness at a young age, which will lead to fitness as a way of life.

4. Create support and better understanding for the subject of youth fitness in the community.

The program is currently being evaluated and updated by a committee made up of representatives of the Canadian Association of Sport Sciences, O.I.R.A. the YMCA, and teachers of physical education at the elementary and secondary school level.

The target date for the seminars to begin is the fall of 1984. More information will be made available in the spring.

BE THE BEST OF WHATEVER YOU ARE

*If you can't be a pine on the top of the hill,
Be a shrub in the valley — but be
The best little shrub on the side of the hill.
Be a bush if you can't be a tree.*

*If you can't be a bush, be a bit of grass,
Some highway to happier make;
If you can't be a muskie then just be a bass,
But the liveliest bass in the lake.*

*We can't all be captains — some must be crew,
There's something for all of us here;
There's big work to do and there's lesser too.
And the task we must do is near.*

*If you can't be a highway, then just be a trail,
If you can't be the sun, be a star;
It isn't by size that you win or you fail,
Be the best of whatever you are.*

- Douglas Malloch

Canada Fitness Award

What is the CFA?

- an incentive program for youth, 7 to 17
- six fitness tests to measure speed, power, strength, agility and endurance

Who can run the CFA Program?

- any adult involved in the education, coordination or supervision of a youth group

Want to know more?

- write to: Canada Fitness Award
365 Laurier Ave. W.
Ottawa, Ontario
K1A 0X6



Canada



Government of Canada
Fitness and Amateur Sport

Gouvernement du Canada
Condition physique et Sport amateur

CONFERENCES AND WORKSHOPS



**National
Physical Activity Week
May 15-23, 1983**

**The 14th Annual
Provincial Post-Secondary
Students' Intramural Conference**

being held:
**FRIDAY, JANUARY 27th AND SATURDAY,
JANUARY 28th, 1984**

at **University of Western Ontario**
Guest Speakers are to be Announced

REGISTRATION FEE: \$45.00
(Includes: three meals, conference package and
proceedings)

Accommodation for Friday Night:
\$15 per person, based on quad
(Available through U.W.O. Intramural Program)

For further information:
Please contact Lecia Allin - (519) 679-2426

Fitting Together

6th National CIRA Conference

April 29, 30, May 1, 1984

A Return to Ontario - Home of CIRA 1
Geneva Park Conference Centre

Join Canada's foremost intramural leaders in **FITTING TOGETHER** with other Associations - Fitness Canada, CAHPER, C.H.S.P.-T.F. Sessions will be for all education levels - Mini Sessions, Major Presentations and Activity Sessions. Special attractions include The Tom Deluca Show (an evening of hypnotic improvisations) and the Labatt's Hot Air Balloon.

Simultaneous translations will be available.

Registration begins at 10 a.m. on April 29 and the conference concludes at 12:30 p.m. on May 1, 1984.

For more information or application forms, write to:
John Gotziaman,
Loyalist College - P.O. Box 4200, Belleville, Ont.
K8N 5B9 • Phone: (613) 962-9501



OIRA ontario intramural recreation association