

NEWSLETTER

IT'S A TOSS-UP

Kids love to throw things!

So the Canadian Association for Health, Physical Education and Recreation (CAHPER) and the Canadian Intramural Recreation Association (CIRA) have joined forces to bring Canadian school children a special project for National Physical Activity Week.

IT'S A TOSS-UP is the theme of the activity program. For one hour, or one day, or the whole week of May 15 - 23 teachers are encouraged to organize throwing activities. "Tossing" can occur in physical education classes, as an intramural activity or even as a special day. Everybody can do — even the teachers and principals!

Perhaps a frisbee football tournament or a scoopball league will move arms and hands. Maybe eggs or left-over snowballs will glide through the air. From city centre schools to little rural classrooms; from the Maritimes to Vancouver Island — over five and a half million school children will have a ball — tossing!

CIRA and CAHPER are national associations serving recreation specialists and Physical Education teachers. Both organizations share Fitness Canada's goals in improving the health and physical activity levels of Canadians. Russ Kisby, President of CAHPER, comments, "as long time advocates of the need for an annual National Physical Activity Week, members of CAHPER welcome the leadership and financial support of Fitness Canada. Thanks to this initiative, a good idea will, in 1983, become a reality." CIRA and CAHPER have a particular interest in the fitness of young Canadians. There is hope that the IT'S A TOSS-UP program,

incorporating fun and fitness, will have a lasting effect on many lives.

The program itself was designed by two teachers: Brian Cressman, Co-ordinator of Student Activities for the Waterloo County Board of Education, and Phil Carlton, Physical Education Subject Specialist for the Calgary Board of Education. Working through the Ministries of Education, Provincial Consultants, and Physical Education Specialists, a network of communication is in place to facilitate delivery of the program. Promotional posters and information packages have been prepared and will be sent to every school in Canada. Rick Turnbull, Executive Director of CIRA comments, "through this co-operative effort with CAHPER we are able to provide an excellent resource kit to teachers that will assist in planning for a variety of activities during National Physical Activity Week."

The kit will contain many suggestions on how to carry-out IT'S A TOSS-UP within the school setting. Teachers need not worry about spending a lot of extra time and energy. Ideas are supplied! Says Turnbull, "these activities can be adapted for intramural leagues, tournaments, special days, or used in physical education classes to teach and practice throwing skills."

And best of all, teachers can continue using the kits for subsequent lessons and programs whenever they wish. Colourful posters will also be distributed to the schools. Watch for them!

The benefits of such a program in Canadian schools are plentiful:

- Children can join the rest of the nation with their own special ac-



tivity project. They will be having fun and learning valuable motor skills.

- Teachers are provided with information and ideas but still have freedom to plan as they wish. They too can toss a few!
- Principals will have a great "school spirit" builder. Each school will receive a certificate of recognition.
- Parents will be pleased their children are engaging in healthy, fun activities. Maybe they will join in!
- All children can express themselves through physical activity — a necessity for a healthy body.

Says Turnbull, "This project is an exciting and dynamic one. We welcome the opportunity to encourage youth to participate in a specially designed activity program. We hope IT'S A TOSS-UP will have a lasting effect on their involvement in fun-filled physical activities."

IT'S A TOSS-UP is a broad activity theme. Games and programs can be as diverse and varied as the children and schools. Tossing movements can be easily adapted to young children in a playful setting or to older youths who may wish a competitive dimension. Educators certainly are not limited to providing recreational games. Throwing is a basic motor skill and this theme lends itself well to instructional programs. Any class can refer to the

acquisition of throwing skills. The possibilities are limitless.

Here are a few examples of activities:

Round-Robin Tournaments

- netball
- bordenball
- softball lacrosse
- rugby
- waterpolo

Football Type Activities

Scoop Ball Activities

Basketball Type Activities

Volleyball Type Activities

Racquet Type Activities

Self-Directed Activities

- jacks
- juggling
- baton

Target Activities

- darts
- rings
- beanbags

Novelty Activities

- water balloons
- egg toss
- pie plate toss

New ideas are encouraged. Teachers can invent their very own games.

National Physical Activity Week fever will be sweeping the country by May 1983. IT'S A TOSS-UP is a project that will unite all Canadian school children as they become a distinct and active component of National Physical Activity Week. Kisby adds, "we appreciate the opportunity

to be actively involved and on behalf of all associated with CAHPER, I pledge our full support in helping to make this important week a success."

IT'S A TOSS-UP: PASS it on!

Further information may be obtained by contacting:

Dr. Thomas Bedeck
Executive Director
CAHPER
333 River Road
Vanier, Ontario
K1L 8B9

or

Mr. Rick Turnbull
Executive Director
CIRA
333 River Road
Vanier, Ontario
K1L 8B9

IT'S A TOSS-UP — THE BACKGROUND

Organization and Development

Initially an information letter encouraging support was sent from the Minister for Fitness and Amateur Sport to all Provincial Ministers of Education. As well, a joint President's letter from Rob Stinson, CIRA President and Russ Kisby, CAHPER President, was sent to these Ministers of Education expanding on the two associations' involvement. They pointed out our commitment to health and fitness for Canada's youth and our desire to work closely with education departments all across the country in developing and promoting IT'S A TOSS-UP.

Most recently a letter was sent to every school principal in Canada explaining the purpose and organization of the project and supplying them with a list of contact people in CIRA and CAHPER who could provide further information and assistance.

The Response

Initial responses have indicated there is a great deal of interest and a tremendous amount of support all across the country. Provincial Ministers of Education have responded positively and indicated their support by naming key contact persons within their ministries who will work closely with CIRA and CAHPER as well as consultants, supervisors and teachers to bring this project to Canadian children.

Letters to over 300 physical education consultant/supervisors/coordinators across Canada have provided information on the development of this

project. Replies to this letter have indicated that there will be enthusiastic cooperation in this worthwhile project.

This project, which has been welcomed by teachers, can be used in intramural leagues, tournaments and special days or in physical education classes to teach and practice throwing skills. There have been several requests for the teacher's resource kit. The contents of this kit have been developed and is presently in the production phase. We plan to have it available in early March.

Publicity and the Poster

During the last 4 to 5 months we have been working closely with a local creative design firm, Banfield-Seguin Ltd., to develop what we feel is a very exciting poster.

Artist Bruce Rollins has captured children in action. They are having fun! They are tossing various balls and a frisbee. IT'S A TOSS-UP is written with flair in a stylized script that conjures up thoughts of fun-filled activity.

The large, full colour, 18" x 24" poster will immediately attract the attention of children and adults. Each school will receive 3 - 5 copies of the poster for publicity purposes.

Fitness Canada is coordinating publicity for all projects through a newspaper they will publish in this month. As well, publicity at local radio and television stations and newspapers is being jointly coordinated by Fitness Canada and Participation.

Get Involved

National Physical Activity Week is

the most ambitious program ever developed for physical activity in Canada. IT'S A TOSS-UP has the potential of involving over 5½ million Canadian youth in almost 16,000 schools. We are excited about involving so many children in fun-filled physical activities.

Join the good times and get involved in IT'S A TOSS-UP.

For additional information contact the CIRA or CAHPER National Offices at 333 River Road, Vanier City, Ontario K1L 8B9.



Fitness Ontario En forme

MORE ON FITNESS RESEARCH

A report detailing the fitness activities of Ontario adults will soon be released by Fitness Ontario. It's an update of "Physical Activity Patterns in Ontario", originally published in February, 1981. And it's must reading for anyone involved in the planning or promoting of fitness programs.

As well as the release of the report, Fitness Ontario will be distributing a series of news releases which highlight major findings and implications. The news release will feature:

- a comment on general trends and the increase in physical activity.
- The patterns of women in fitness.
- the physical activity patterns of Ontario seniors.

Copies of the report will be sent to FitNews readers. Watch for it.

PERSPECTIVES ON INTRAMURAL COMPETITION

by Tony Cosentino, York University

Competition. Mention of the word in the sporting context is enough to set anyone's imagination into action. For some, it may conjure up images of professional football players crashing heads out on the gridiron, each trying to forcefully subdue the other so as to bring his team a little further down the field. Others may be prompted to think of the amateur athlete whose one goal is to reach the olympic games and make those years of hard work and "fair play" pay off with a medal. Others still may picture a friendly game of "sandlot" baseball or perhaps a game of chess. The young high school or university student may immediately begin thinking of the intramural sport activities in which he or she is involved in his or her respective educational institution.

What then is competition? If it can elicit so many different ideas in so many different people, can it be justly and concisely defined? The Random House Dictionary speaks of competition as being a "rivalry between two or more persons or groups for an object desired in common, usually resulting in a victor and a loser, but not necessarily involving the destruction of the latter." Let us see how that concept lends itself to intramural sports. To do this, we have to first have an understanding of what the word intramurals means. It is a combination of two Latin words: *intra* meaning within, and *muralis* meaning walls. In the sporting context, this basically encompasses activity within the walls of the institution. What then is the "object desired in common" within the context of intramural sport? This will depend upon the philosophy around which the intramural program is based. According to Hyatt (1977), the intramural programme's philosophy should provide answers to questions such as: "What are the objectives of our programs? What are we trying to accomplish in our program or in this activity?"

Perhaps on a long term basis we can say that one of its major objectives is to foster "lifetime participation in physical activity" among those involved (Sattler, 1978). How can this be accomplished? Francis Rokosz (1975) suggests that decisions that dictate intramural policy should be directed toward satisfying three inter-related objectives: to increase organ-

izational quality and program participation, and to provide participants with a pleasant experience. Each of these points hinge on one another, but probably most important is program participation. Ideally, an intramural director wants to maximize participation using the physical, monetary and manual resources available to him or her. In doing so, his program must have widespread appeal, and thus "should be directed towards satisfying the need areas of the various groups of students involved (Sattler, 1978).

Is competition necessary in intramurals then? Yes, but obviously it must be present in various degrees so as to maintain maximum participation and enjoyment on all levels. For example, the intensity of competition will affect even the type of touch football being played. A more aggressive, rugged approach to competition may result in "perhaps fewer restrictions on blocking." "Philosophies leaning toward a spirit of gentlemanly competition might well result in regulations that severely limit blocking or eliminate it completely" (Rokosz, 1975). It is only fitting then that the level of competition within the structure of the intramural program be graded so that it can retain its appeal to persons of all levels of motivation.

Going back to our definition of competition then, the "object desired in common" must be tailored to meet the needs of those involved. On this concept, we can perhaps divide the motives for participation into two basic categories: those who possess a "product" orientation toward sport and those whose orientation is of a 'process' nature. Perhaps for those belonging to the first group, the "object desired in common" is team points which may ultimately lead them to winning a trophy or title. They will probably derive greater personal satisfaction from participating in a more competitive league geared to that type of product oriented philosophy. On the other hand, those belonging to the process oriented group may be more interested in recreation as opposed to winning trophies. Within these two leagues, the levels of competition can also be varied ranging from the more intense and faster paced team sports such as soccer, hockey, football and basketball to more leisurely activities such as bad-

minton, tennis and golf. Francis Rokosz (1975), probably best sums this idea up when he says "as much as possible, and as long as it makes sense, students should be permitted to play what they want to play."

In perhaps a more sublime way, competition in intramurals can serve as a valuable educational tool. Referring specifically to school intramural programs, Bernard Pollack (1977) writes: "If we desire individuals to be responsive to our programs, we must provide them with the resources to discover that sport experiences consist of a series of problem situations and attempted solutions; so that they are not fooled into believing they are successes or failures, if they win or lose.

Through competition, the intramural participant learns not only the skills demanded by his sport, but also to cooperate with his opponents and fellow team members so that they are able to achieve a common goal, be it winning or simply enjoying the game.

Through competition, the intramuralist gains personal growth. By pushing his opponent to perform better, he is indirectly pushing himself to perform better. What better way can there be to explore one's limitations of skill, stamina and perseverance?

In developing and embracing a philosophy in the organization of an intramural sports program, one sets goals and objectives. These objectives become the *raison d'être* of the intramurals program and ultimately become the "objects desired in common" of those participating, and hence competing. By being competitive, intramurals succeed in providing participants with a mode of education through refereeing, student administration and in self-discovery. By this very nature then, intramurals "certainly must promote face to face relationships, friendship, enthusiasm, a diversion, a release, while at the same time provide an opportunity for hundreds of men and women within the university community to satisfy their individual talents at a personally appropriate level" and so help the school spirit (Cosentino, 1971). Should intramurals be competitive? Without competition, they could not exist.

CONFERENCES AND WORKSHOPS

O.I.R.A. CONSULTANT WORKSHOP

SATURDAY, FEBRUARY 5, 1983
8:30 a.m. - 4:00 p.m.

Ryerson Polytechnical Institute
50 Gould Street
Toronto, Ontario

A time to meet other consultants, share ideas and discuss topics such as membership, newsletter, finances and concerns in the area of intramurals. Contact Meg Innes at (416) 667-2351 for more details.

THE 13th ANNUAL PROVINCIAL POST SECONDARY STUDENTS INTRAMURAL CONFERENCE

Being Held:

Friday February 18th and Saturday February 19th, 1983

At:

University of Toronto Athletic Centre & Ramada Inn Downtown

With Guest Speakers:

DR. ROBERT BOUCHER and PROFESSOR KIRK WIPPER

Registration Fee: \$40.00

(Includes: three meals, conference package and proceedings)

Accommodation:

Available at the hotel at \$53.00 per room

Further Information:

Please contact Conference Co-Chairpersons: Connie Wagner & Greg Scott
(416) 978-3437

"SPRING TUNE UP"

O.I.R.A. Intramural Directors' Workshop

Geneva Park
April 24, 25, 26, 1983

Cost: O.I.R.A. Members \$140.00
Non Members \$155.00

Contact: Dr. Bob Boucher
Faculty of Human Kinetics
University of Windsor
Windsor, Ontario
Phone: (519) 253-4232 ext. 441

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 Activities 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 Fishing, a Ride on the World-Famous *Bluenose II*

For registration information, please contact:

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

XIV ANNUAL WESTERN CANADIAN INTRAMURAL WORKSHOP May 13-15, 1983 Banff, Alberta

Conference Theme:

"The Intramural 500!"

The "Pit Crew" (Organizing Committee) wants all drivers to get on track with new, innovative ideas for Intramural Programs.

- "Veteran Drivers" (speakers) from all educational levels
 - "Intramural Speedway" (workshop site) Banff Centre
 - "Laps" (sessions) —Brainstorming, presentations, activity
 - "Pit Stops" (meals, socials) — including Wine & Cheese, luncheon, Barbeque, Dance, Brunch
- All present A.I.R.A. (Alberta) members are included on mailing list.

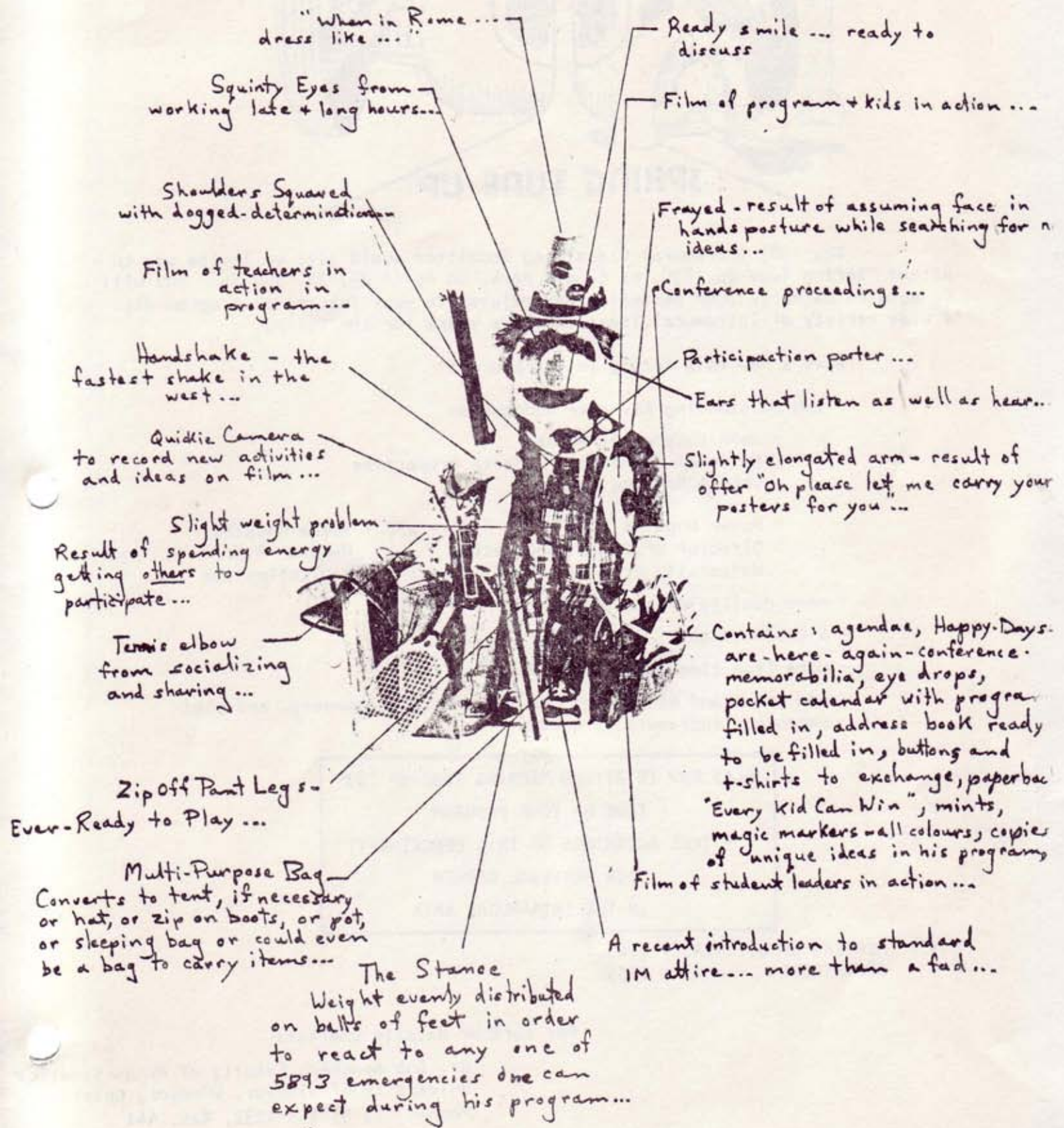
For 'Time Trial' (Registration) Information Contact:

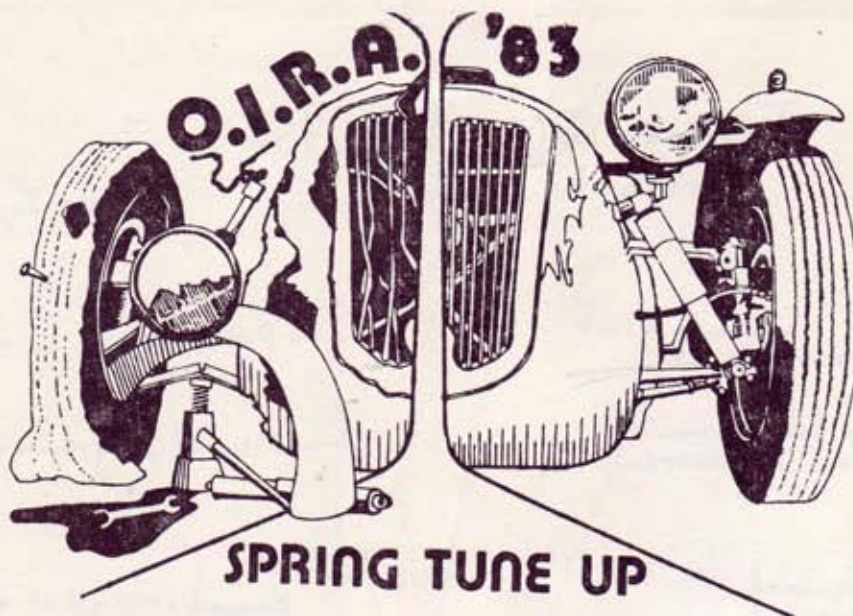
Head Mechanic:
Wanda Lowe
Campus Recreation
Mount Royal College
4825 Richard Road S.W.
Calgary, Alberta
T3E 6K6
(403) 240-6519



Typical IM Director ? (Going to Conference)

by Joyce Hopkins
KWCUS





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.

For further details contact:

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

WE HAVE SURVIVED !!!

— by Ornella Guizzo

Another major event in the history of intramurals has come and gone. York has kept up its tradition of hosting a high school intramural event per year and I am proud to say that this year was no exception. On Friday, November 19, 1982 at 6:00 p.m., over 60 high school students from across Ontario registered and wondered whether indeed they would survive the "All Nighter" until 8:00 a.m. Saturday, November 20th.

It was a 14 hour gruelling event in which the high school students participated all night in various and sundry activities. The evening began



with an adaptation of orienteering. The individuals had to discover certain areas in the physical education building in order to find the next clue, which would eventually lead them to their team. This was a unique way of (1) introducing the building which was to be their home for the next 14 hours, and (2) devising an innovative method of team selection. Once the teams were formed, they were given time to create a 5 minute skit to represent their team name. (We had teams

such as the Blenders, Washing Machines, Perculators, Toasters, to mention a few).

Everyone gathered in the gymnasium and the skits were performed. I must say they were extremely good skits given the preparation time that each team had. Congratulations!

This was only the beginning!! The activities came next, and believe me they varied greatly. There were people oriented games for those who love

body contact, aquatic games for water lovers, food games for food nuts, relays for the competitive individuals, mat games for those who love even more body contact and a sing song for those who couldn't keep up with the pace (although it seemed that everyone indeed kept up with the pace.)

It was interesting to note some of the comments from the students in attendance, such as:

Friday 7:10 p.m. (we started at 6:00)
Comment: "Is this All Nighter almost finished????"

Comment: "This is totally awesome!"

Comment: "You've got to be kidding!"

Saturday 7:55 a.m.

Comment: "WE HAVE SURVIVED!!!"

The participants as well as the All Nighter Committee had a good time and it was an experience one can never forget.

I would like to take this opportunity to thank my committee for their time spent in helping to organize this event as well as the hours of hard work all put in throughout the 14 hours of the "Ontario High School Intramural All Nighter".

Perhaps we'll see you next year!

INTRAMURAL SLOGANS

A great way to add interest to any intramural program is through slogans or "catchy" phrases. Often, the worse they seem, the greater the attention that is brought to them. Slogans such as "PLAY AN HOUR A DAY — KEEP THE DOCTOR AWAY" or "A SPORT FOR EVERY MAN — A MAN FOR EVERY SPORT" are two examples. Bulletin boards filled with quotes or slogans will certainly draw the attention of the student body to your intramural program. If slogans are funny & light-hearted, it implies intramurals are fun.

Where do we get the slogans? We get them from you. Intramural people are the most sharing people that I have ever met. Go to an intramural workshop or conference and you will find delegates constantly exchanging ideas. I would like you to send to me any slogans that you have used or can think of and I'll print them in the next issue of the newsletter. It shouldn't be difficult to make a list of 50 - 100 slogans if we all take a moment and write a few down. To create interest at your own school, you might want to run a contest in your classes or brainstorm with your council. Please send them to me before February 28, 1983 and "KEEP THE PROMISE".

— Brian Cressman, Editor

Let's
run around
together.



O.I.R.A. Joins P.R.F.O.!

— by Meg Innes

On Friday, November 26, 1982, O.I.R.A. was approved as an Active Member of the Parks and Recreation Federation of Ontario. The members of the Executive that will be sitting on the Board will be Jean Kennedy (President), Meg Innes (Vice-President) and Fred Wannamaker (Secretary-Treasurer).

The following is criteria for active membership in The Federation:

- a) The organization shall have recreation or parks as a prime mandate
- b) The organization shall be provincial in scope
- c) The organization shall represent a field(s) of recreation encompassing various activities
- d) The Organization may be comprised of lay and/or professional members
- e) The membership application shall be approved by the applicant organization's membership according to their constitution.

We have now made a commitment to participate and as such we are responsible for the following:

- a) Each member organization is responsible for appointing two representatives to participate on The Federation Board of Directors, and one alternate representative. This is a one year appointment, begin-

ning and ending at the Federation's Annual Meeting.

- b) Each member organization is responsible for participation on the Minister of Tourism and Recreation's Advisory Committee. This responsibility falls to the representatives appointed to the Board of Directors.
- c) Each member organization is expected to work through The Federation Board of Directors on areas of concern that are to be directed to the Government of Ontario. This could include petitions to Government, review of reports or legislative acts, etc.

The P.R.F.O. provides a Federation Job Mart which keeps you in touch with what jobs are available throughout Ontario. The cost for O.I.R.A. members is \$22.00 for 17 months to April 1, 1984, payable to:

"Federation Job Mart"
2nd Floor, 8 York Street
Toronto, Ontario
M5J 1R2

The Federation is also working on a certification process and as well are looking into developing a delivery system to keep members informed of changes in government policy or legislation etc.

If you would like more information, please contact Jean Kennedy or Meg Innes.

OIRA ontario intramural recreation association