

NEWSLETTER

TUNED UP AND READY TO PLAY AFTER "SPRING TUNE-UP '83"

- by Dave Schei, Queensmount Sr. School

Dead battery you say? Rusty body a problem? Loose universal slowing you down? These were but a few of the repairs made at "Spring Tune-Up '83" - the 15th Annual Intramural Director's Conference held at Geneva Park on April 24 - 26th. Over one hundred delegates arrived on Sunday, eagerly anticipating three days of stimulating ideas and refreshing activities. More than half of these were attending the O.I.R.A. conference for the first time. This is quite an accomplishment in itself and congratulations should be extended to Dr. Bob Boucher who must have sent information about this year's conference to anyone even remotely involved with O.I.R.A. over the past three years. Delegates came from Grand Forks, B.C., Winnipeg, Manitoba, Fredericton, N.B. and from Thunder Bay to St. Catharines and Windsor to Kingston in Ontario.

Once the delegates arrived and settled in, they started earning OIRA

money (which is REALLY fun money) at a casino night, at an early morning fitness session and at a dance. Money could also be earned for various other reasons such as visiting one of the ten sponsors who were displaying their wares or for taking a plunge in the chilly waters of Lake Couchiching. As has become tradition when intramuralists gather at Geneva Park, there was even a solitary cry from a lonely moose to be heard on occasion.

There were a wide range of sessions covering topics like refereeless intramurals, combating burnout, examining point systems and staff involvement. As well, ten sport governing bodies each presented materials that could be incorporated into individual programs. The key note speakers on Monday evening provided the highlight of the conference to many of the delegates.

Peter and Joyce Hopkins - or was it Joyce and Peter - took the kind of



Meg Innes displays her "professional" T-shirt

creativity, enthusiasm and energy that make any intramural program successful and turned it into a presentation that was motivational, informational, and fun to listen to. The delegates were made to feel proud of the kinds of things they are doing with young people and to feel good about their positions as intramuralists.

The combination of excellent mini and major presentations, fellowship and hospitality among the delegates, the chance to share and steal ideas and an outstanding key note address left many of the delegates feeling tuned-up as they departed for all parts of the province when the conference ended on Tuesday. Tuned-up indeed and ready to inject new found ideas and renewed enthusiasm into their respective programs. No more dented hubcaps or broken fan belts. Now we're running smoothly and looking forward to "Fitting Together" in '84.



Delegates listen attentively under a watchful eye

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ONTARIO POST SECONDARY STUDENTS CRACKED IT OPEN

Over one-hundred students from eighteen different institutions met at the University of Toronto's Athletic Centre on Friday, February 18, 1983 to begin a two day conference. Delegates were welcomed and introduced to each other through a variety of new fun and games. Sessions began that afternoon and then the action moved to the Ramada Inn Downtown for dinner, keynote speaker, Professor Kirk Wipper and an evening of dancing and jive contests. Saturday was packed with presentations ranging from legal liability to computer use, to officials to co-eds and philosophy of competition. Dr. Bob Boucher addressed the group during lunch.

Over the weekend, enthusiasm bubbled over through direct participation in the various sessions and endless dis-



Student delegates show interest in the Awards display by Coyle and Greer.

cussion in the social periods. It was quite evident that the future of Intramurals is quite safe in the hands of these budding directors. Appreciation must be expressed to the

various sponsors who generously contributed to the success of the conference. Also a hearty thank you is in order to Art Salmon and Fitness Ontario for their support.

QUALITY vs QUANTITY

- by Janean Sergent, Queen's University

Reprinted from "Spirit of '81"

All types of individuals are attracted to Intramurals. Listed below is a prime example of two extreme individuals that could be members on the same team:

Competitive Individual

- plays to win
- score conscious
- highly skilled in specific activity
- serious competitor

- plays to compete

- must win to increase the number of championships
- concerned about a good work-out
- rule orientated
- impatient with lower skilled players
- plays hard and talks later

Social Individual

- plays for fun
- doesn't keep track of the score
- often below average skill
- social competitor, goes to meet people
- plays to get a break from school work
- is not concerned with a large number of awards
- is not there to only sweat
- the fewer rules the better
- calibre ranges do not matter
- plays and talks at the same time

activities such as Monsterball and tug-of-war are examples of a few activities that are unique and non-traditional. Another popular area is the co-educational activities which are really on the up-swing. Obviously students enjoy the amalgamation of the two separate programs, particularly in sports such as volleyball, innertube waterpolo and broomball.

It is essential that once an individual becomes interested in Intramurals, his first exposure should be one of enjoyment and personal satisfaction. If he is pleased with the program then he is more likely to return the next time with a friend. Student participation and involvement are key ingredients that will produce a true sense of spirit and thus contribute to betterment of the program.

SUMMARY

Intramural programs should provide a large variety of activities at different competitive levels to attract the optimal number of students. At Queen's University the programs emphasize participation and competition but in a diversified way. Students have the option to participate in very competitive, highly skilled leagues or to become involved in low-key recreational lea-

gues that adhere to few regulations and function without the use of officials. There are teams, tournaments and individual sports that all last for different durations. Therefore each student has a selection of activities to consider depending on the amount of time he has available.

A good variety also exists in the type of sports offered. Co-ordination and skill is not always a necessity. Ac-

It appears that Intramural Directors will always be haunted by the old controversy of Quality vs Quantity, however, a variety of sports and skill levels are two facets within our control that have the potential to enhance the type of program we offer. Especially now with Intramural programs continuously growing, it should be reiterated that a program is not successful unless it fulfills the needs of those involved.

JUMP, JIVE AND STAY ALIVE



The students had a good workout playing with the parachute.

In the June 1982 issue of this newsletter, Vicki Ness from Forest Heights Collegiate, Kitchener, Ontario, wrote: "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 thirteen."

session was a "Warm-Up Games Circuit" that included skipping, an obstacle course and scooter board basketball.

Speakers included both staff and students. The student presentations were

ton, table tennis, basketball, weight lifting or dancersize.

The afternoon concluded with a mass activity organized by Brian Cressman called "It's A Toss-Up". The delegates participated in throwing activities such

Most of the students became "jugglers" after only 10 minutes



Co-ed scooterboard basketball is being played under the watchful eye of P.E. teacher Barb Prysuk of G.R.C.I.

Well, nothing's changed - nothing except that there are more students, more staff, more speakers, a larger facility and an incredible increase in enthusiasm, activity, noise, and laughter. At this year's Waterloo County Staff-Student Intramural Conference held at the University of Waterloo, the students began with the "Marketplace". This was an area where each participating school set up a display on their intramural program. The first activity

done by the intramural councils from Central Algoma S.S. entitled "North But Not Out" and from Centennial S.S., Guelph called "Centennial Intramurals". The staff presentations were "Co-ed Nights" by John Catterick, "Picture Promotion" by Mr. Rick Turnbull, and "The Digger Dam" by Mr. Steve Roberts.

The students were also given time to participate in activities of their choice: racquetball, squash, running, badmin-

as juggling, parachute games, frisbee accuracy throw, and egg toss. The highlight was to see 180 students, each with a frisbee, throwing them end-to-end in U.W.'s main gym.

Evaluation from the staff and students unanimously stated that the day was worthwhile and greatly appreciated. If you would like more information, please contact Linda Ness, Waterloo County Board of Education, Physical Education Department, 51 Ardel Ave., Kitchener, Ontario N2C 2E1. Phone: (519) 741-1751

WAYS TO IMPROVISE AND SAVE DOLLARS

Reprinted from "Spirit of '81"

The old adage "Take Care of the Pennies and the Dollars Will Look After Themselves", is more meaningful in these days of seemingly excessive costs and inflation. Below are a number of ways of stretching those valuable but limited physical education budgets, as well as a few other tips for you.

1. COLD PACKS: Place a cup of ammonium nitrate in a ziplock plastic bag. When you are in need of a cold pack for bumps and swelling, add about $\frac{3}{4}$ cup of water, and mix. Re-zip the bag, and lay over affected area. Coolness lasts about 20 minutes.

2. HIGH JUMP PRACTICE ROPE: Using about 4 metres of $\frac{1}{4}$ " sash cord, secure 2 beanbags at either end of the rope. Use this as a practice jump rope for high jump, saving cost of replacing crossbars.

3. SHOULDERWEIGHT: Use a 12" tire tube, cut in two semi-circles. Tape up one end to make a 6" handle. Fill tube with fine gravel, then tape up other end. Pupil can place this weight across shoulders for building endurance and muscles while training.

4. PLASTIC BOUNDARY MAKERS: Various gallon and $\frac{1}{2}$ gallon containers, either painted, or in colours, and partially filled with water or gravel produce easily stored field markers for indoor or outdoor games. These can be stored by emptying contents and stringing the handles, and suspend rope from a corner in the storeroom.

5. Same idea as Boundary Markers, but insert a plastic golf tube into the mouth of the container.

6. STORAGE BINS: Large plastic pails your custodian gets wax and soap in are ideal for storing small items such as beanbags, ropes, balls, etc. Another container is the square fibre-glass or plastic milk carriers many companies use. Both are strong and more durable than cardboard boxes.

7. COAT HANGER FLAG MARKERS: A coat hanger may be straightened, the top rounded and a flag attached to make ideal markers for field sports or distance markers in various throws. These can be pushed into the ground where needed.

8. INDOOR BASES: Rubber backed carpet in bright colours stand out on a gym floor and are suitable as bases as they don't slide about when used. Cut them into 12" squares.

9. THREE LEGGED RACE STRAPS: Tie a section of a bicycle inner tube in a circle about 6" in diameter. This tube can now be stretched over the ankles of 2 people who are participating in a 3 legged race without fear of cutting the leg should one fall.

10. SCOOP: Cut a quart plastic bottle into the shape of a scoop. Similar colours could designate teams.

11. SASH CORD JUMP ROPES: A length of $\frac{1}{2}$ " or $\frac{3}{8}$ " sash cord cut into 7, 8, and 9 ft. lengths is much less expensive than buying skipping ropes at 7 ft. to 9 ft. intervals, then cut, using pliers, for an efficient method of preventing unravelling and cutting the rope.

12. HANDLED TUG ROPE: 1" broom handles make excellent grips for one-against-one tugs of war. The handle prevent chaffing and cutting hands when struggle begins.

13. HOMEMADE SCOREBOARD: Numbers from 1 - 21 (or higher) are written on two circular pieces of cardboard or plywood. This is attached to a rectangular piece of plywood which has two windows cut out so they frame the score. To change the score, rotate wheels.

14. WHISTLE CLIP: Shower curtain rings make excellent clips on whistles, keys, etc.

15. HOOP STAND: Two 25" pieces of 2 x 4's separated at each end by small blocks of 1 x 4 make good hoop supports. The hoop stands in the slot can be used as targets, markers, etc.

16. TWO BY FOUR STARTING PISTOL: By connecting two pieces of 2 x 4 with a hinge, use as a starting pistol for practices. Close the 2 x 4's together with fingers grasping the handles (screen door handles) to produce the sharp cracking sound.

*Hidden beneath the vast wasteland
of many organized sports -
underneath the obnoxious fans and
the greedy players and the silly
owners and the tennis mothers
and the Little League fathers and
the winning-is-the-only-thing
mentality, lies an oasis of sanity,
a breath of fresh air called intra-
murals. It's a place where fun counts
more than the score, where
participation is paramount to competition.*

-Gary Reinmuth

From Spring Tune-Up '83

SCENES FROM THE SESSIONS

ODE FROM A PIT CREW

Spring tune up you say! - Now hold on a sec!
Rusty bodies - we've seen and shocks that are wrecks,
Tires that were flattened and batteries gone dead,
Joints that quit working and fan-belts in shreds.
But valves that are leakin? - You've gone just too far.
This pit isn't ready to die with this car.
Your conference has done what a valve job should do.
With 2 Bob's on the oil can, Gail, Pat & Linda our pert clean-up crew,
Mike & Dave for the ring job - They've all pulled us through.
We knew we could do it - we're made of tough steel,
These valves want to thank you for such a good deal.
We've made up this poem (more or less) - in good fun,
And a memento to leave - before we must run,
In fine working order - we're all purring now,
Just remember these valves - will be back here somehow.
Reincarnated no doubt - in some future year's theme,
And ready to be once again made to scheme -
To get kids in our schools who'll be brave enough to say,
Dare to play everyone - Cause PLAY is O - KAY.

Larry Williams,
"Leaky (faucet) Valve"



Pat Kitchen and Jamie Beardmore shake "it" up on the dance floor.



John Catterick gives a dynamite presentation on "BURNOUT"



This session was entitled INTRAMURAL DEFAULTS, but nobody showed up.

RESIGNATION AND APPOINTMENT

Dr. Bob Boucher has resigned his position as a Member-at-Large on the OIRA executive. Bob will be taking a sabbatical leave from his position at the University of Windsor. Our thanks go to Bob for his time and efforts given to OIRA.

Sally Kemp, Assistant Co-ordinator of Campus Recreation at the University of Waterloo, has been appointed to complete the term of office for the Member-at-Large position. Sally will work on membership and sponsorship for OIRA.

*If you want to make everything
you do better, start by making
yourself better.*

PARTICIPACTION
The Canadian movement for personal fitness.

Highlights of the AGM

Elections

During the fall of 1983, nominations for President, and OIRA executive (3) will be called for. Elections will be done by ballot in the spring. Information will be forthcoming in future issues of the Newsletter.

Workshop Slide Kits

Slide and tape kits are being prepared by OIRA members to be sent out on loan to other members for workshops or P.D. days. Already, one show has been produced by Brian Cressman called "Tabloid Track Meet". An honourarium of

\$100.00 will be awarded for the finished product.

Certification

A motion to adopt the certification process was passed by the membership. For more information on this, contact Jean Kennedy.



Fitness Ontario En forme

FitFive "made the grade" across Ontario as schools caught the "fever". Kincardine and Muskoka Falls Public School in Bracebridge have successful FitFive report cards:

RON WEBB is FitFive coordinator at **Muskoka Falls Public School in Bracebridge**. He's been promoting FitFive and getting "very positive feedback". Ron started the "fever" with a letter to students and parents, inviting their participation in "FitFive", the personal fitness program. Accompanying the letter were two booklets describing the program and the record sheet for Level One. As the levels were completed, certificates were awarded until Level Five was completed, where a specially designed pin was awarded with the certificate.

Ron developed the special incentive of "Tribe Points". Parents and students received ten points for their tribe upon completion of each level. The "parents points" went to the child's tribe at M.F.P.S. ("Parents points" could be divided in the instance of brothers and sisters).

FitFive at M.F.P.S. had posters in the hallway as well as permanent record charts in the gym. At M.F.P.S., it was "FitFive & Stay Alive!".

DOUG LAFRENIERE, Lake Huron Zone Recreation Association Fitness Coordinator, organized FitFive Clubs at the **Kincardine Dis-**

trict Secondary School. Doug helped students and staff catch the fever, hoping to educate and motivate them towards a lifestyle where "regular physical activity is the norm rather than the exception".

The Kincardine project was administered by a six-member sub-committee of the student council. Each committee member represented a grade level. The Committee Chairman was an elected member of the student council executive office.

Doug's project had three stages, designed to build up a FitFive fever and participation.

● **Stage One** involved initial contact with the students who planned to run for Student Council executive office for the coming school year. The candidates used the idea of a FitFive Club in their campaign platforms. The elected officials met approximately two weeks prior to school to review a "Plan of Action" for September.

● **Stage Two** incorporated four different techniques designed to build curiosity among the students about FitFive (a poster campaign on FitFive), to build interest and give FitFive a "status" among students, introduce FitFive as a way to get started on a better lifestyle (through skits at assemblies), and to make starting the program a "big deal". Doug says the trick of

having representatives call out during class the name of each person who signed up was great—everyone knew who had the "fever".

● **Stage Three** was follow-up activities: students and faculty were encouraged to think of noon-time FitFive activities, clinics, challenges, "pack runs", even a FitFive Winter Carnival with events that were equated to boxes. Doug notes that FitFive's idea of equating boxes to activities, ANY ACTIVITY, was crucial in getting students started, and in keeping them going on the program.

Doug's assessment of the K.D.S.S. FitFive Club project is very positive. He stresses that to catch the fever, it's important that the initial students contacted be mature, responsible and enthusiastic since the administration of the program rests solely on them. Having each grade level represented on the committee ensures that the program has a good chance of success in future years. The FitFive assembly was instrumental in spreading FitFive fever and getting across the idea of the program and its benefits for enrolling to the students. The month-long timing was short enough to keep interest high and long enough to have stages of strategies which progressively increased student interest up to and including the assembly. FitFive is staying alive at K.D.S.S.

OIRA ontario intramural recreation association