

NEWSLETTER

COACHING BEHAVIORS IN RECREATIONAL SPORT

- by Frank Erle, University of Western Ontario
(Presented at O.I.R.A. '83 Workshop)

Intramural sports have seen a steady growth over the past few years, particularly at the university level. This growth has brought with it highly organized leagues of varied skill level. As teams become more organized there also becomes a need for coaches. The question arises as to their proper behavior behind the bench. Past research has focused almost entirely on intercollegiate or professional teams with the results indicating that a coach should be autocratic, leaving no room for differing opinions (Scott 1971; Oglivie and Tutko, 1966). Competitive athletics, however, are primarily oriented toward excellence and winning which requires immediate decisions on the part of the coach. Intramural sports on the other hand are recreational in nature and are oriented toward the pursuit of pleasure.

This paper will examine the preferred coaching behaviors of intramural ice hockey players, as compared to intercollegiate players. The behaviors which will be examined include training and instruction, autocratic, democratic, social support and rewarding behavior (Chelladurai, 1978).

The results indicated that members of intramural sport teams preferred less training and instruction behavior, more democratic behavior, less social support, and more rewarding behavior from their coach than members of intercollegiate sport teams.

Recreational sports are not as structured as intercollegiate sports. The level of performance is not an important factor to the goal of recreational sport. Intramural participants did not feel the same need as intercollegiate players to improve their skill. Therefore, the coach's training and instruction behavior was not preferred by them.

Intramural participants preferred more democratic behavior from their coach. The goal of recreational sports allows for greater participation in decision-making by the athlete. Chelladurai and Haggerty (1978), using Vroom and Yetton's (1973) normative model of decision-making suggested that the following factors could affect decision style in an athletic situation: time pressure, decision quality required, information location, problem complexity, group acceptance, power, and group integration. In recreational sports, the quality of decision required, for example, is not as important as consensus over the decision. This, then, would lend itself to a democratic style of coaching.

Recreational participants preferred less social support than intercollegiate participants. This may be due to the amount of social interaction outside of the sport. Intramural athletes spend less time with the sport than intercollegiate players allowing them greater opportunities to seek social support in other situations.

Intramural athletes also preferred more rewarding behavior. This may be due to their lack of ability or lower skill levels. Being rewarded for a good performance may give a player more confidence and therefore more enjoyment from the game.

The results of this study indicate that the organizational goals of intramural sports does necessitate a different approach to coaching. Recreational players preferred a coach with a democratic-decision style who emphasized less training behavior, provided less social support and greater rewarding behavior.



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Labatt's



Fitness Ontario En forme

WHEN YOU PLAY TO GET FIT, YOU NEVER LOSE

During childhood, many of us learned that a game isn't *really* a game unless there's a winner and a loser. Years passed, some still believed that playing a game meant playing to win . . . which eventually led to the notion that "winning isn't everything, it's the *ONLY* thing".

Recently, a new group has formed which rebukes the "win at all costs" syndrome with a new concept best summed up by their motto: "Play hard, play fair, everybody wins and nobody gets hurt". The group is called the *New Games Foundation*, based in California. So far, the New Games Foundation has developed several

games which downplay competition in favour of fun and the spirit of co-operation.

Perhaps the most famous "new game" is "earthball". A 16-foot-wide balloon is filled with air and painted like the globe. Any number of players push the ball across any size of playing field. As soon as the ball approaches a goal line, some players switch their allegiance by pushing the other way. Naturally, nobody ever wins a game of "earthball" — then again, nobody ever loses!

Basically, the New Games philosophy encourages social interaction which, theoretically, leads to better self-acceptance.

How does the concept apply to you? Perhaps you still believe competition

is the most effective method of motivating yourself. However, day after day, many people work in a highly pressurized, highly competitive environment — then continue their competitive spirit in recreational activities.

Is it really necessary? Recreational activity or exercise should be an outlet for aggression — not just another way to build more.

So, next time you participate in an exercise, sport or recreation activity, remember that you're there to have fun and get fit. Winning isn't everything. It's having fun that counts!

For more free facts on Fitness Activities, write *Fitness Ontario, Ministry of Culture and Recreation, Queen's Park, Toronto M7A 2R9*.

ONTARIO POST SECONDARY STUDENT INTRAMURAL CONFERENCE HAD "STRENGTH IN NUMBERS"

- by Lecia Allin, University of Western Ontario

Eighteen different institutions were represented at the 14th annual post-secondary school student intramural conference. Over 130 delegates attended, making this conference, the theme of which was "*Strength In Numbers*", the largest ever. Students met at the Park Lane Hotel in downtown London on Friday, January 27, 1984 to begin the two-day conference. Delegates were welcomed and introduced to each other through a variety of games. Sessions began that afternoon, followed by a break in the action to become better acquainted. Fitness Ontario Consultant, Art Salmon, was the keynote speaker at Friday's dinner. The evening ended with a dance in the London Room at the hotel. Saturday was filled with various sessions, ranging from Computers to Intramural Spirit to Promotion of Intramurals. Dr. Earle Zeigler addressed the group during lunch.

Over the weekend, enthusiasm bubbled over through direct participation

in the various sessions and endless discussion in the social activities. Judging from this enthusiasm, the future of our intramural programs are quite safe in the hands of these energetic young people.

Appreciation must be expressed to the various sponsors who generously contributed to the success of the conference. Also a hearty thanks to our guest speakers and all the delegates who attended.



Student delegates applaud as they listen to the opening remarks.

WHOM TO EXPECT AT C.I.R.A. VI

- by John Catterick, Central Algoma Secondary School

In the February issue of this newsletter, I explained what to expect at Geneva Park. This time I'll give you an overview of the major and mini session speakers. Maybe, by having this information you can select pertinent topics to justify your presence there.

For entertainment, on Sunday, April 29, 1984, we have engaged Tom Deluca, who appeared at last year's NIRSA conference. He is billed as a comedy/hypnosis specialist who will provide an interesting evening. On the Monday night, there is a dance with the "Love Boat" theme. Bring proper apparell.

The following is a list of major session presentors and their topics:

Peter Hopkins: *Dialogue for Dollars* - how to finance and justify the costs of a program at the University level

Greg Lewis: *Intramurals from an Administrator's Point of View*

Diane Stinson: *Women in Intramurals* - a general topic for all

Ian McGregor: *International Youth Year* - how we can all participate in this program

Art Salmon: *Youth Fitness Forums* - geared mainly to Elementary and Secondary Schools

Meg Innes: *Dance Fitness* - a participatory session for all

Bill Oliver: *Tossology* - how everyone

can introduce Juggling with their curricular, instructional or Intramural program

Ted Baker: *Weight Training for Women* - a general session for all on how to equip your weight room to make it more attractive for all and how to encourage women to participate

Fitness Educators: a general participatory session for all

Phil Carlton: *K-8 Program* - with ideas for all levels

Boris Zawadzski: *Audio Hands On* - how to put together a presentation for your program

The following is a partial list of mini session presentors:

Ron Fearon: *Winter Intramurals*

Shirley Cleave: *Student Volunteers*

Brent McFarlane: *Fun Fitness Activities as Intramural Themes*

Jenny Hood: *Leadership Camps*

Brian Cressman: *National Physical Activity Week*

Marg Terrett: *Pool Events*

Doug Reid: *Fit Five*

Heather MacDonald: *National Physical Activity Week*

Nancy McCormick: *Volunteers*

Paul Renwick: *Student Leadership*

Tim Page: *Ontario Athletic Therapists Ass'n - Level 1 Athletic First Aid*

Jean Claude Lantheir: *Awards*

John Duncan: *Outdoor Education*

Carol Sybenga: *Different Mediums for Advertising*

Steve Robers: *Digger Dams*

Jean Kennedy: *Killing Us Softly*

John McFarlane: *Co-Ed Activities*

As a reminder, there will be simultaneous translations of some sessions. All delegates will receive a copy of the proceedings before they leave.

Other associations will be giving a brief overview:

CAHPER - Wendy Dahlgren

CHSP-TF - Joan Mansfield

FITNESS CANADA - Sue Cousineau

PARTICIPACTION - Bob Duck

Another highlight will be a re-enactment of an inquest, from a lawyer's point of view, dealing with the topic of "Supervision when more than one activity and facility is being used".

Well, now you know most of the people and their topics being presented at C.I.R.A. VI. What we need to know is who the delegates will be. Submit your registration confirmation now to John Gotziaman at Loyalist College in Belleville. For those delegates arriving from out of province, contact John re: transportation arrangements.

Don't forget, we want to see YOU there too.



National Physical Activity Week at Midland Avenue S.S.

- by Heather MacDonald

Looking for some ideas for *GET UP AND GO?* Why not try the following:

Home Room Activities: (Supervised by home room teachers)

1. Walk/run to a local park and GO FLY A KITE! Have instructions in kite construction the week before the walk. Try contests for artistic design, high flight, etc. Staff members from different departments have all kinds of interesting historical, scientific and artistic facts about kites. It is a good way to integrate subject areas. Having the Junior school go on one day and the Senior another helps in logistics problems.

2. SKIPPING CONTESTS. Use long heavy ropes and timetable each class into a time slot. How many people could they get into action without

tripping. The H.R. teacher counts as 3!!!

Before and After School Activities

Roller skating, break dancing, fly casting, swimming, darts, horse shoes, table tennis, skooter boards, etc...

Lunch Hour Activities

CONTESTS and DEMONSTRATIONS

a) Skipping: linked arm; co-ed and non co-ed; pepper; etc.

b) Hula Hoops

c) Yo-Yo

Assembly

Have your schools' BREAK DANCERS put on an assembly and then have

for further information on GET

UP AND GO, contact:

Dr. Thomas Bedecki
Executive Director
CAHPER
333 River Road
Vanier, Ont. K1L 8H9

these same student dancers direct a BREAK DANCE CLINIC after school.

Get Up and Have Breakfast

Have your school's nutrition committee finance the reduction of cost of your school's breakfast menu.

Go "Formal"

Help advertise your SPRING FORMAL with the slogan "GET UP AND GO FORMAL".

Use this week to advertise your school to FEEDER PUBLIC SCHOOLS. (ie: Get up and go to Midland. Invite small groups of students and teachers to your daily events).

or

Mr. Rick Turnbull
Executive Director
CIRA
333 River Road
Vanier, Ont. K1L 8H9

or

Janice Braithwaite
Program Co-ordinator
CIRA/CAHPER
333 River Road
Vanier, Ont. K1L 8H9

Don't Delay — GET UP AND GO — But Will The Staff?

- by Heather MacDonald, Midland Avenue S.S., Scarborough



Here are some suggestions:

- a) discuss the idea with your principal
- b) present the concept of the week to staff members on a casual basis
- c) listen to their ideas and capitalize on their interest and hobbies (i.e: fly fishing, walking, etc.). Ask staff members to think about how they could be involved
- d) pre-plan the week with staff and student ideas
- e) make a tentative organizational chart and present it at a Head's meeting. Listen and ask for suggestions
- f) finalize schedule
- g) distribute schedule and volunteer sheets at the May staff meeting

g) collect volunteer sheets *AT THAT MEETING*

i) fill in empty slots by asking for help in the Staff room

j) the week before the event, send out a Thank You (i.e: "Thank you for helping with GET UP AND GO. You are on Linked Arm Skipping on Wed. May 16th LUNCH PERIOD one. Other teachers involved at that time are listed below. The G.A.A. will have all the equipment ready for you and will be there to help.")

k) on Monday of the week, have a flyer with the week's button attached on it placed in all staff members mail boxes. Ask them to wear it with pride. If they do not wish to wear it, ask them to return it to your mailbox as supplies are limited.

l) at the end of the week, send out a thank you to each staff member who helped. Give the list of helpers to the Principal as a reminder to him how helpful and supportive the staff have been.

*If you think you are beaten, you are.
If you think you dare not, you don't.
If you'd like to win but you think you can't
It's almost a cinch that you won't.*

*If you think you'll lose, you're last,
For out of this world we find
Success begins with a fellow's will,
It's all a state of mind.*

*If you think you're outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.*

*Life's battle doesn't always go
To the swifter or faster man,
But sooner or later the man who wins
Is the one who believes he can.*

Author Unknown

Notice to Membership

ANNUAL GENERAL MEETING Sunday, April 29, 1984

O.I.R.A. AGENDA

- A. Approval of Agenda
- B. Reports:
 1. President - Jean Kennedy
 2. Membership - Meg Innes
 3. Financial - Fred Wannamaker
 4. Newsletter - Brian Cressman

5. Book Resource - Carol Sybenga
 6. Audio Visual - Karen Lavell
 7. Speakers Bureau - Ron Fearon
 8. By-Laws - Meg Innes
 9. Special Awards
 10. Introduction of New Executive
 11. New President's Address
- C. Adjournment

Notice of Motion:

that the By-Laws be accepted as the official O.I.R.A. By-Laws.

Meg Innes / Fred Wannamaker



EDITOR'S NOTE:

A notice of motion has been served regarding the acceptance of the By-Laws. I have reproduced the By-Laws in this issue so that you may vote on this motion at the

Annual General Meeting. An insert on the certification process is also included in this issue. The results of the election will be announced at the AGM and will appear in the next issue.

ONTARIO INTRAMURAL RECREATION ASSOCIATION

BY-LAWS

FEBRUARY 1984

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ARTICLE I - NAME

1:01 The name of this body shall be the Ontario Intramural Recreation Association.

1:02 This body shall herein be referred to as O.I.R.A. or as the Association.

1:03 Statement of Philosophy

O.I.R.A. is committed to that area that provides participants with physical recreation activities that are conducted within educational institutions.

1:04 Aim

To promote the development of intramural recreational programs at all levels of education.

1:05 Objectives

1. To collect and disseminate resource material on intramural recreational programs.
2. To cooperate with and provide assistance to all allied organizations in health, physical education and recreation.
3. To develop and encourage professional growth in the field of recreation and intramurals.
4. To increase the body of knowledge in relation to intramural recreation programs.

ARTICLE II - MEMBERSHIP

2:01 The members shall refer to current members of The Association.

C.I.R.A. is the National Association in which O.I.R.A. is a Regional Member.

There shall be 5 classifications of membership to include Professional, Institutional, Student, Life and Corporate.

2:02 All O.I.R.A. members shall be automatically deemed as members of the Canadian Intramural Recreation Association.

2:03 Ontario members shall be entitled to receive the official publication(s) of the Association and C.I.R.A. and attend any annual meeting of The Association and C.I.R.A.

2:04 Right of Membership

Each professional member of The Association shall have equal voting power on constitutional, general policy business matters and right to hold a position on the Board of Directors.

2:05 Term of Membership

Membership in The Association shall begin upon receipt of payment. It shall terminate one year from the starting date or at the time of withdrawal or cancellation.

2:06 Any member may withdraw from membership by written notice to the President.

ARTICLE III

Relationship of O.I.R.A. with other Organizations

3:01 The O.I.R.A. shall endorse affiliation or cooperation with other Intramural Recreational Associations when such interaction is deemed beneficial to the Association.

ARTICLE IV

FINANCE

4:01 Fees

Through an annual percentage of fees received from C.I.R.A., the membership is responsible for the operating costs of the Association.

4:02 Budget

The Budget shall be drawn annually by the Finance Committee subject to approval by the Board and presented at the Annual General Meeting.

4:03 Financial Year
The financial year-end shall be May 31st.

4:04 Signing Authority
The signing officers of The Association shall be the President, Past-President and the Treasurer. All expenditures shall be authorized by two of these three officers.

**ARTICLE V
GOVERNMENT**

5:01 The head office of The Association shall be in the Province of Ontario and at such place therein as the Board of Directors may from time to time determine.

5:02 Quorum
The quorum for a General Meeting shall be at least twenty percent of the voting members.

5:03 Special General Meetings
Special General Meetings may be called by the Board when interim decisions are needed.

5:04 Voting
To amend the By-Laws, motions must be passed by a two thirds majority vote of the members present at annual or special general meetings.

5:05 Notice of Motion for By-Law changes must be circulated to the members at least thirty days prior to a General Meeting, for a decision at that meeting.

5:06 On decisions of general business, motions shall be passed by at least 50 percent of the members present.
Board of Directors
The affairs of The Association shall be managed by a Board of Directors hereinafter referred to as the Board.

5:07 Officers of The Association

The Board shall be composed of the Past-President, President, Vice-President, Treasurer, one Member-at-Large, Regional Conference Chairperson and the Publications Chairperson.

All the Board members shall have a vote.

The composition of the Board should have representation from each level of education (elementary, secondary, college and university).

The Board of The Association shall administer the affairs of The Association throughout the year, in accordance with the By-Laws and the directives of the Members.

The Board of The Association shall conduct, record and circulate the business of the General Meetings.

The Board shall appoint the publication chairperson.

The Board shall appoint the Conference Committee who selects the Conference Chairperson who shall sit on the Board.

Nomination and Election of Officers

All life and professional voting members of O.I.R.A. shall be eligible to hold executive office and to submit nominations for an office in The Association.

The President, Vice-President, Treasurer and one Member-at-Large shall be elected by postal ballot as follows:

a) Nominations will be accepted by the Nominations Chairperson until 5:00 p.m. on January 30 and every second year thereafter.

b) A nomination must bear the signatures of three (3) voting Members other than the nominee and the written consent of the nominee to act if elected.

c) A ballot for each slate will be mailed to each voting member at his or her address as recorded on the books of The O.I.R.A. not later than February 28th in each election year.

d) Ballots that have been postmarked no later than March 31 will be counted by the Past-President. The nominee on each slate who receives the greatest number of votes cast for nominees on that slate will be declared elected.

5:15 The term of office for elected positions shall be for two years from the annual general meeting.

Meet O.I.R.A. Advisors



EVELYN KENDALL

Evelyn is a P.E. consultant with the Board of Education for the City of York. She has been teaching for 10 years "and holding". Evelyn has been an O.I.R.A. member for 3 years and has the goal of developing "creative ways of motivation students to participate in meaningful intramural programs". Her intramural background includes undergraduate courses at the University of Windsor and being involved in an intramural program servicing 40,000 adults at the University of Michigan where she received her Masters degree. Evelyn enjoys running, antiques and traveling.



BERT MOORBY

Bert is the department head of Boys' P.E. at Don Head Secondary School. He has been teaching for 29 years and in 14 of these he has been involved in intramurals. He spent 7 years teaching in a one room country school and 7 years as a P.E. Supervisor in York County. Bert is presently the Intramural Advisor for the region of York and has regularly attended O.I.R.A. and C.I.R.A. conferences. He would like to see a greater balance between intramurals and interschool sports in secondary schools. Bert resides in Gormley, Ontario.



DON FAIRWEATHER

Don is the advisor of the EOSSA region and makes his home in Iroquois, Ont. He teaches at Seaway District High School where he is the Head of Physical and Health Education. Interestingly, Don took 2 years off from his teaching career and worked as a consultant for Fitness Canada and was their representative to C.I.R.A., C.A.H.P.E.R. and other national associations. In that capacity, he became very familiar with C.I.R.A. - its people and its philosophy. Developing intramurals as a viable compliment to interschool sports is one of Don's goals for his present school and other schools in his region.

PARTICIPACTION LAUNCHES NATIONAL NETWORK



PARTICIPACTION

Russ Kisby, President of PARTICIPaction, has announced the launching of a co-operative venture between PARTICIPaction and Fitness Canada called the PARTICIPaction Network. It has the potential, according to Kisby, of making a major impact on the fitness of all Canadians by providing grass-roots involvement in a two-way communications network.

communications network that will be beneficial to all Canadians. Kisby states, "There are a phenomenal number of exciting things happening across this Country. The problem is that very few people outside the immediate area know about them. The Network will provide the vehicle through which teachers can learn about these programs and teaching techniques."

Of particular significance to educators is the attention that will be paid to school "programs that work". Teachers who become members of the Network will receive current resource materials, teaching aids and other support materials that can be utilized in the classroom. In addition, this 'club without walls' will facilitate a two-way

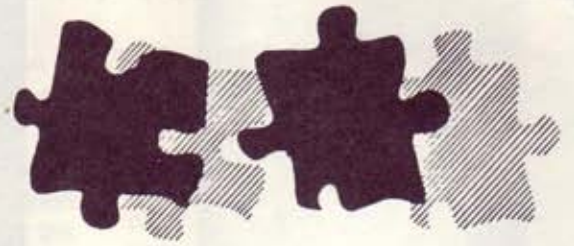
"Educators are an important part of the Network", said Kisby. "To assure we are addressing their particular needs we have been pleased, thanks to the co-operation of the Scarborough Board of Education, to have the full time services of Mr. Warren Campbell, their Co-ordinator of Physical Education, as a key member of the Development Team."

Thanks to Government and Corporate subsidies, the annual cost per teacher is only \$15. - primarily to cover the cost of mailing materials.

The Directors responsible for this private, non-profit organization are: Peter Lesaux, Assistant Deputy Minister, Fitness and Amateur sport; Robin Wilson, Acting Director, Fitness Canada; James Struthers, Board Chairman, PARTICIPaction; Russ Kisby, President, PARTICIPaction

For further information, please contact:
PARTICIPaction
Suite 805
80 Richmond Street West
Toronto, Ontario
M5H 2A4

CONFERENCES



OCT. 11, 12, 13 O.P.H.E.A. '84 KID STUFF GENEVA PARK, ORILLIA

KATHRINE SWITZER
34 female Boston marathoner, committee for '84 Olympic marathon

JOHN BENNETT
international leader in Youth Fitness, dance, music

ABBY HOFFMAN
4-time Olympian, director of Sport Canada, flag bearer, medalist at level

ZACHARY CLEMENTS
internationally acclaimed colorator, humorist



ONTARIO TRAINING TEAM



MADCAP MIKE

GREG POORE, FREDM, CARL FOLEY
JANE BRODIE, TORONTO
WALLY MILLER, QUEEN'S
CALY COLBY, OTTAWA
AUKI VAN DOORN, LONDON

NEW IDEAS: • Caswell Address • Tests & Measurement • Time Management • Intramurals	IN-DEPTH SESSIONS: • Quality Wellness • Youth Fitness • Special Education • Juggle & Skip Tricks	PLUS: • Xel Motron • AI Robotics • Macro Slaterville • Bev Mackenzie
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For registration information, contact Don Young, Lancer Secondary School, 450 Millbank Dr., London, Ont. N6A 4W7 (519) 881-2000

Fitting Together

6th National C.I.R.A. Conference April 29, 30, May 1, 1984

If you enjoyed L.I.F.E. last year at the Merri-Times, you'll enjoy FITTING TOGETHER in Ontario. The national conference is making its return trip home to Geneva Park, Orillia, Ontario, where C.I.R.A. I was held in 1979. Enclosed with the December newsletter was the registration form for C.I.R.A. VI to be held on April 29, 30, May 1, 1984. If you did not receive the form, contact John Gotziaman.

Speakers: Robin Wilson (*Fitness Canada*)
Ian McGregor (*Co-ordinator, International Youth Year*)
Phil Carlton (*Subject Specialist - Calgary Board of Education*)
A Representative from Canadian Home and School Parent Teachers Federation and from C.A.H.P.E.R.
AND MANY, MANY MORE!!!

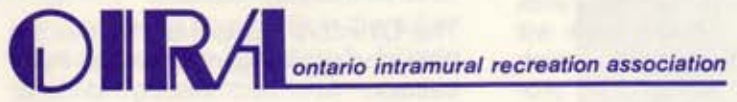
Special Attractions: Tom DeLuca (*Comedian/Hypnotist*)
A ride on the Labbatt's Hot Air Balloon

For a good time, contact: John Gotziaman
Athletic Department
Loyalist College
Box 4200
Belleville, Ontario
K8N 5B9
(613) 962-9501

O.P.H.E.A. '84 REGISTRATION FORM

NAME Miss _____ SCHOOL _____
Mrs _____
Mr _____ ADDRESS _____
ADDRESS _____
PHONE (_____) _____ PHONE (_____) _____

With whom might you like to share a room? _____
Late applicants cannot be guaranteed choice accommodations.
Conference fee: (a) members: \$155.00 (b) non-members: \$170.00
Send post-dated (to Sept. 15, 1984) cheque to:
Don Young, c/o Jack Long, P.O. Box 2365, London, Ont. N6A 4G3



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