



NEWSLETTER

CIRA VI - Me and the Smelts and our Fifty

by John Catterick, CIRA VI Planning Committee

Each spring, thousands of sportsmen and women herald the arrival of spring with the annual smelt-fishing process.

However, to me spring means much more. It provides me with the anticipation of another learning process - the Annual OIRA Conference at Geneva Park.

Since 1971, I have been involved in Intramurals as an Intramural Director. I have also had the good fortune in being involved as a presenter at the Conference seven times. On two occasions, in 1980 and 1981, I served on the committee for planning this Conference. Regardless of involvement, each spring I look forward to attending another one. The following are a few of the reasons:

A. LEARNING: During my first few visits to the Conference, I did very little other than search for people like Kent Smith and Peter Hopkins to listen to what they had to say about how their programs operated. Using their examples of activities and philosophy, I established my own program. However, that has never been enough. Each year I return to Geneva Park to pick up at least two ideas which will enhance my program. I have never been disappointed in this respect.

B. SOCIALIZATION: At my first Conference, there were 12 Secondary School delegates, who sat around a large table and discussed the Good and Bad of our programs; what worked and what didn't. There were very few presentations. Just a lot of good dialogue and humor. Evenings were spent at the Atherley Arms or the River-

side in conversation with others while quenching our thirsts. Since then, there has been a strong emphasis on attracting not only Secondary School delegates, but also those from the Elementary Panel. Since the involvement of Labatt's as a major sponsor, the evenings at the local pubs have been replaced by socials at Geneva Park, taking part in organized activities, or just sitting and talking to old and new friends, but still quenching our thirsts.

C. NEW ACTIVITIES: Through presentations and activities organized by the Committee, I have always learned new activities which I can take back to school and use in the Intramural program or in the classroom. The Co-Operative games ideas are as unlimited as your imagination.

D. EQUIPMENT AWARENESS: Sponsors annually bring their products to the Conference for inspection and/or appraisal. New sponsors mean new products. Many contacts have been made through this Conference. In the past, sponsors have displayed their wares, standing by for assistance while people mill about. This year the sponsors have been invited to participate with the delegates in a variety of activities as well as providing the opportunity to inspect their products. By all indications, sponsors have welcomed this opportunity to get to know the delegates better and have more fun.

E. RECREATION: The site has recreational facilities such as tennis courts, basketball courts, hiking and and nature trails, shuffleboard courts

and horseshoe pits. However there is no smelt fishing. The first time I attended the Conference, I was warned, via the Conference No-Nos, not to use the bedsheets for smelt fishing. Smelts have never appeared at Geneva Park during the Conference, except for the year at the Atherley Arms when they appeared in our beer glasses. In recent years, some people have tried to catch them bare-handed while fully immersed in the freezing-cold lake. Last year, one man decided to put on a demonstration during the lunch hour, thereby providing all of us in the dining hall a birds-eye view of his technique.

F. ATTITUDE: Regardless of the level of involvement in the Conference, ideas learned, friendships nurtured or the fun we had, I always feel rejuvenated after the Conference, ready to return to work refreshed and ready to face the rest of the year, looking forward to implementing my newly-acquired knowledge. I can never down-play this affect of the Conference. All the extra hours and effort I put into my program are forgotten at this time because I now have new ideas, a new attitude and new ways of implementing ideas which will enhance my program.

In April 1984, you too will have the opportunity to enjoy an excellent Conference. Ontario is hosting the National Conference, thereby providing a more-encompassing view of programs, not only from Ontario but from across the nation. Plan now to attend CIRA VI.

This Newsletter is sponsored by Labatt's Ontario Breweries





Fitness Ontario En forme

Don't Let Winter Slow Down Your Jogging Program

Winter is just another season of the year. Granted, it might be colder, but why let a few degrees come between you and your fitness program. Keep jogging this winter. Here's how:

1. When running in colder temperatures, keep running. As you jog, your body heats up and begins to sweat. If you stop running, the perspiration trapped between you and your clothes will eventually make you cold...and make you a prime candidate for a real cold. Whatever you do in cold weather, keep your activity up so the sweat stays warm. If you must, then hurry inside.
2. When beginning your run, always run into the wind. That way when you get heated up or begin to tire, you can run home with the wind at your back. It's a lot warmer and easier.

3. Wear a hat and mittens. Nearly 70% of body heat is lost through your head and hands. Perhaps wear a jacket with a hood. Wear mittens, not gloves. Mittens will trap all the hand's warmth in a single oven-like compartment.

4. Wear a lightweight nylon windbreaker. This will give you freedom of movement. Combined with a sweat-shirt, a windbreaker is all your top half needs. Your legs need very little protection too. Running demands a heavy flow of blood to the legs...which means your legs will automatically keep warm.

5. Run defensively. Watch out for cars. If your ears are covered, you may not hear cars coming from behind. In winter, never assume that drivers see you, or that they can stop if they do

see you. Avoid icy or snow-clogged areas. Slipping on a patch of frozen terrain might put you out of commission. Even worse, it might make you miss out on your fitness program.

6. Be motivated. Getting started is probably the hardest part of winter jogging. Conditions always appear more frigid out your front window than they are once you get underway. Running produces 8 to 10 times as much heat as the body at rest. Once you begin running, you'll feel toasty warm.

Get out and go jogging this winter. You'll feel a lot better for it.

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

O.I.R.A Media File Slide Library

by Karen Lavell

The Ontario Intramural and Recreation Association has developed yet another valuable service for its members to take advantage of - The Media File Slide Library.

The purpose of the Library is to accumulate a series of resourceful presentations to allow for distribution to various O.I.R.A. groups for seminars, workshops and special presentations.

The presentations are made with the concept of passing on successful programs and ideas that could be used by other institutions.

Presently four slide presentations have been completed and are available for booking:

1. *Tabloid Track Meet*: Brian Cressman
2. *C.I.R.A. Curriculum*: Jean Kennedy, Meg Innes
3. *Intramural All Nighter*: Meg Innes
4. *Helpful Hints for Your Intramural program*: John Catterick

Two others are in the process of being completed:

1. *History of O.I.R.A.*: Jean Kennedy
2. *FitFive Program*: Heather McDonald

A special presentation produced by

C.I.R.A. - *The C.I.R.A. Administrator's Package* - is also available for distribution through the library and is the only presentation that is free of charge.

Each presentation includes a carousel of slides, tape and transcript of the presentation.

A list of recommended equipment to be used for each presentation will be included with the transcript.

Contact is being made with various O.I.R.A. and C.I.R.A. members in the hope that more people will share their resources in this manner. A \$100.00 honourarium is being used as an incentive to produce a presentation. Anyone interested in producing their own presentation is asked to contact Karen Lavell for further information.

PROCEDURES FOR BOOKING PRESENTATIONS

1. Contact Karen Lavell, Mohawk College: (416) 575-2075, to find out if presentation(s) desired is available for dates wanted.
2. Complete Order Form (if available) and send with a \$10.00 cheque made

payable to Karen Lavell. Directions for transportation are made at this time (through mail or bus).

3. A confirmation form will be returned and requested presentations delivered according to transportation arrangements made.

4. Upon return of presentation, transportation charges and late fee, if appropriate, will be deducted from the \$10.00 cheque and the remainder returned.

If you require more information on the Media File Slide Library or if you require order forms, please contact Karen Lavell at the following address:

Mrs. Karen Lavell
Coordinator of Intramurals & Recreation
Mohawk College
P.O. Box 2034
Hamilton, Ontario
L8N 3T2
(416) 575-2075

We hope that you are able to make use of this special service as it will be a pleasant and informative addition to any workshop or conference.

O.I.R.A. ELECTIONS

VOTING INSTRUCTIONS - please read carefully

Below you will find a brief curriculum vitae for the various candidates who have been nominated for the positions of President of O.I.R.A. and the O.I.R.A. Executive.

As an O.I.R.A. member, you may vote for ONE candidate for President. Place and "x" in the box beside the name of the candidate of your choice.

Please note that for the O.I.R.A. Executive, the 2 names are acclaimed to the positions.

PROCEDURE:

Inside this issue, you will find:

1. an official ballot
2. a ballot envelope
3. a return envelope with the chief returning officer's name printed on the front

Mark your ballot with an "x" beside the candidate of your choice, fold the ballot and put it in the Ballot Envelope. Place the Ballot Envelope into the Return Envelope, print your name and address on the front of the Return Envelope and mail it on or before FRIDAY, MARCH 30, 1984.

Your new President and Executive will be announced at the general meeting at Geneva Park during C.I.R.A. VI.

1984 - 86 PRESIDENT

Sharon Bradley



- has been involved in Intramurals longer than memory
- an active participant and organizer in both high school and university (U. of T., B.P.H.E. 1970)
- first professional position at McGill University involved responsibility for

intramural basketball and starting an intramural field hockey program

- have been working for the University of Toronto since 1971 and involved in most aspects of recreation, instruction, fitness and intercollegiate programs
 - took responsibility for women's intramural program in 1975
 - since 1978 have co-ordinated the total recreation program including men's and women's intramurals, co-eds, clubs and drop-in rec.
 - teach a credit course in administration of intramurals
- currently on a one year leave of absence taking business courses such as accounting and computers.
- have been a regular participant and contributor at both O.I.R.A. and C.I.R.A. conferences
- involved on the C.I.R.A. By-laws and Student Leadership committees
- career highlight to date has been working with a dynamic group of young people to host the 1983 Post Secondary Student Intramural Conference
- interest in O.I.R.A. includes long standing respect and advocacy of the principles of sharing ideas, resources and human energy (spark plug variety) to assist the provision of programs and encouragement for the non-elite in physical recreation

John Catterick



- 1983 - member of committee to plan - 84 C.I.R.A. VI "Fitting Together"
- 1981 - Chairman of committee for "Spirit of 81" - O.I.R.A. Conference
- 1980 - Committee member for "Input 80" - O.I.R.A. Conference
- 1978 - Hosted at Central Algoma Secondary School the first Northern Ontario Student Intramural Conference

- Presented seminars at O.I.R.A. Conferences from 1976 - 1982
- Presented seminars at following Student Intramural Conferences:
 - York University 1983
 - Waterloo Board of Ed. 1983
 - York University 1982
 - Etobicoke Board of Ed. 1979
 - Waterloo Board of Ed. 1978
 - Ottawa Valley: 1977, 1978, 1979
- Involved as Intramural Director at CASS since 1972 for past three years have shared this duty

"I look upon the Presidency as a challenge. Jean Kennedy has done an excellent job during her term of office. We are still growing and I would like to help that growth and development during the next 2 years."

Jennie Hood



Jennie has taught with the Etobicoke Board of Education since 1971 and has been head of the girls Phys. Ed. at North Albion since 1976. Prior to that, she taught two years in Montreal with The Protestant School Board of Greater Montreal at Lachine High School.

Accomplishments and Achievements:

- wrote grade 13 physical education course "Fitness: A Way of Life" which was implemented at N.A.C.I. in 1980
- is currently writing a co-op physical education course for implementation in 1984.
- is a teaching member of L.E.A.D. camp project for developing grade 10 Etobicoke student athletic leaders.
- is co-director of a varied Intramural

(cont. next page)

(Jennie Hood con't)

program at N.A.C.I. Together with Harry Hamill, she has introduced a House League system which has significantly increased participation in the program. "We try to have something for everyong - from exercise clubs, to leagues, (structured and unstructured), to fun days, tournaments, clinics, etc.

Jennie is extremely interested in Intramurals - their growth, problems, etc. and feels that while there are many effective forums for discussion re: Inter-school sports, there are few associations available for Intramurals.

"C.I.R.A. and O.I.R.A. are important in that they help stimulate interest, growth in Intramurals and give every Intramuralist a forum for sharing ideas, discussing concerns, etc. As a member of the Executive, I would hope to be able to contribute to the development of the Association and would be particularly interested in carrying the message to the secondary and middle school which I feel are just now beginning to realize the importance of a healty Intramural program."

Heather MacDonald

Heather MacDonald graduated from McMaster University with her Physical Education degree and received her Master's degree at the University of Eastern Michigan and a second Master's at OISE.

She has been teaching at the secondary school level for the past 15 years and has been head of the Department at Midland Avenue in Scarborough for 12 years.

Intramurals have been a part of her program at Midland and she has been a presenter at Geneva Park on several occasions.

One of Heather's best qualities is that she is innovative and she has used her imaginative ways in all areas of physical education and intramurals.

Presently she is in China teaching English at the University of Shanghai and two years ago spent four months in a South American village working with the people.

Her organizational skills and her effervescent personality will be an asset on the OIRA executive.

DON'T JUST THINK ABOUT IT
DO IT!



Membership Continues to Leap in Leap Year

by Meg Innes

Did you know that when you joined O.I.R.A., you had a job to do??? No??? Well it is really very simple, and if everyone does their job, Ontario will be able to boast about having the largest membership in Canada!!!! The job is as follows: Tell a friend about O.I.R.A. - and they'll tell a friend - and they'll tell a friend - and so on - and so on - and so on.

As of January 17th, 1984, we had a membership consisting of 344 members. At the last Advisors meeting, the Advisors **guaranteed** that by March 31st, 1984, Ontario's membership would number *over* 400!!! The Advisors (as I'm sure you know) are all as busy as you with all the teaching and coaching and administrating that has to be accomplished, and we would

like you to try to help them out with their job. It's easy to help and would all appreciate it if you would
TELL A FRIEND!!!!

Editor's Note:

Give the enclosed membership application form to any non-member and encourage them to join.

INTRAMURAL IDEAS

BASKETBALL-TYPE GAMES

Each team attempts to work the ball toward their opponent's goal when on offense and to protect their own goal and gain possession of the ball when on defense. The goal consists of a skittle placed in the centre of a hoop. A point is scored if the skittle is knocked over with the ball.

Variations:

1. Teams must complete three passes before shooting on goal.
2. The ball must be dribbled or passed.

No travelling allowed.

3. Have 2 hoops and skittles at each end. A team may score on either goal.
4. Make the crease larger (e.g: use a long rope instead of a hoop) to encourage aiming.

Team Identification is very important to facilitate good quality play.

- a) **Bucketball:** Teams of 3 - 5 Players move the ball towards the goal by passing and dribbling. The goal is a garbage can which is held by a teammate who is standing on a chair. The

players attempt to score by throwing the ball into the bucket. The teammate on the chair can assist in scoring by moving the bucket towards the ball. Score points for each bucket.

- b) **No-Dribble Basketball:** This game encourages team work as the ball can only be advanced down the court by passing it ahead to one's teammates. Where regular baskets are not available, skittles or garbage cans may be used instead. Teams consist of 3 - 5 players.

SELF - DIRECTED ACTIVITIES

Self-directed activities encourage each student to develop his/her initiative to participate in an activity of his/her choice during free time periods. This time period could include before, during and after school as well as on weekends and on holidays. Self-directed activities allow physical educators to develop in students the desire to participate in and enjoy physical activity.

The following activities indicate some of the ways in which you might motivate students to take part in self-directed activities.

REMINDERS

- Establish procedures for checking out equipment
- Mark all equipment
- Schedule the gymnasiums to allow for self-directed activities at regular intervals during the year
- Provide for supervision in the gymnasium
- Promote the activities with bulletin board displays and charts.



1. Free Time in the Gym



2. Weekend Loan of Equipment



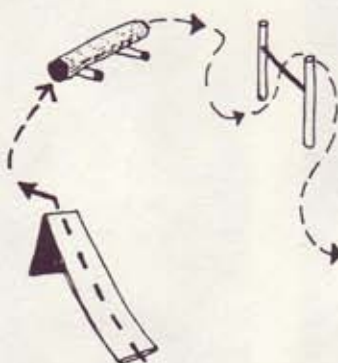
3. Running Trails



4. Equipment Sign-Out



5. Trim Track



6. Fitness Centre



O.I.R.A. Certification Process

by Chuck Mathies

As you are probably aware by now, O.I.R.A. has completed the process of an Intramural Recreation Director's Certificate. The purpose of this certification is to provide recognition to individuals who are employed in the provision of leisure services. The certification is accredited on the basis of education and work experience, and is maintained through the professional development process. With this in mind, we are in a position to receive recognition for the time and efforts directed towards our Intramural and Recreation programs. As was earlier brought out at the '83 O.I.R.A. conference, "We Are Professionals" in our field and why shouldn't we be recognized as such.

The process to obtain your certification resembles many of the other associ-

ations that join in the membership of Parks and Recreation Federation of Ontario. Essentially this process will keep O.I.R.A. on par with all the other associations. Since many of us are involved in the Intramural and Recreation area in a variety of capacities, this process will serve as an opportunity to become recognized for your efforts.

The certifying process consists of an assessment procedure by your immediate supervisor and an interview with your regional O.I.R.A. advisor. To apply for the process, an O.I.R.A. member may submit a request for certification to the Federation of Ontario. They will send you an application form which needs your completion and returned to the Federation. Your application is then forwarded to our association and at the same time two

assessment forms are mailed out to you.

One assessment form which is filled out by you, pertains to your background and current involvement in the field. This form is sent to the O.I.R.A. regional advisor who will then set up a time for an interview. The second assessment form is passed on to your immediate supervisor who is required to evaluate your performance in the Intramural Recreation setting. He/she will arrange for a discussion of your performance where the two of you may openly review your professionalism and contribution in this field. After completing this assessment, your supervisor will forward the evaluation forms to the O.I.R.A. Certification committee for their confidential review.

The interview process continues with

the regional O.I.R.A. advisor. A mutually agreeable time is selected and an interview takes place. The O.I.R.A. advisor will discuss your current role and background within the field. This session serves a dual purpose: It introduces the candidate to the O.I.R.A. advisor in the region who may assist you with any problems that you encounter, and secondly the advisor will provide the certification committee with a recommendation to certify or not to certify each candidate. Once the certification committee has received both assessments and approval has been given, the Parks and Recreation Federation of Ontario will issue a certificate to the successful candidate.

The permanent certificate is available

under the grandfather clause for the next two years after which only those candidates with a diploma or degree or the Ontario Teachers' Certificate and **three** years involvement in directing an Intramural Recreation program will be eligible. The certificate is valid for a period of five years at which time you may apply for renewal. It is generally felt that we as an Association wish to maintain high standards for the certification process. Subsequently, upon renewing a certificate, the candidate must exhibit a maintenance of professionalism through professional development. There are many ways in which this may be accomplished, i.e.: attendance at recent conferences, input at O.I.R.A. or the possibility of a

one-day workshop and examination. You may apply after March 31, 1984 for certification by writing to the Federation at Sports Administrative Centre, 1220 Sheppard Ave., Willowdale, Ont. M2K 1X1.

From April 1 to Sept. 30, 1984, the permanent certificate will be available for \$40.00. There will be no interview and your application will be processed by the committee.

After the 6 month period, the cost of certifications will increase to \$75.00 for the 5 years.

We hope that all members will take advantage of the six month incentive plan!

Meet O.I.R.A. Advisors



Jamie Beardmore

Jamie is the Intramural Director at Bracebridge & Muskoka Lakes Secondary School. He has been teaching for 14 years and is a physical education specialist. He received his B.Sc. from Eastern Michigan University and in 1981 - 82 took a sabbatical leave to attend the University of Windsor in the Human Kinetics Department.

Jamie would like to make B.M.L.S.S. "a model school for intramurals in the province". Jamie has a great love for playing sports - track football, hockey, golf, and baseball - but his wife says the list goes on and on.



Doug Dodd

Doug is the Assistant Intramural Director for On-Campus Recreation at the University of Guelph. He received his B.A. in psychology from the University of Saskatchewan in 1970. He has been involved with intramurals for 13 years and has been a regular delegate to the O.I.R.A. Workshop. Doug would like to see a more consistent recognition of recreational/intramural programming as an integral part of the overall athletic and education programs.

He is married with 2 children.



John McIntyre

John is the physical education Department Head at West Elgin Secondary School. He has been teaching for 18 years and has also been a staff member at the Ontario Athletic Leadership Camp. John's interest in intramurals began as a university student where he organized various intramural activities. John has been striving "to promote an active healthy lifestyle in today's youth."

He has been an O.I.R.A. member for 6 years.

He is married and has 4 children.

GET UP AND GO

National
Physical Activity Week
May 13-21, 1984

It's back! During the week of May 13 - 21, 1984, Canada will celebrate her second National Physical Activity Week. It's a coast to coast campaign designed to get Canadians moving: at home, at work and at school. NPAW is coordinated by Fitness Canada.

Two national associations - the Canadian Intramural Recreation Association (C.I.R.A.) and the Canadian Association for Health, Physical Education and Recreation (C.A.H.P.E.R.) have joined forces again to create an exciting activity program for every elementary and secondary school student in Canada. Last year some two million school children participated in "It's A Toss Up" a week filled with a variety of original fun-filled throwing activities. The slogan for this year is "Get Up And Go", designed to encourage participation in activities that emphasize the running component in movement.

This year's project will be aimed at some 15,000 schools across Canada, involving a potential 5 million children and their teachers. It is designed to increase awareness of the role of physical activity in a well-rounded educational experience, to encourage participation in fun-filled activities and, to promote physical fitness for a lifetime.

With the support of the Provincial Ministries of Education in each province, information on the campaign will be directed to directors/superintendents of education, physical education consultants, school principals and physical education coordinator.

The 1984 National Physical Activity Week Project provided a practical, readily usable program for busy teachers "on the go". Promotional material including colourful posters and an imaginative resource kit will be mailed directly to the physical education coordinator of every school. Teachers will be able to use this material to organize movement activities for their students. Running activities can occur in the physical education class or in intramural activities such as tournaments, mini-leagues or special "Run for Fun" activity days.

RUN FOR YOUR LIFE

Running is a fundamental motor skill and an integral part of such popular activities as basketball, tag games and orienteering. It is also the primary activity that builds cardio-vascular fitness. Several studies of Canadian school children, including the recent Canada Fitness Survey have shown a levelling off and decline in stamina, beginning at a young age, especially amongst girls. That same survey however shows that jogging and running are a clear first choice as the most appealing activity girls and boys wish to take up.

Running activities provide challenge, exhilaration and fun as well as improved cardio-vascular endurance. And while a lifetime of running may not guarantee living longer, it does guarantee living better.

The "Get Up And Go" resource kit does not confine ideas to simply running but suggests a variety of exciting activities that integrate movement with other skills and experiences. Brian Cressman, Director of Student Activities at Waterloo Collegiate Institute and Phil Carlton, Physical Education Specialist for the Calgary Board of Education have coordinated the design of this innovative package. It invites everyone to

GET UP AND GO!!!



Dancing: bustle that heart muscle with aerobic dance, folk dance, jazz and disco

Moving: the body can move from place to place in many ways. Discover it for yourself.

Running: jogging clubs & orienteering

Have Fun: learn new ways to play with new games and skills. Smile - it takes 34 muscles to frown and only 13 to smile!

Participate for your team: relays and tournaments

Motivate yourself: test your fitness and design and training program

Get Fit Together: clubs and activity days

A RUNNING START

Children naturally begin life with a running start.

From the very young child's view, movement means freedom, discovery and pleasure. Vigorous activity is an absorbing and enjoyable activity in its own right. Unfortunately, as children grow older they often experience the negative aspects of organized physical activity. Too often they encounter rejection or failure in competitive sport or the adult attitude that fitness requires a "train through pain" approach.

Each child needs the chance to succeed physically and to understand that physical activity is important and fun. Intramural and physical education activities in the school help provide that opportunity.

Intramurals complement a school physical education program by providing opportunities for students to participate in a wide range of activities. The move from spectator to participant outside the classroom structure does more than contribute to students' physical fitness and health. A well-run intramural program develops social skills in an atmosphere of fun and helps foster positive attitude towards fitness, others and self.

C.I.R.A. members believe strongly in the "healthy body - healthy mind" adage. Intramurals bring together fun, fitness and cooperative participation to foster a better lifestyle for students, now and in their future.

C.I.R.A. endorses the "Get Up And Go" campaign as a program that encourages mass participation and as an example of programming that influences children to adopt activity as an early routine.

During the last ten years, C.A.H.P.E.R. members have spearheaded the movement for daily health and physical education in the schools. Many boards of education across Canada have responded. That is a step in the right direction.

To follow this up, educators, administrators and parents need to ensure that every child enjoys a well-run physical activity program every day as a part of a balanced educational experience. A good physical education program considers the children being taught, the selection of learning activities, the administrative organization and the evaluative procedures. Most importantly, it fosters a positive attitude towards a healthy, active lifestyle and aids in the development of individual fitness and social skills.

C.A.H.P.E.R. endorses the "Get Up And Go" campaign as an exciting program for National Physical Activity Week and as an excellent example of quality daily programming which occurs throughout the entire school year.

A journey of 1000 miles begins with little steps. "Get Up And Go" gives us a running start as we strive toward our goals!

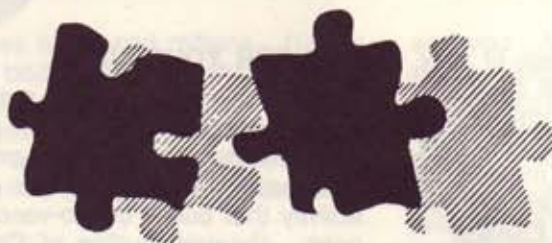
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NATIONAL CONFERENCE '84



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 Geneve 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 Lobbatt's Hot Air Balloon

For a good time, contact: John Gotziaman
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