

# INPUT

**OIRA**

ONTARIO INTRAMURAL RECREATION ASSOCIATION

Vol. 6 No. 2, November 1985

O.I.R.A.

## Election Procedure to be Implemented - 1986

A secret ballot will decide who will make up the O.I.R.A. executive when the term of office expires for the present executive.

The O.I.R.A. executive consists of the President, Past-President, Secretary-Treasurer, Public-Relations Office, Member At Large, Publications Chairperson (editor of the Newsletter) and the Conference Chairperson (organizer of the annual Intramural Directors Workshop) are appointed positions along with the Past President. The remaining positions are up for grabs by any member of the association.

Nominations will be accepted by the Publications Chairperson until 5:00 p.m. on January 8, 1986. There will be 2 slates of nominees; one for the position of president and one for 3 positions on the executive. A nomination must bear the signatures of 3 O.I.R.A. professional members and the written consent of the nominee to act, if elected.

O.I.R.A. is committed to promote intramurals and provide support assistance to the intramural professionals in Ontario.

Annual Membership: \$20.00

RETURN TO:

RICK TURNBULL  
CANADIAN INTRAMURAL  
RECREATION ASSOCIATION  
333 RIVER ROAD  
VANIER CITY, ONTARIO  
K1L 8H9

A ballot with the slate of nominees will be mailed to each professional O.I.R.A. member. Ballots will be counted by the Publications Chairperson. The nominee who receives the greatest number of votes for the position of President will be de-

clared elected. The 3 nominees-receiving the highest number of votes for positions on the executive will be declared elected.

Some of the duties and responsibilities of these elected positions include the following:

- A ) President**
- a) Serve as the Ontario Regional Director of the Canadian Intramural Recreation Association. This is a 2 year term.
  - b) Serve as the Chief Executive Officer of The Association.
  - c) Provide direction for all officers and committees regarding current and prospective challenges affecting The Association's profession.
  - d) Prepare and deliver an annual report to the membership at the annual conference.
- B ) Secretary-Treasurer**
- a) Act as secretary of the Board by ensuring that all business information is forwarded to Board members.
  - b) Receive and disseminate all monies of The Association.
- C ) Public Relations Officer**
- a) Promotes the growth of the association through the membership.
  - b) Promotes the development of intramural activities through workshops, clinics, courses, conferences and articles at all educational levels.
- D ) Member at Large**
- a) Identify human and other resources in the area of their electoral representation.
  - b) Assume responsibility for a standing committee as assigned by the Board.

All elected positions are for a 2 year term.



The Ontario Intramural Recreation Association acknowledges the financial support of the Sports and Fitness Branch of the Ministry of Tourism and Recreation.

# Leadership Made Easier

1985 - The International Year of Youth has provided the setting for CIRA's new Student Leadership Development Program.

CIRA, Fitness Canada and Scotia Bank have worked together to produce two books that will help you, the teacher, help youth leaders develop their leadership potential.

In May 1985, five of your CIRA members were flown to Regina to become Master Trainers and to return to Ontario to produce work shops for you to become associated with the two books. Master Trainers are: Pat Kitchen, Marg Terrett, Heather MacDonald, Paul Prevost and Jean Kennedy. We are also fortunate to have one of the authors, Sharon Bradley in Ontario too.

Heather MacDonald will chair a three-person committee, consisting of herself, John Metcalf at the Ministry and an OPHEA representative. This group will be promoters (arrangers) of the student leadership package.

The workshops can be booked by calling Heather. The master trainer will speak at your workshop — all you have to do is organize it.

## What do you get?

The teacher guide provides a wealth of information and activities to develop an innovative and dynamic student group. The student workbooks are designed for each student to use the outline to organize, communicate, manage and supervise their Intramural programs.

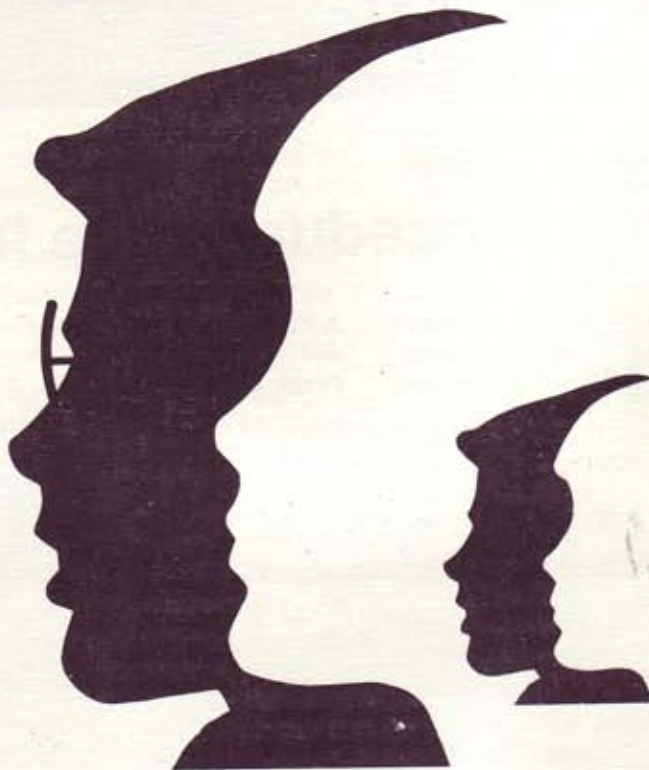
## PLUS

The CIRA Student Leadership Network — connects your school and your student leader group with schools all across Canada through the Student Leadership Newsletter four times a year.

## PLUS

Four colourful promotional posters  
Ten monthly wall charts

# Student Leadership Development Program



**Fitness  
Canada**

**Scotiabank**   
THE BANK OF NOVA SCOTIA

Membership cards for all students  
Network directory of participating schools

### Send your inquiries to:

Heather MacDonald  
Midland Ave. Collegiate  
720 Midland Avenue  
Scarborough M1K 4C9  
Phone: 1-416-265-4000

### Order: a starter pack of:

1 teacher guide  
10 student work books  
for: \$56.45 plus \$4.50 postage  
from: CIRA  
333 River Road  
Vanier, Ontario  
K1L 8H9

## What Went Wrong?

This is a story of four people: Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it but Nobody did it. Somebody got angry because it was Everybody's job. Everybody thought that Somebody would do it. But Nobody asked Anybody.

It ended up that the job wasn't done and Everybody blamed Somebody, when actually Nobody asked Anybody.

# Post Secondary Contributing Editor Meg Innes, York University

## WINTER CARNIVAL

If you are not looking forward to the winter months and you wish to beat the February BLAHS; why not have a Winter Carnival? Believe it or not, such an event brings happiness to your participants and it also helps take your mind off all the other pressing problems that are prevalent in your program.

Interested? Here's how to do it!

### Step #1

#### Form a Carnival Committee

**Hint:** If you get outside organizations involved, your job will become that much easier. For example, perhaps the Kinsmen Club or the Legion would like to take care of all the details involved with a pancake breakfast. On the other hand, perhaps the Lions Club would sell chili, or the Firefighters Association would run a special event. There are numerous organizations outside of our institutions that are more than willing to get involved; so pick up the phone and meet some of the surrounding community.

### Step #2

#### Decide who your target group will be.

**Hint:** Ask yourself and your Committee whom you would like to see attending the Carnival. Do you want College and University students? Would you like the children from the community to be there? Or do you want to open it up so that anyone can attend? This is an extremely important step to realize as once you have decided who the market will be, the next step of choosing events comes to fruition.

### Step #3

#### Choose the events.

**Hint:** There are a variety of events that can be held in the out-of-doors as well as inside your institution.

### Step #4

#### Have everyone take charge of one event.

**Hint:** Again, if you have numerous outside organizations involved, the task of holding a carnival will be an easy one. Since each organization will be running one event, they can accept the responsibility of acquiring materials, volunteers, etc. that are associated with the event.

### Step #5

#### Coordinate areas for the events.

**Hint:** Have the organization fill out a request form for type and size of area required. Draw up a master plan and assign spaces.

| Children                          | Teens              | Students                           | Adults          | Seniors            |
|-----------------------------------|--------------------|------------------------------------|-----------------|--------------------|
| Polka Dot Door or a similar show  | Rock Video Dance   | Mr. & Mrs. Winter Carnival Pageant | Country Hoedown | Bridge Tourney     |
| clowns or caricatures in costumes | Video Arcade Games | Monte Carlo                        | Monte Carlo     | Bingo              |
| Create a Cookie                   | Fashion Show       | Barn Dance                         | Barn Dance      | Progressive Euchre |
| Balloon Booth                     | Aerobics Classes   | Wrist Wrestling                    | Bake Contest    |                    |
| Toy Hospital                      | Film Shows         | Square Dance                       | Square Dance    |                    |
| Doll Party                        |                    | Aerobics Classes                   | Town Crier      |                    |

#### General — for everyone

Pancake Breakfast  
Brass 'n' Brunch — a high school band  
Fitness Testing

#### Outdoor Events might include:

A Mutt Show  
Snowman Building Contest  
Hayrides  
Ice Sculpture Exhibition  
Pitch, Drive and Shoot — i.e. pay a quarter and get a number of hits with a hammer and nail  
Scavenger Hunts

### Step #6

#### Publicize the carnival.

**Hint:** If the carnival has outside organizations involved, chances are that the press will give free coverage.

### Step #7

#### Remember Murphy's Law and double check everything.

**Hint:** An easy way to double check is to have monthly meetings and have each person in charge of an event make a report.

### Step #8

#### Sit back and enjoy the carnival.

**Hint:** If you have delegated responsibility to the various organizations, your main job at the carnival will be to relax and enjoy.

Ball Toss  
Sled Races  
Skating Instruction  
Co-Operative Games - the parachute game or big inner tubes sliding down a small hill  
Cross Country Ski Demonstration  
10 k. Run  
Pleasure Skating  
Log Tossing  
Log Sawing  
Tug of War Contests  
Bed Races  
Snoccer — Soccer in the Snow

# SPECIAL EVENTS

## The Sixteenth Annual Post Secondary Student Intramural Conference

Presented by the University of Waterloo  
Sponsored by OIRA

January 25, 26, 1986

Most of you will remember that I asked for a copy of your handbook. This section will tell everyone what is currently happening around Ontario.

### Glendon College

Invitational Relay — 10 k.

Squash Open House

Winterfest Week —

people are invited to participate in all instructional classes, at no charge for one week!

Ski Day

Swim Marathon

### Ryerson

Open House —

all programs are displayed and registration is taken.

"Wet and Wild" —

Open House by the Pool

Banquet and Dance —

awards presented for participation, intramurals and varsity in a one-hour package!

### Brock University

Mini Olympics —

six events, designed for individual participation held over three fun evenings.

### Centennial College

Intramural Dance

College-Wide Ski Trip

College-Wide 5 km fun run

Blood Donor Clinic

Turkey shoot

### University of Western Ontario

F.O.L.P. Workshop —

January 24, 25, 26

This year the focus is on the future, with the theme 'Today's Thoughts for Tomorrow's Actions'. Our location is the beautiful Walper Terrace Hotel, in the heart of Kitchener, Ontario. The Conference features seminar presentations by Student Leaders from both colleges and universities.

*Keynote Speaker:* Dr. Bob Boucher (President CIRA)

*Special Attractions:* Little Oktoberfest

Kitchener Farmers Market

*Cost:* Registration received by November 15, 1985 - \$75

Registration received by November 29, 1985 - \$80

*For a great time contact:* Kandi McElary

Chairperson, Conference '86

Department of Athletics

University of Waterloo

Waterloo, Ontario

N2L 3G1



February 7, 8, 9

Contact Cindy Palajac

— James 679-6689

Turkey Run

### Durham College

Halloween Pub

Video Pub

### Conestoga College

Cafeteria Blitz!

Winter Carnival Week

### University of Toronto

AWARDS Banquet

On-going Team of the Week Awards

### Wilfred Laurier

I did not receive a handbook but we know that you hosted the Earthball Championships!

### University of Waterloo

Post Secondary Intramural Conference

### York University

High School Intramural Conference  
Ski Thursdays — days trips to Blue Mountain every Thursday.

City of North York Winter Carnival  
Take a Break and Recreate —

a two-hour fun event for all staff and faculty during Reading Week.

Corporate Challenge —

Track and Field Meet

If your institution is not mentioned please send me a copy of the literature that you disseminate.



# Secondary School Contributing Editor Jennie Hood, Scarlett Heights Secondary School

## "Team-Building" in Secondary School Recreation

Effective leadership, resulting in an educationally meaningful program and positive learning environment, is essential in attracting students to physical activity and helping them discover the real values of lifelong participation.

"Leading" simply means attempting to influence someone's behaviour in a desired direction. The first step for the recreation leader is to develop a philosophical premise on which to establish a successful program. This involves analyzing personal commitment, interests, skills, attitudes and time available to devote to recreation; studying existing recreation models, such as the one proposed by C.I.R.A.; and making an inventory of staff, student and nearby community resources. Careful consideration of the level and quality of support from school administrative personnel, the historical relationship of interschool/intramural athletics in the school, and the wants and needs of the student population should ultimately lead to a program that is custom designed for that particular school.

Perhaps the best organizational model is the Recreation Council in which the teacher selects a small number of students to serve a council members. The council make-up should reflect a wide range of activity interests and talents if the goal is to develop a multi-dimensional program. A carefully chosen council is the second step in the leadership process.

A common perception of "leader" is of an authoritarian person in a position of power. But experience has shown that the most successful recreation programs are student — not teacher — owned.

When students are asked about teachers who have had significant influence on their lives, authority

and power are less common identifiers than caring, considerate, dependable, committed, enthusiastic, sensitive, open and honest. The latter valued characteristics are commonly referred to as "supportive" behaviours, in contrast to "directive" behaviours. Understanding how these two categories of behaviour work together is the third step in recreation leadership.

Leaders must be flexible. Rather than look for "one best way" to lead, they must look at "best ways" to lead depending on the situation, and the capabilities and willingness of the council members. The teacher should be aware that the intent is to move toward independent council work and this process is accomplished by giving members progressively greater responsibilities for making decisions. Initially, with new members, ideas and/or activities, there are times when the council is dependent upon the teacher for many decisions. To impose on students a situation where they must suddenly make all decisions tends to be unrewarding, threatening, and is pedagogically unsound. The answer seems to lie in organizing a leadership clinic to be held in June or early in the new school year. With the use of the C.I.R.A. Student Workbook for Leadership Development, a clinic provides assistance in organizing recreational activities and insights into potential leadership opportunities. A portion of every council meeting can be allocated to working with the C.I.R.A. materials.

A fourth step in effective leadership is maintaining and sustaining the motivation of the council members. The teachers must attempt to capitalize on the excitement of "day-to-day" recreation work. Research on motivation indicates that the following elements function as "exciters", motivating students to the degree that they;

- are kept fully informed about what is happening and are allowed to participate in decisions;
- are aware of their authority and its limits, and understand the why of their task;
- understand how their specific job is related to others on the council and how it contributes to the success of the recreation program;
- truly understand the specific results expected of them;
- are told when and where their performance is exceptional;
- are told when and where their performance is poor;
- feel the work they are doing is worthwhile and contributes to the program;
- feel their rewards are just;
- feel that their leader recognizes their work and makes it known to others;
- feel that their leader has a personal interest in them as individuals; and
- feel that their leaders believes in them and supports their progress.<sup>1</sup>

There are many ways that the recreation leader can demonstrate visible recognition of the efforts of the student council members and staff assistants. ✱ profile their work in the student paper or newsletters to parents and feeder schools, give them colourful and unique recreation T-shirts, rugger tops or sweatshirts, highlight each one with a picture and write-up on the main school bulletin board, honour them at assemblies, send them to conferences and leadership camps, have the local newspaper write about the program and their contribution, write them personal thank you notes, send letters to the students' parents or school board officials, invite guest speakers to their meetings, obtain a recreation work office, free staff assistants from

(See "Team-Building", page 6)

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 intramurals. It's a place where fun counts more than the score, where participation is paramount to competition.

- Gary Reinmuth -

## "Team-Building"

(Continued from page 5)

"on-call", cafeteria, and hall duties, have a recreation leadership dinner.

The final step for effective leadership is to practice, encourage and train others to develop behaviours which communicate positive, supportive, rather than threatening, relationships.

In a positive communication climate 1) people talk to rather than about each other; 2) communication is two-way and open; 3) people listen, actively; 4) people are sensitive to

each others' needs; 5) members actively include each other; 6) power is shared; and 7) people care about, trust and support each other. Positive climates are particularly important when adequate facilities, funds, or support personnel are minimal. Mutual support is imperative if recreation programs are to survive—even to flourish—under province-wide declining enrollment.

To conclude, the recreation leader in the secondary school must develop skills in "accomplishing through people" for long-term effectiveness to become a reality in the program.

This concept is illustrated by the following quotation:

*A leader is best  
When people barely know that  
he exists  
Not so good when people obey  
and acclaim him  
Worse when they despise him,  
Fail to honour people  
But of a good leader, who talks  
little,  
When his work is done, his aim  
fulfilled  
They will say,  
"We did this ourselves."  
(Lao Tzu, 604B. C.)*

<sup>1</sup> Cooper, Walter E. The Desired Work Environment and The Professional. JOPERD. May/June 1984, pp. 29-30.

# Elementary School Contributing Editor Dave Schlei, Queensmount Senior Public School

## WEEK LONG EVENTS

A terrific way to break up the seasons of your intramural program is by running a week long event between two longer running programs. For example, between early fall outdoor activities such as soccer or football and late fall indoor activities like volleyball or pillo-polo or cosom hockey a special event can be held for a one week period.

### Lollipop Olympics

This is Joyce Hopkin's creation and it can be easily modified to suit your needs (I am sure Joyce will be delighted.) This activity is suitable for any age group from primary to senior depending on the activities that are offered. Simple stated, one activity is held every day either at lunch or after school depending on what best suits your school. The number of teams is limited only by the amount of equipment you have available to you. Daily activities can be chosen from paper airplane making and flying, frisbee target toss (or any target toss for that matter), lifesaver relay using lifesavers, straws and/or toothpicks, basketball relays, volleyball relays, skyscraper building using computer cards or playing cards, skyscraper building using straws and masking tape, a jelly bean guess, or any number of cooperative games. The winning team each day receives 100 points and all the other teams receive 75 points. At the end of the week **every** participant receives an all-day sucker to reward their spirit of cooperation. Many local grocery stores will gladly donate these prizes to a neighbourhood school.

### Frisbee Golf Tournament

Another fun event that could be run for a week is frisbee golf tournament. This is organized just like a regular golf tournament with tee-off times, feature foursomes (usually

teachers) and a prize table. Nine holes of frisbee golf usually takes four people approximately twenty minutes to play so if the tee-off times are two minutes apart, forty people can play in thirty minutes (as long as you can scrounge 40 frisbees). A cone can be used as the green and a hoop as the tee. Each student counts the number of throws it takes to go from tee to green on each of the holes and marks it on their score-card. Prizes can be awarded for low score, high score, lowest foursome, highest foursome, fastest foursome, best dressed golfer — you name it, you can give a prize for it. Prizes may be things like school T-shirts or hats, frisbees, mini-golf certificates, old tennis balls (more commonly known as road hockey balls), free milk for a week at the tuck shop or golf balls. Once again, the only limit to the prize table is your imagination. It doesn't have to be costly if you can find a creative student or staff member who could design a "golfer of the year" certificate.

### Teacher Torture Week

A terrific week-long event that involves a lot of staff is the teacher torture week. This is a creation of Steve Roberts and Barb Smith from Waterloo County and is a fun-filled event. The details of this week can be found in the O.I.R.A. Newsletter of April 1983. Briefly, the teachers who wish to participate pick a name for themselves based on some fictional character (Popeye, Supergirl, Venus etc). The students then sponsor their favourite characters for 1¢ to 10¢ per event. At this point the students do not know the real identity of the characters. The teachers may enter as many events as they wish. The events can be selected from among a ping-pong blow, a jello-eating contest, a breath hold, a string contest, a cracker relay, basketball

free throws, peanut toss, push-ups and water-balloon toss. One event can be held every day or two per day is also a possibility.

### Superstars

A Superstar competition with a different event each day can be a whole lot of fun and also allows for mass participation. This is easy to organize and run and once you decide which events you are going to organize and run and once you decide which events you are going to offer you only have to make up a score sheet that each competitor will use throughout the week. Some event possibilities are sit-ups or push-ups in 30 or 60 seconds, a rope climb, an obstacle course, basketball free throws or any ball toss at a target, skips in 60 seconds, soccer target kick, consecutive volleys, consecutive somersaults or anything else you think might be appropriate. If you rank order the contestants each day — one for first to 75 for 75th then the superstars at the end of the week will be the competitors with the lowest totals and you won't have to worry about point tables, norms, and the like.

### Turkey Shoot

A "turkey shoot" is an easy self-running event that readily fits into a week-long time slot. Ideally this should be done the week before Thanksgiving or Christmas but it can be changed to a Bunny Shoot before Easter and just change the prizes from turkeys to chocolate bunnies. The only work required of you is a little bit of publicity the week before it occurs and some way of recording the scores during the week. Basketball free-throws out of 10 or any target shooting activity would be suitable and the boy and girl with the highest score during the week each receive a turkey.

# Successful Program Ideas

Here in abbreviated form, are some techniques and strategies which have worked in various elementary school intramural programs in Waterloo County. Feel free to steal them (the way I did) and try them out on your students.

- Reduce the rules in your activities to the simplest possible form. The fewer rules, the easier it is for participants and officials.
- Don't give awards — give recognition. Whether it be on the announcements, on the bulletin board, or on a perpetual trophy located in the gym, the motivation becomes participating rather than getting that reward.
- Organize a free-play day once or twice a month — no referees, no schedule, just show up and play.
- Add a cooperative game to your structured league every once in awhile — eg. blanket volleyball during volleyball schedule.
- Give a point for every player who shows up to play on top of the points for winning and losing. So a team with 12 players who loses the game gets  $12 + 1 = 13$  points and a team with only 7 players who wins gets  $7 + 4 = 11$  points.

- To de-emphasize winning and to equalize competition, make the teams variable. For example, in volleyball, rotation is under the net to the other team; in soccer, cosom hockey and basketball when a player from team A takes a breather he joins the bench of team B.
- Taking this a step further make the goal scorer join the other team.
- If you are having trouble getting participants for morning intramural games, make the morning

game different from noonhour and after-school games. During a soccer or fanny-ball or three-pitch league make the morning game cosom hockey or murder ball. You'll be surprised at how many awake with the sun to play.

- Use a picture board — take as many pictures as your board will handle.
- Select a "team of the week" every Friday. A team can win for having the best attendance, the best win-loss record, the most interesting strategy or whatever. Make it a fun award and be sure to use pictures.

## OIRA '86 PRODUCTION COMPANY

April 27-28-29



Chuck Mathies, Chris Cuthbert-Hunt, Fred Batley, Barb Patterson-Smith, Duane Shadd, Kit Bauldry.

The producers of OIRA '86 are busy firming up contracts with a variety of key presenters. To highlight Sunday's list of performances there will be a matinee performance from Barb Prysruk followed by a BBQ dinner special. Sunday evening's feature presentation will be conducted by

the reknowned due of Joyce and Peter Hopkins followed by a mystery event and of course the annual kick off social. The Orillia Times has already rated the productions of OIRA '86 ase a big hit. Don't miss the premiere performance!

**Next Issue:** Primary and Junior Activities  
Dave Schlei

**Next Issue:** Pot pourri of events  
Jennie Hood

**Next Issue:** Spring Planning  
Athletic Banquet  
Student Pressures  
Meg Innes