

INPUT

OIRA

ONTARIO INTRAMURAL RECREATION ASSOCIATION

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OIRA 1986-1988 EXECUTIVE

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Two additional non-elected members will round out the executive — the OIRA Input Editor and the 1987 Conference Chairperson. Many thanks to our 1984-1986 Execu-

tive. President John Catterick, Vice President Sharon Bradley, Treasurer Heather MacDonald, Member-at-Large Carol Sybenga, Conference Chairperson 1986 Duane Shadd and Editor Jean Kennedy.



Carol Sybenga will not be returning to the executive. Carol is the Intramural Director and Program Coordinator for the Brampton Campus at Sheridan College. She has two new challenges this year as a member of the Ontario College Athletic Association sub committee on Intramural Programs and the Women's Sport Development Committee. Thanks for your super contribution Carol!



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

"I have come to a frightening conclusion. I am the decisive element in the classroom. It is my personal approach that creates the climate. It is my daily mood that makes the weather. As a teacher I possess tremendous power to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humour, hurt or heal. In all situations it is my response that decides whether a crisis will be escalated or de-escalated, and a child humanized or de-humanized."

Elementary School Contributing Editor Dave Schlei, Queensmount Senior Public School

PRIMARY INTRAMURALS: WHAT A GREAT TIME TO START

How many seven or eight year-olds do you know who hate to play games? I'll bet you can count them on the fingers of one hand. Since almost no motivation is required, all that is needed is to place to play and an activity — and the beginnings of a commitment to activity are in place. Just like the young who are given a love of reading early in their lives and embrace it for a lifetime so too can a love of activity be started and nurtured at this time in their school lives.

In order to make "every child a winner" in an intramural program at any level it is important to remember the three factors which can influence this goal — administrative support, staff involvement and student participation. All the best intentions in the world will perish on the gymnasium floor or playing field if you do not have the support of the administrative team in your school. Similarly, successful programs involve the expertise and support of other staff members to run clubs, supervise activities or give up class time for special days. If the support of these two factors is present then catering to the needs and abilities of all your children becomes so much easier.

Who Plays

There are a number of ways to select which youngsters will be invited to play on which days. If a house system is used in your school, then each house can have a specific day, week, etc. Depending on the activity, you can place a limit on numbers by allowing only one age or one class or one eye colour (be creative) the opportunity to play this time, then switch on their next scheduled time. If no house system exists, then participation can be by class, age, sex, teacher invitation, etc. Groups can be organized at the beginning of the year and a rotation system can also be set up at this time. "Buddies" who may be grade 5 or 6 students may be used to bring the children to the gym and help out or cheer their buddies on.

When to Play

In most schools recesses are times of the day that appear to be made in heaven for primary and/or junior intramural activities. They are brief enough to keep interest high yet long enough to enable all involved to really feel a part of the action. In schools that are bused or where most of the student stay for lunch, the lunch hour can be broken into twenty or twenty-five minute sections to allow as many activity periods as there are supervisors. A four or five-week stretch seems to be best suited for most primary or junior activities. A.R. Kaufman School in Kitchener runs primary activities in five areas at once (four classrooms and the gym) for five weeks, approximately three times a year.

What Do We Play

When selecting activities for the primary level, keep in mind the short attention span and ability levels of these children. Most games can be modified to suit the primary child but some work best mainly with this level

Games involving catching and throwing or kicking or touching an object are always popular. Some of the more successful are:

Fannyball — Students are sitting and catch and throw an object back and forth over an obstacle (bench, net, rope). Balls, quoits, beanbags, badmin-
(See PRIMARY, page 4)

IS THERE AN OPTION TO THE GOLD HOUSE?

Many elementary schools are organized into house leagues based on colour, countries, famous people or local areas of interest. Many of these same schools have stayed with these "houses" where everyone in the school is assigned to a house in September and competes for that house all year, even though the system has not been as successful at it once was. If you find yourself in this situation do you have any options? The answer is definitely **YES**.

The house system is an excellent way to organize a school for intramural competition but it is not the only way. Rather than assigning everyone to a specific house you could try running all competitions by class. This is especially effective in larger schools or in senior elementary schools (gr. 6-7-8). It is also possible to combine classes to form a house or country or whatever. For example, if a school has 10 classes — 5 grade 7's and 5 grade 8's — each grade seven could be combined with a grade eight to form five houses. The grade 7's would compete against the 7's and the 8's against the 8's. Participation points work wonderfully in class competitions.

Another option to the "house" is a sign-up only technique where all activities are strictly sign-up and the points are accumulated by class or by school. When the school tries to reach a pre-determined point value you will be surprised at the enthusiasm that can be generated. The sign-up system works especially well in smaller elementary schools where the enrollment is under 200.

Do you have any other alternatives to the gold house? If you have a house league organization technique that worked please share it. Drop us a line and let us tell all. We'll try to have at least one option in each future issue.

PRIMARY

(Continued from page 3)

ton birds can all be used. You can also have them make a certain number of passes before throwing it over the obstacle. This, or any other catch and throw game, can be played on the staf, in a hallway or other available space and doesn't need to be done in the gym.

Bucketball — Similar objectives to basketball ie. putting an object in a bucket. Use garbage cans or pails for buckets and the ball can be moved by kicking, throwing, rolling, tossing or any other skill you would like to add. Keep in mind that the fewer the rules the easier the game.

Happball — This involves moving one or two balls around the gym or classroom and the ball can't be passed to anyone who is not smiling. If a score must be kept, count the number of "happy passes" made by each team or by the whole group. This is a great activity for mid-February or after two weeks of rain.

Fistball — Use the bladder from an old volleyball or basketball or a beachball and count the number of consecutive hits or punches at the ball before it hits the floor.

Relay games are also very appropriate at the primary level. A different relay to begin each intramural session keeps the children looking forward to the next one. Leapfrog relays, shuttle relays involving carrying something, a tire or hoop relay, stick and ball relay or scooter relays or pillow relays if scooters aren't available are just a few of the dozens of possible relay activities.

Tag games make for an active and fun intramural activity. Any tag game will get most primary children squealing with anticipation. Some of the more popular include chain tag, rope tag where "it" must drag a rope behind him which can be stepped on to tease him, bridge tag where you form a bridge if tagged and can only be freed if someone crawls under your bridge, crab-walk tag, elephant tag or seal tag.

Whatever activity is chosen remember to be sure to thank the teachers or older students who help supervise. Including a teachers' day every once in awhile where all the staff are invited to play with the students can help brighten everyone's week and prove that "a day without intramurals is like a day without sunshine."

JUST FOR KICKS

In celebration of Fitness Canada's 4th annual **National Physical Activity Week (NPAW) May 24 - June 1, 1986**, the Canadian Intramural Recreation Association (CIRA) and the Canadian Association for Health, Physical Education and Recreation (CAHPER) have designed a special program for all elementary and secondary students. Emphasizing Fun, Fitness, increased Participation and quality Physical Education, the 1986 CIRA/CAHPER NPAW Project is . . . **JUST FOR KICKS!**

Otto Jelinek, Minister of State for Fitness and Amateur Sport comments, "JUST FOR KICKS!, the school-based National Physical Activity Week Program, is instrumental

in developing positive attitudes towards health and fitness among all students. I wholeheartedly support CIRA/CAHPER Project in its encouragement of Canada's youth to participate in fitness activities."

Each school will receive colourful posters and a comprehensive information booklet containing theme-related activity suggestions and ideas. While highlighting the kicking movement, all the activities are designed especially for use in intramural leagues, tournaments, special days, or physical education classes.

HOP TO IT, the '85 CIRA/CAHPER Project was a great success with over 1.4 million students from almost 6,000 schools hoping in team fitness

Report From Post Secondary Student Conference

The Sixteenth Annual Post Secondary Student Intramural Conference was held on January 24-25, 1986 at the Walper Terrace Hotel in Kitchener. Over 170 delegates from across Canada attended the University of Waterloo hosted event. Friday's itinerary was highlighted by keynote speaker Dr. Bob Boucher's talk on the future of campus recreation. A Little Oktoberfest celebration capped a busy day for the delegates.

Saturday saw everyone up early for the Kitchener Farmer's Market and the morning presentations. In all there were over 20 presentations, and the quality of these seminars was high. The theme, "Today's Thoughts for Tomorrow's Actions" inspired College and University students alike to face an evolving campus recreation field.

Much of the credit for the success of the Conference must go to the delegates themselves, and particularly those who gave presentations. The wide variety of topics covered in the seminars ensured that the Conference was a learning experience for everybody.

The Conference Committee would like to take this opportunity to extend its gratitude to all who participated. See you all next year at Mohawk College!

challenges, relay races and through obstacle courses. With your support and student encouragement, CIRA and CAHPER could kick the 2 million participation mark during the '86 NPAW.

Fitness Canada has designated **May 23rd as Sneaker Day** when teachers, students, family and friends can 'Kick off' the 1986 National Physical Activity Week together by wearing sneakers all day - at school, at work, and at play....

Wear your sneakers as you stand, walk, hop, skip, jump, and run ... for kicks.

Secondary School Contributing Editor Jennie Hood, Scarlett Heights Secondary School

DEVELOPING STUDENT LEADERS

At the secondary level, there are many opportunities to develop student leadership skills:

- a. as part of a senior physical education course, offer a theoretical/practical "health" unit culminating with the students organizing and running a one-day Intramural activity (eg. Winter Carnival, Fall Frolics etc.) for their own school. If promoting the school within the community is a goal, have the students take their program to the middle or junior schools.
- b. as the basis for a co-operative physical education course offered at the senior level, in which students learn leadership and teaching skills at the secondary school and apply them to related work experiences in

the community (eg. outdoor education centers, fitness clubs, middle schools, seniors' homes, parks and recreation programs, special needs programs).

A field-tested course outline, including unit resources and evaluation is available from:

Jennie Hood

Scarlett Heights C.I.

15 Trehorne Drive, Weston, Ont. M9P 1N8

- c. as part of a school program for students selected/elected to positions of responsibility in the various clubs/councils (eg. athletic, student, band, drama, Red Cross councils). Two excellent resources for this type of program are: (See LEADERS, page 6)

One-day Conference for Staff/Student Delegates

8:30

Registration

Set-up of display from each school entitled "Share the Wealth". Display should relate to Intramurals and might include — VCR or slide presentation, awards, program ideas, slogans, logos. Each school should be encouraged to bring lots of "hand outs". Displays can be rated and judged as part of Intramural activity (eg. criteria — creativity, marketing message, information etc.)

9:00 a.m.

The Fit Get — again based on the theme "Share the Wealth". Prior to the conference several schools would be asked to organize a 20 minute fitness class presentation — designated for aerobics, calisthenic circuit training, small weight circuit training, skipping display etc. Each presenting group has its own area. Remaining staff/students are divided into groups equal to the number of presentations and rotate on a schedule to each fitness activity. A hand-out should be available with each presentation showing the activities and music resources.

10:00 a.m.

Classroom session on Leadership. Invite a C.I.R.A. Leadership Workshop Presenter. Before the conference, arrange to obtain sufficient leadership materials for the staff/students.

11:00 a.m.

Gymnasium session
— a. initiative games and warm-ups

students/staff from different schools are brought together to form teams (must invent a team slogan/chant)

- b. intramural games circuit —
e.g.

relays

4 on 4 "no-goalie" ball

hockey

touch football

finesse indoor soccer

hi-goal

rotate teams to each activity

12:15 p.m. Lunch and Display Browsing

1:00 p.m.

Brainstorm session — Share the Wealth — re problems encountered in Intramurals — eg. how to get students in school participating, what to do about "no-shows".

In teams from morning session, students/staff come up with *creative solutions* which they can take back and try-out with their own student population.

1:30 p.m.

Tabloid Meet — crazy events. Based on theme — Share the Wealth — each school has brought an event for the Tabloid Meet (hand-out and equipment). 15 minutes is given for each event to be organized, then the meet begins.

2:45 p.m.

Classroom session on Leadership.

3:45 p.m.

Wrap-up (review of days events, awarding of prizes, thanking participants/organizers/presenters).

Leaders

(Continued from page 5)

- C.I.R.A. Student Workbook for Leadership Development
 - The Warm-ups Manual (tools for working with groups) by Nell Warren Associates Inc., published by Learnxs Press, 155 College Street, Toronto, Ont., M5T 1P6. Cost: \$6.95.
- d. as part of a week-long experience at an Outdoor Education Center, have students participate in activities in classroom and outdoor settings which utilize initiative, trust, problem-solving and group leadership skills. Useful resources for such a program are:
- Initiative Games edited by Benjy Simpson, published by Benjy Simpson, 110 Hampton Court, Butler, Pennsylvania, 16001.
 - Silver Bullets by Karl Rohnke, published by Project Adventure, Inc., P.O. Box 100, Hamilton, MA 01936. Cost: \$14.95
 - Teaching Through Adventure by Robert Lentz, published by Project Adventure, Inc. Cost: \$8.50
- e. as part of an Intramural Conference, organized and run by a committee of physical education teachers/Intramural staff advisers. The conference would require Board of Education approval and sponsorship. A sample format might be:
- f. as part of a one/two week leadership camp run in June or late August from a centrally-located secondary school with good facilities. The model presented was developed by two Etobicoke teachers — Andy Martinson and Charlie Simpson:

Staff

-4 teachers involved in physical education/Intramural (2 men/2 women)

-paid by Board of Education at rate of summer school or supply staff.

Students

-4 grade 10 students from each secondary school (approx. 60 students) (2 girls/2 boys)

Budget

-\$350.00 (supplied by Board of Education)

Camp is Board of Education approved and run yearly to develop potential student leaders in athletics

Name of Camp

-L.E.A.D. (Leadership Education and Athletic Development)

Application Forms

-sent out to each secondary school in March

-returned to Superintendent of Programs - Physical Education by the end of April

Transportation

-as city transportation is available to the school, students are responsible for their own transportation.

T-shirts

-L.E.A.D. insignia — cost approx. \$10.00 to each student or school.

Format

-each of the 4 teachers has a group of students. Each

group contains an equal number of boys and girls and students from all the schools.

-each group is divided into committees — eg. warm up, relay, tabloid meet, co-operative games. The designated students from all groups meet to plan these activities.

-each group is also required to organize and run a specific Intramural activity — eg. Volleyball Tourney, Tennis Competition, Touch Football Tournament, Basketball Activity.

* * *

IDEAS

Need a Fund-Raiser?

Try a Carnation Sale on Valentine's Day, a Candy Cane Sale near Christmas or a Wrapped Chocolate Sale near Easter.

Steps

1. Flood the school with advance publicity — P.A. announcements, signs, posters, banners in the cafeteria.
2. Set the dates for sales to begin and end — eg. with carnation sales must place final order with wholesaler about two weeks before delivery.
3. Organize athletic council to sell during lunch hour — need at least 2 people per lunch hour.
4. Students who purchase a candy cane, chocolate or carnation also get a small card to write a message to person they are sending the above item.

Cards can be designed by Art Department and reproduced on photocopier with heavy paper.

To prevent them being illegally reproduced and thus eroding your profit, have the students use a school stamp with non-reproducing ink/or unusual colour ink to stamp the back of each card.

5. Establish price — eg. \$1.00 (will make between 40-50% profit).
6. After sales begin, remind students of last day to hand in messages.
7. Two days prior to delivery — have athletic council meet and divide messages by period and then each period into home rooms.
8. Arrange with school administration to have athletic council members available for first 10 minutes of each period on delivery day to take the candy canes, chocolates or carnations to the student recipients in each home room.
9. On delivery day, have the council meet at 8:00 a.m. to affix the messages to the items. (Need a classroom for use all day).

*if carnations — will need pails of water to stand flowers in to prevent wilting during the day.

Deliver items to home rooms during the first 10 minutes of each class throughout the day.

It is a good idea to let the school staff know of the event well in advance so they can avoid scheduling tests/field trips etc. on these days.

Post Secondary Contributing Editor Meg Innes, York University

A FUN FAST BANQUET

What can anyone write about an Athletic Banquet that you haven't read before? Everyone knows that banquets are an excellent way to recognize students for a job well done. Everyone knows that it is a perfect time to perpetuate tradition by handing out awards that have been there since the beginning of the program. Everyone knows that it is the best time to award certificates to the referees who have helped make your program a success.

It seems no one has written anything about how to have a FUN FAST banquet.

This topic may seem a bit odd, but admit it, wouldn't it be nice to have all your awards, certificates, etc., etc., etc. handed out in one hour instead of three? There IS a way of doing it and a suggested check list follows.

How To Make a Banquet Fun and Fast!

1. DO NOT invite a Key Note Speaker (this is a fast part).
2. When inviting dignitaries ask them to keep their welcome to no longer than two minutes (this is a fast part).
3. When awards are being handed out, have the captain of the second place team do the honors (this is definitely a fun part).
4. Have each team, unit, or captain hand out more than one award while they are at the awards table (this is a fast part).
5. If you have a head table, have the dignitaries seated beside students that have helped you out during the year (this is a fun part).
6. If a dance is to follow the banquet, have the D.J. set up prior to the beginning of dinner. This will avoid any lulls (this is a fun and fast part).

The main reason for a banquet is to recognize students for their hard work and determination. It is something they will never forget and they will look back at their involvement with your program with fond memories. They will remember the exciting times and the fun they had. Make sure they remember your banquet for the same reasons!

KEEP GOING IN THE SUMMER

Are you in the position of having to generate new funds? Most of us have experienced or are now experiencing budget cut backs (that terrible word). It seems our lot in life is to generate new ideas that will eventually generate new funds. So, one idea that might help is to offer a summer camp for children. You have numerous options available to you as to the specific content but here's a hint — the most successful camps offer sports and COMPUTERS.

If you decide to start a camp, you will be offering a service to your staff, faculty and the surrounding community. In addition, you will be providing a safe and healthy environment for children.

Still not sold? Here are some programs that have worked:

RYERSON'S SUMMER DAY CAMP

Designed for 7-13 year olds. It has one week sessions and includes a fitness appraisal, mini volleyball, mini basketball, badminton, fencing, cooperative games, general fitness sessions and swimming. They also offer an hour a day of hands-on experiences on an IBM computer. The cost is \$125.00 for each session. A Counsellor-In-Training Program for 14-15 year olds is also available.

QUEEN'S YOUTH SPORTS CAMPS

Designed for 7-14 year olds. It has 7 week sessions in Soccer in the evening. All day Red Cross swimming and sports for 2 weeks, and two week sessions in Track and Field. Fees range from \$32.00 to \$110.00.

YORK SPORTS CAMP

Designed for 8-14 year olds. It has two week sessions and includes morning individual sporting activities such as Red Cross swimming, tennis and squash. The afternoon sessions are devoted to team sports such as touch football, soccer, baseball, volleyball, ball hockey and cooperative games. The cost is \$125.00 per session.

McMaster and University of Toronto also host sports camps.

If you have been looking for a new idea, this could be it. Try it, you will never regret it.

Report from College Intramurals

John Gotziaman

The Sub-Committee on Intramural Programs (SCIP) held their first ever meeting in Toronto on Dec. 12, 1985. The group falls under CCAR (College Committee on Athletics and Recreation), as does the OCAA and the newly formed sub-committee on instructional programs.

The committee is comprised of Gerry Bertrand (Cambrian), Dave Gotts (Lambton), John Gotziaman (Loyalist), Barb McCauley (Conestoga), Ernie Rainbow (Durham), and Carol Sybenga (Sheridan). The group has wide and varied experiences in intramurals and all have a lot to offer. Ideas or questions can be directed to any of these people.

SCIP's main objective is "to improve the quality and to promote the participation of intramurals within the Community College system".



CANADIAN INTRAMURAL RECREATION ASSOCIATION
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THE STUDENT LEADERSHIP DEVELOPMENT PROGRAM

At last... a comprehensive, easy to use youth leadership program is available!



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To receive the program brochure and enrollment form, fill in the section below and return to:
CIRA, 333 River Road, Vanier, Ont. K1L 8H9.

Student Leadership and ALL THAT JAZZ



OIRA '86 is just around the corner and you won't want to miss out this time. The organizing committee has put together an outstanding list of performances and topics that will be informative and entertaining.

The list includes two keynote addresses on Sunday: the matinee will be performed by **Barb Prysruk**, focusing on an Intramural Day, led and designed by students and the rippling effect it can have on your school's program; the evening performance features **Joyce and Peter Hopkins** who at the time of writing of this article were excited about their developments for the main attraction and couldn't leak it out.

Sunday's activities and performances will be the highlight of OIRA '86 that will set the tone for the balance of the workshop. Delegates will also be entertained by a pair of OIRA members that will knock you off your chair.

DON'T MISS OUT! LATE REGISTRATION WAS STILL AVAILABLE AT THE TIME OF THIS WRITING.

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:

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