

INPUT

OIRA

ONTARIO INTRAMURAL RECREATION ASSOCIATION

Vol. 6, No. 5, June 1986

CERTIFICATION A MATTER OF PROFESSIONAL PRIDE

OIRA as a member of the Parks and Recreation Federation of Ontario is able to make available to you the first certification for Intramural Directors at all levels of education. If you are in charge of the intramural recreation in your school then you should be thinking seriously about becoming certified.

The primary requirements are based on full-time employment, completion of a resume, OIRA's questionnaire, your employer's comments and a \$75.00 fee. The certificate runs for 5 years and the fee is income tax deductible.

Renewal of the certificate is based on personal professional development. An individual chooses any one of the ten options each year and at the end of 5 years submits proof of choices to the PRFO office.

During the 5 years working toward renewal, membership must be maintained and one of the following may be chosen each year:

1. Professionally related university or college courses.
2. Attend an intramural recreation conference, workshop or seminar.
3. Attendance at *related* conferences, workshops or seminars.
4. Conduct a workshop or seminar.

5. Presentation at a workshop or seminar.
6. Article published in Intramural Recreation Newsletter.
7. Article published in a related field.
8. Hold office in OIRA/CIRA.
9. Committee Chairperson or Committee member in OIRA/CIRA.

10. Other areas of self directed growth will be considered by Committee.

The following people in OIRA have received their certificate:

JEAN KENNEDY	SHARON BRADLEY
MEG INNES	BILL CLAUSEN
BERT MOORBY	FRANK ERLE
JOHN MCFARLANE	PETER HOPKINS
RON FEARON	BOB ZEISNER
DUANE SHADD	ARVO TIIDUS
BILL KOMINEK	KAREN LAVELL
PAT KITCHEN	JANEAN SARGEANT
LINDA STAPLETON	DAVE DEMONTE
BARB MCCAULEY	BHARAT PARMAR
SUE BOLTON	NANCY THOMPSON
DOUG DODD	JOHN GOTZIAMAN
HEATHER	PAM MUNZAR
MACDONALD	BILL TURCHAN
JIM BIALEK	

Join those above, and the 1,000 other recreation professionals who have received their certification.

PARKS AND RECREATION FEDERATION OF ONTARIO



Recreation Practitioner's Certificate

for

Intramural Recreation Director

having complied with the standards and criteria of the
Parks and Recreation Federation of Ontario and

Ontario Intramural Recreation Association


Federation Chairperson


Association President



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

HONOURARY AWARDS

OIRA has many special people in its midst and the honour award has been given for the first time to those people who have been involved with OIRA from its very beginning in the early 1970's.

At the Directors Conference 11 people were honoured and the Input

will recognize 3 in each issue. The 11 recipients are:

DOUG AMEY	PETER HOPKINS
WARREN CAMPBELL	JEAN KENNEDY
DAVE COPP	KENT SMITH
BRIAN CRESSMAN	ROB STINSON
SANDY HENDERSON	MARG TERRETT
	RICK TURNBULL



BRIAN CRESSMAN

Brian is the Director of Student Activities at Waterloo Collegiate Institute. His commitment to OIRA includes Ontario Conference Committee 1979, OIRA executive 1982-1985, Editor of OIRA Newsletter 1981-1985, CIRA Board member 1982-1985. While on the Board, in conjunction with CAHPER, Brian developed NPAW's It's A Toss Up, Get Up and Go and Hop To It. Brian is also an excellent speaker and has been sought after, not only in the province, but nationally as well.

Brian is married to Joan, has three children and loves to golf and play hockey.

Doug Amey is a Teaching Master in the Department of Recreation and Leisure Studies at Mohawk College. Doug was the first Ontario Regional Director 1978-1980 representing Ontario on the first CIRA Board. He was a committee member of the first National Conference and brought equestrian instruction to the event.

Doug has spoken at provincial and national conferences.

He is a charter member of the moose callers at Geneva Park.

Doug is married to Zina and has two children. Skiing, and horseback riding as well as being a tour escort across Canada keep Doug busy.



DOUG AMEY

Peter is the Co-ordinator of Campus Recreation at the University of Waterloo.

He was the originator of the Directors Conference in 1969 and the Post Secondary Student Conference in 1970. He was CIRA's first president from 1977-1980 and was the first editor in 1970.

Peter has spoken provincially, nationally and internationally and often is the keynote speaker.

His booklet "A Child's Model" is presented to each new member across Canada.

Peter has added Joyce to his team and now they have become great keynote speakers!



PETER HOPKINS

ORGANIZATIONAL THOUGHTS FOR FALL

Quite honestly, just between you, me and the gatepost, if you have not already planned for the fall season, you are WAY BEHIND! But run through this checklist and your worries will be over.

1. Book Facilities
2. Double check the bookings
3. Order equipment
 - sporting equipment
 - referee shirts
 - whistles
 - stopwatches
 - instructor/lifeguard shirts
 - etc.
4. Refresh your memory about the

5. Create or update your manuals — ie. do's and don'ts for sport organizers
 - procedures for part-time staff
6. Design all the posters and flyers you will need.
7. Make extra copies of all the rules for intramural sports.
8. Begin hiring your student helpers if at all possible.
9. Begin hiring your staff for the pool and/or instructional classes.
10. If you are planning a workshop, start getting it ready.
11. REMEMBER how hectic it is in the Fall and try to do everything you can to make your life easier.

PLAN AHEAD
and have an exciting summer!

Meg Innes

Secondary School Contributing Editor

Jennie Hood, Scarlett Heights Secondary School

At this time of year, it is important to take time to reflect on "what has gone before". The primary purpose is to improve "what will be".

During a presentation at a past O.I.R.A. Conference, Don Fairweather from Seaway suggested that there are five critical questions that those of us involved in Intramurals should ask ourselves:

1. Why am I involved in Intramurals?
2. Who are we doing Intramurals for?
3. Where are we going with Intramurals?
4. How can we do it better?
5. How do we know we are doing it better?

In assessing what we are doing, indicators of successful growth are:

- a. the number of students involved in a particular activity or the program overall.
- b. the statements from the participants eg. "That was fun". "Can we do this again?"
- c. recognition of the program by the parents of students eg. at Open

A Sample for an Analysis of Each Activity:

Date:

Activity Convenor:

1. General Information

Activity:

Dates of Activity:

Entries Open

Entries Closed

Organizational Meeting

Length of Activity:

Number of Teams/Entries/
Participants:

Participants:

Male	Female	Title
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Number of Games/Matches
Scheduled:

Number of Defaults:

Default Letter Sent: Yes No

Facilities Used:

Equipment Used:

Results of Activity:

Champion(s)

Runner-up(s)

Score of Final Game/
Match/Activity:

House, Parent's Nights etc.

- d. recognition of the program by the administration and school staff — ie. topic of discussion at heads' meetings, profile in school newsletter, timetable considerations, staff volunteers.
- e. recognition of the program by the students — eg. profile in the school paper, volunteers for leadership positions on Athletic Councils, speed with which they sign-up for an activity, reduction in number of defaults in an activity.
- f. improvement in Intramural activity atmosphere — a "joyful" celebration of participation by everyone rather than the select few; a de-emphasis on extreme competitiveness in Intramural activities; a growth in social relationships and having fun.
- g. other physical education teachers asking for an exchange of information, workshops etc.
- h. an increase in spectatorship for a special event (these students will likely participate next time).

2. Preparation

Consulted Last Year's Reports:

Yes No

Posters: Yes No #Used

Video: Yes No

Days Used

Student Paper: Yes No

Morning Announcements:

Yes No #Used

Gym Door Decorated:

Yes No

3. Referees/Scorers

#Needed per Game/Activity:

Total Used:

#Of No Shows:

No Show Letters Sent:

Yes No

Officials Clinic: Yes No

Date: #Attended:

4. Awards (if given)

#Eligible for School Letter Points:

M	F	Total
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Awards Presented:

-day of championship:

-Intramural Assembly/Banquet:

Notified Champions of Award

Presentation: Yes No

Awards Needed for Presentation:
#

Recipients of Awards:
(PRINT Name)

5. Conclusions/Recommendations: (Positive Aspects, Negative Aspects, Problems, Solutions, Ideas)

6. Submissions:

- a. Meetings — agenda
- b. Schedule or Draw Sheet
- c. Officials Clinic Information
- d. Attendance Form(s)
- e. Game Sheets
- f. Champion Team Name and Players List (correctly spelled)
- g. Forms — new ones invented as need arose
- h. Publicity — copy of announcements/posters/articles etc.
- i. Any Other Pertinent Information

Adapted for use in the secondary schools from materials from Jim Bialek — Humber College.

* * *

A Sample for an Analysis of the Intramural Program

Philosophy

- a. Does the program reflect the philosophy upon which it is based? Indications?
- b. Does the philosophy have educational significance to students? How?

Rationale

- a. Is the need for the program apparent? Indications?
- b. Are all the key arguments for the program in writing? Have they been discussed with administration, staff, students?
- c. Have student needs been targeted in the program?

Objectives

- a. What indications are there that the program is beneficial to students? school? community?
- b. Have the objectives been met? Indications? (statistical analysis)

(See PERFORMANCE, page 4)

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.

PERFORMANCE

(Continued from page 3)

Performance Criteria

- Have successes been documented? discussed?
- Have activities been appropriately run? Examples?
- Have difficulties — program/personnel — been dealt with in an educationally supportive environment?
- Have improvements/ideas been documented to be used in the future?
- What are the feelings of the students involved in a leadership capacity? What did they learn?

Reporting

- Have all activities been appropriately documented?
- Does the reporting system ensure that there is an on-going "historical" file for future organizers?

Council Members

- How are they selected? Is the system of selection fair? Does it represent a cross-section of school interests/needs?
- Is there a job description for each member?
- How are the volunteer efforts of these people recognized? Certificate or letter that can be used with resume, etc. Does the "reward" recognize the efforts of these students sufficiently to encourage others to volunteer?

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
- 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



OIRA Advisors

OIRA has had for several years Regional Advisors to help members with information and advice. The Advisors have all of the up-to-date information about conferences, books, and programs. They also know just the right person to get in touch with for your special intramural needs.

Advisors meet regularly once a year in Toronto to update their information and share their regional news.

Pat Kitchen is the Advisor Chairperson for 1986 - 1988. Our two past chairpeople are Sharon Bradley and Meg Innes.

Advisors for 1986-1987:

Chairperson Pat Kitchen	519-679-6509
COSSA Nancy McCormick	613-475-0540
CWOSSA Barb Prysuk	519-576-5100
EOSSA Don Fairweather	613-652-4878
GBSSA George Manolakos	705-789-2381
HIAC Michelle Long	416-575-2075
IAGB Wayne Bozzer	705-235-3211
NOSSA Paul Prevost	705-566-5510
NWOSSA Ron Fearon	807-475-6111
NYSSAA Meg Innes	416-736-5184
OVHSAA Marg Terrett	613-820-8505
PHSSAA Carol Sybenga	416-459-7533
SOSSA Kathy Swayze	416-732-4570
SWOSSA Dave Gotts	519-542-7751
	Sandy Blackshaw 519-683-4475
TDCAA Chris Cuthbert-Hunt	416-261-7156
TDIAA Jennie Hood	416-294-8425
TSSAA Pat Smith	416-532-3363
WOSSA John McIntyre	519-768-1416

Post Secondary Contributing Editor Meg Innes, York University

WHY NOT TRY A TRIATHLON?

You see it every year on television when the Iron-man Triathlon is run in Hawaii so, why not try it at your institution? The events include a swim, bike and run. It's basically up to you to set the distances but remember the bike should be four times greater than the run.

A typical triathlon could be: 1500 m. (60 lengths in a 25 m. pool) swim, 40 km (25 miles) bike, and 10 km (6 miles) run. If you do not feel that your participants are up to that try 750 m. (30 lengths in a 25 m pool) swim, 12 km (7 miles) bike, and 3 km (1.5 mile) run. You also have another option and that is to run the Triathlon using relay teams. In this instance, three different people would complete the course in stages (ie. one person swims, another bikes and the third completes the run).

The triathlon should be run for the pure fun of it. The object should be to get people to participate and finish. If they finish the course, they are the winner!!

O.K. Are you ready to host a MINI TRIATHLON? Here's what to do:

1. Advertise and include when, where, and how much. (You should charge a minimal fee to cover the costs of oranges, etc.).
2. Equipment needed:
 - garbage bags
 - garbage cans
 - clipboards
 - 6 tables
 - 4-10 stopwatches
 - 6 chairs
 - oranges
 - water
 - spray hose
 - letter explaining route
 - large map at registration
 - safety personnel
 - 5 oz. Dixie cups
 - water
 - signs

- competitor numbers
- lipstick (#'s on arms)
- trays (for oranges)
- safety pins
- registration list
- megaphone
- camera and film
- trainer
- certificates

3. Make sure every competitor knows to bring a manager. The manager is responsible for counting the swimming laps, getting the bike ready, putting the bike away before the run and finally for counting the laps in running.
4. Have registration prior to the event. When everyone has registered, send a letter to the participants that gives directions for the bike and run route. Also include a reminder about the need for a manager.
5. Have certificates printed that include the following:
 - a) name of the institution
 - b) event
 - c) date
 - d) name of the participant
 - e) number of the participant
 - f) finishing time of the participant.
6. On the day of the event your checklist will look something like this (assuming your event begins at 12:00 noon):
 - a) 10 a.m. — set up directional signs around the route
 - b) set up tables and chairs for the water stations
 - c) 11 a.m. — set up registration area and post the large map of the route
 - d) 11:30 a.m. — take registration —have someone take the water and the volunteers to man the water stations —explain the route and the rules (the only rule should be NO drafting on the bike)
 - e) 12 Noon — have all participants congregate in the pool

—set up lane markers and specify fast, medium and slow lanes. The participants will divide themselves equally.

- f) 12:05 p.m. — begin the triathlon
- g) make sure you have about 5 or 6 watches going at the check-in station. Some watches are always bound to stop working. The other important thing to remember is to write down interval times.
- h) basically everything will run itself now. Have the oranges cut and water available at the finish line.
- i) when the participants finish, present them with a slip of paper with their name, number and finishing time
- j) after the event is finished, send a letter to each participant congratulating them. The letter should include all times such as:

Swim	
32:28:92	
Bike	
start	finish
40:52	1:20:36
Run	
start	finish
1:21:05	2:10:26

The start/finish times are important for participants should they wish to train and improve their times for next years event. The other important factor with regard to the times is the fact that they can see how long they took to change clothes before beginning the next event. This too could be improved.
- k) If you have decided to host a triathlon, chances are that you will meet all sorts of people from all walks of life. You will feel good that you have rendered a service to these people and they will walk away with a better feeling for your institution.

Elementary School Contributing Editor Dave Schlei, Queensmount Senior Public School

JUNIOR INTRAMURALS: SOMETHING AWESOME HERE

The heart of the successful intramural program in any junior division is obviously the activities that are offered. If the activities are fun and provide the opportunity for a positive experience then we are off to a good start. However, special days, self-directed activities and special interest clubs also play a major role in the program.

Special days provide an opportunity for students, staff and parents to come together to enjoy, participate in and share a unique experience. A special day may be anything that draws the entire school to a focal point and may not even include activity as in a jersey day or hat day or Hawaii day in mid-February. It may, however, center around a particular theme — Olympics, Western Days, Winter, Hallowe'en, Snow or Cooperative Games.

Clubs provide opportunities for students to pursue special interests and allow staff to share expertise. This could be an extension of regular class programs eg. dance club or gymnastic club but could also be an ongoing club like a jogging club or a photography club (to take pictures of the intramural activities obviously).

Self-directed activities help to encourage the children to be active while outside — tetherball, hopscotch, skipping, four-square. These types of activities could also be set up to encourage free use of the gym at special times. Also, since many schools do not involve the students in physical education on a daily basis, opportunity may be provided for quad-activities — older children helping a younger child with skipping games, target games, tag games, manipulative skills, all under the supervision of a teacher at recess time.

There are many, many activities that can be successful in a junior intramural program. The very enthusiastic, eager, positive attitude of most 9, 10 and 11 year-olds makes it difficult to find an activity they don't like.

Line soccer, beachball volleyball, cosom hockey, king's court and the one hundred and four other dodge ball games, indoor baseball, pushball, T-ball, bordenball, racquetball, bucketball are just a few of the dozens of activities that are possible.

As educators we have very busy days. Intramurals is just one more item on the plate. It is crucial to involve the students in organizing and running the program as much as possible. Junior age students are also capable of being the motivators and leaders for the primary children. Primary helpers or buddies can pick up and take their buddies to games and cheer them on. Grade five and six students can form Intramural Councils to help with some of the administration of the program. They can make charts, sign out equipment, make posters, keep score, make awards, officiate, look after equipment, lead groups on special days, run events, make announcements, maintain bulletin boards. By using the students you are promot-

ing the program to help insure its success.

Intramurals can influence the total school atmosphere. When one enters a school, he quickly senses if it is a happy, vibrant place to be. Signs of Intramural activities, bulletin boards alive with events, smiles on children's faces, laughter in the gym, halls and staff room, relaxed learning environments in the classroom instill in the observer that "Hey — Something Awesome is Happening Here!"

For sharing their programs and ideas, bouquets to:

1. Barb Smith — Waterloo County Board of Education
2. Carol Wilson — Grand Forks, B.C.
3. J.T. Kennedy — N.A. MacEachern School
4. Gerry Bowes — Empire Public School
5. George Wilson — Cedarbrae Public School
6. Doug Ross — Elizabeth Ziegler Public School
7. Bob Rotozinski — Highland Public School
8. Dave Allen — Winston Churchill Public School
9. Fred McLachlan — A.R. Kaufman Public School

Northern Ontario Student Conference

On Saturday May 3, 1986, Central Algoma Secondary School hosted the 2nd Northern Ontario Student Intramural Conference. Sixty delegates from Sudbury, Sault Ste. Marie, Espanola and Blind River attended, representing eleven schools.

C.A.S.S. students ran the whole show, from presenting seminars, leading discussion groups, demonstrating our more popular games, organizing all aspects of the conference and typing up the proceedings.

The conference was jointly chaired by Lara Catterick and Heather Cambridge with the following Executive members: Joni Shepherd & Michele Ritchie (Accommodation, Registration & Evaluation); Sheila Scott & Pat Giunti (Program);

Mike Armitage & Scott Trivers (Activities); Brenda Buck & Kellie Karhi (Typists).

Presentations were made by the following students:

Michele Ritchie	Trevor Ritchie
Lara Catterick	Darrin McDiarmid
Jeff Hicks	Nathalie Brisson
Joni Shepherd	Mike Armitage
Scott Trivers	Brenda Buck
Stephanie Speck	Jeff Tisdall
Todd Evans	Heather McDiarmid
Tracy Speck	Tracey McDiarmid

Students from Ecole Secondaire Jeunesse Nord in Sudbury also presented a seminar on program promotion with their teacher, Mr. Paul Prevost talking about the Student Leadership Program from C.I.R.A.

BURN OUT

To Stay or to Remain. What should you do? Are you beginning to just try to make it through the day? Are you tired all the time? Do you have more headaches than usual? If you have answered positively to any of these questions, you may be experiencing Burn Out, or the Tapped Out Syndrome or in simple terms STRESS.

According to "A Guide to Managing Stress" by Participaction, half the problem is recognizing that stress exists. Once you have recognized it, you then need to find a solution for example:

Recognition

— I am being pulled in 100 different directions at once.

Solution



Drayton joins Branch as Youth Consultant

Jerome Drayton has been appointed to the position of Youth Fitness Consultant at the Sports and Fitness Branch. A former sports consultant with the Development Section since 1975, Drayton has assumed responsibility for the newly-created Youth Fitness initiative, which was established to focus specifically on opportunities for youth to get involved in and understand the importance of fitness activities.

OIRA welcomes Jerome as the new Consultant from the Ministry of Tourism and Recreation.

— Do what you can and realize that you can not do or control everything.

Recognition

— Those students are driving me up the wall!

Solution

- a) avoid them as best you can (hard to do with an open door policy), or
- b) a wise person once told me to find something good in every single person. When you search for that good point, you might be surprised at the other qualities you have missed.

Other solutions presented by Participaction include:

- a) Avoid hassles — if you know that certain situations will result in a hassle, try to avoid them.
- b) Take a break — when the stressors combine to the "I can't cope" level, take a break AND RECREATE. Even one hour will make you feel a little better.
- c) Exercise — we are always stressing how important exercise is to maintaining a healthy lifestyle. In this instance we should practice what we PREACH!
- d) Nutrition — most people working in the field of Recreation end up working long hours and work and doing absolutely nothing. To some people, a little inactivity is like a new lease on life. ing at a hectic pace. So make sure you are planning your meals around the four basic food groups. (A fast food outlet hardly ever falls into this category).
- e) Rest and Relaxation — perhaps the most important solution! When you leave work — LEAVE IT BEHIND! Honestly, there is nothing wrong with unwinding
- f) One final solution available to you is to talk to someone. Let them know what you are experiencing and how you feel about it. The opportunity to talk to others in the same situation is available to you every year in April.

The Directors Workshop, to be held at Geneva Park, April 27, 28, 29 is being presented in the hope that all those working in the field will gather together and share their thoughts. So if you feel that you are at your wits end, make plans to attend the conference. You'll be surprised how much better you will feel!

Ross, K.C. A Guide to Managing Stress. Krames Communications, Canada, 1985.



Art Salmon

OIRA executive and the membership thanks Art for his enthusiasm, interest and advice. In his position as Consultant for the Ministry of Tourism and Recreation, Sports and Fitness Branch, Art has seen OIRA grow by leaps and bounds. Congratulations on your new position as Manager of the Fitness section for the Sport and Fitness Branch.

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

An Intramural Program Self Evaluation

	Good	Fair	Poor
1. The support our intramural program gets from the administration is			
2. The willingness of staff and administration to give up class time for special intramural activities is			
3. Staff assistance for organizing and supervising intramurals is			
4. The amount of money we have budgeted for intramurals is			
5. The amount of help we get from the students is			
6. As far as we are concerned, the amount of participation by the students in the various activities is			
7. The sign up system that we used is			
8. The amount of work done by our student intramural committee is			
9. The quality of work done by our student intramural committee is			
10. The amount of recognition for student intramural committee is			
11. The amount of recognition (from staff administration and students) for our staff intramural co-ordinator is			
12. Our method of advertising is			
13. The quality of our advertising is			
14. The opportunity for all students, regardless of skill level, to participate is			
15. The availability of facilities to use is			
16. The attitude our students have towards our intramural program is			

- 17. The gym times allocated for intramural is
- 18. The use of recreational facilities is
- 19. The amount of say our students have in the intramural program is
- 20. The amount of time available for intramural co-ordinator is
- 21. The amount of equal opportunity for boys and girls to participate is
- 22. The actual amount of participation for boys is
- 23. The actual amount of participation for girls is
- 24. I would consider our intramural program to be

Al Thomas
Maryhill Jr. Sec.
Coquitlam, B.C.

Student Leadership Development Program



Fitness Canada

Scotiabank
THE BANK OF NOVA SCOTIA