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# INPUT

**OIRA**

ONTARIO INTRAMURAL RECREATION ASSOCIATION

Vol. 8, No. 3, June 1988

## EXECUTIVE ANNOUNCED FOR 1988-1990



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

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

## Fitness and an Indoor Track and Field Meet... A Step Forward - If the Shoe Fits... Join In!

by Brent McFarlane  
Aberfoyle Public School  
RR #3, Guelph

Fitness, daily physical and health education, fun and physical activity week all have one thing in common... the improvement and enjoyment of physical activity as a lifestyle. As intramuralists and physical educators, we must constantly move forward by improving, innovating, adjusting and incorporating new ideas into our already successful programs. We can never learn or apply enough to make our programs more exciting and enjoyable.

In most Eastern block European countries swimming, gymnastics and track and field are the cornerstones of their sports programs. All students and adults are guaranteed the right to participate in sport. This theme has also taken a step forward in Canada. In the year of the Olympics these three sports will hold the spotlight for the world to watch. Let's take a step back into our gymnasiums and classrooms and enjoy ourselves.

### Indoor Track and Field ...(Indoor Olympics)

Unlike most track and field events, the indoor Olympic Games takes on a unique form. Teams compete against each other for house points. Proper technique for the events is used (when possible). All participants receive points for placing and participating. The events are designed to be humorous, non-competitive and to simulate the real thing.

**Javelin:** How far can you throw a straw? How good is your technique? Perhaps a small piece of tape can be used to improve aerodynamics. Make up your own special javelin... an art class project.

**Shot:** Ping pong ball slinging or throwing or putting. Use your best technique... no throwing allowed. Use shot put technique only.

**Hammer Toss:** A special European surprise throwing event. Wrap up a nerf ball with tape and attach a short rope or sling. Each student must make two revolving circles before releasing the hammer forward.

**50m World Record Event:** A race to the finish using your most skillful students. How fast can you propel a scooter board? The race can be contested by individuals or teams.

**Standing Long Jump:** How far can you jump... backwards?

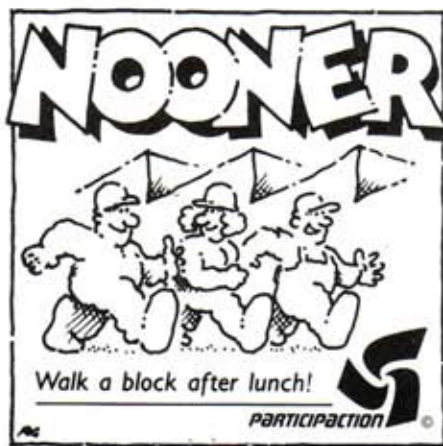
**Discus:** For those who think they are strong. How far can you throw a pie plate? Make your own discus in shop or art class.

**High Jump:** How high can you jump with a 1 step approach... or 2 step approach or 3 step approach?

**Superstar Challenge Relay:** How can you make use of scooter boards, obstacle courses, high jump pits and blindfolds to design a very unique and enjoyable relay.

**Standing Triple Jump:** How far can you hop-step-and jump... blindfolded?

**Awesome Relay Finale:** How many laps around the gym can your team make in 5 minutes... on a scooter board or blindfolded or pushed on a scooter board by a partner or just simply running.



### Fitness Activities for Outdoor Track and Field

**Strength Training:** How many exercises can each student do in 30 seconds - 1 minute - 2 minutes? Choose simple exercises... push ups, sit ups, stride jumps, flexibility moves involving strength.

**Partner Fitness:** Partner 'A' does one push up, followed by partner 'B' doing one push up. Repeat with partner 'A' doing two push ups, followed by partner 'B' doing 2 push ups... and so on 3-3, 4-4, 5-5... How many can each partner group achieve in 30 seconds - 45 seconds or 60 seconds. The choice of exercises is endless.

**Continuous Relays:** How many laps can a team achieve in 5 minutes or 10 minutes or even 15 minutes around a track, field or cones? Awards are given for the number of laps in a given time or total distance run in a given time.

**Whistle Runs:** Students are told to jog around a field or track. On a whistle they accelerate until they hear another whistle to jog again. This can be repeated for whatever number of laps you wish.

**Line Passing:** Students jog around the track in a single line. On a whistle the last person in line passes the others and sprints to the front of the line. This continues for all for a set number of laps.

**Unforgiving Minute:** How far can a student run in 60 seconds?

**Fun Days:** Students are put into relay teams for different combinations of relays. Any relay with any number of team members can be set up. Prizes can be given to the team collecting the most wins or points. How about a jellie bean jamboree or pizza party for first place?

Good luck! Enjoy the world of track and field!

## *I'd Pick More Daisies*

*If I had my life to live over again, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have been this trip. I know of very few things I would take seriously. I would take more trips. I would climb more mountains, swim more rivers, and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones. You see, I am one of those people who live prophylactically and sensibly and sanely hour after hour, day after day. Oh, I've had my moments and if I had it to do over again, I'd have more of them. In fact I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead each day. I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat, aspirin, and a parachute. If I had it to do over again, I would go places, do things and travel lighter than I have.*

*If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the fall. I would play hooky more. I wouldn't make such good grades except by accident. I would ride on more merry-go-rounds. I'd pick more daisies.*

Brother Jeremiah

# Post Secondary Contributing Editor Meg Innes, York University

## "LOVELY LEGS"

### Equipment

- stage
- drop curtain, used only to reveal legs
- judge table
- ballets
- microphone

### Activity Rules

- There is a winner in each category. Legs can be gestured and moved to show best features, and can also be decorated if desired by the contestants. Participants must wear shorts. Names submitted to the intramural mailbox. Winners are given prizes (school articles or free admission to next dance).

## BALLOON SHAVE

### Equipment

- plenty of balloons
- 2 cans of shaving cream
- stop watches
- razors, a bucket of water to clean up
- bowls of water for rinsing razors

### Activity Rules

- Blow balloons up in advance.
- Use microphone to announce teams.
- Cover the balloons with shaving cream.
- Nick razors before contest.

## PUMPKIN CARVING

### Equipment

- pumpkins (either supplied or they could bring their own)
- carving equipment (garbage bags supplied)
- participants must bring their own knives, spoons, newspaper and decorations
- margarine containers with slit to hold money
- signs of homerooms

### Activity Rules

- Participants must submit their name for a free pumpkin
- All carving is done in the individual homerooms and everyone is responsible for their cleanup.
- You can carve any type of face as there are different categories.

- Any decorations are permitted (within reason) and judging is done by the student body when they donate money to their favourite pumpkin — the winner homeroom is the pumpkin with the most money.

## BALANCE BEAM PILLOW FIGHT

### Equipment

- one balance beam
- thick mats for underneath the beam
- two foam pillows

### Activity Rules

- Two people stand facing one another on the beam, pillows in hand.
- When signaled, they start swinging at each other with the pillows, trying to knock the other off balance.
- Whoever knocks the other completely off the beam wins the match.

## JELLO EATING CONTEST

### Equipment

- blind fold
- jello; towels
- bowls; station numbers
- spoons; stop watches

### Activity Rules

- Two people to team.
- The person that is feeding the other person must be blind folded.
- All jello must be eaten.
- The judges decision is final.

## WORD GAME

### Equipment

- one alphabet (A to Z)
- about 15-26 people
- 4 teams - colour houses

### Activity Rules

- All words said have no double letters. After the word is said the people with the letters in that word step forward and form the word as fast as possible. The order of finish is recorded, and with the lowest score wins.

## GRAND PRIX

### Equipment

- sound system, microphone, tape

- recorders tape of auto races or car engines from auto shops motor-cycles. Announcer or com. Pylons, gym mats same as number of home-forms. Counter for each home form. Article of clothing or baton.

### Activity Rules

- Have pylons set up in shape of Race Track. Announcer and a counter for each home form. Gym mats for each home form spread evenly inside track. Must do as many laps as can in 20 minutes. Can split up # of laps into whatever way they want to. Must stay outside of pylons and pass baton to next runner.

## PAPER AIRPLANE

### Equipment

- stop watches - posters - advertising
- masking tape - prizes
- pylons to keep people away from the launching area
- microphone for announcing entrants

### Activity Rules

- 3 people from 1 homeform can enter in 3 different categories.
- 3 different categories - distance travelled, flight/gliding time, best decorated airplane.
- Planes must be made of untampered 8½ x 11 school bond paper - no additives
- One entry per category.

## WRIST-WRESTLING

### Equipment

- 1 wrist-wrestling table

### Activity Rules

- Tournament style - division for juniors, seniors, and girls
- Use a popular area like a foyer, or gymnasium

## SARAN WRAP

### Equipment

- saran wrap
- a couple of ping-pong balls

### Activity Rules

- Everybody stands in a line the first

person runs grabs the saran wrapped ball and tries to take a piece off.

- Once he has the piece gives it to the person in charge runs back and touches hands of the next person.
- Whoever has the most sheets of saran wrap wins.

### RIBBON DAY

#### Equipment

- blue and pink ribbons (enough for each male and female in school)
- pins to hold the ribbons

#### Activity Rules

- One day, the blue ribbons are handed out to every guy in school; when they have their ribbon on they cannot talk to any girls; if they do they must give that girl their ribbon.
- The girl with the most ribbons at the end of the day wins a prize.
- The next day the girls get ribbons and the rules are the same; only now the boy with the most ribbons wins.

### POOL ACTIVITY

- pennies, golf balls, hockey pucks, fins, small weights
- small stones or anything else which sinks

#### Activity Rules

- Participant can bring only one item up from bottom of pool each time.
- Each item is worth points, depending on size and location.
- Split group into teams.

### EASTER BUNNY SALES

#### Equipment

- Easter Bunnies/Carnations/x-mas
- small cards to write person's name that they are sending it to and the message
- cash box to collect money
- homeroom list to find out what homeroom the people are in

#### Activity Rules

- People to sell tickets at lunch.
- Hang posters around the school to tell the students about the sale.
- Put an announcement up so the students know all the details.

### BIRDIE TOSS

#### Equipment

- two teams
- two garbage cans
- two badminton birdies

#### Activity Rules

- Place the garbage cans 6 feet away

from the starting position. Have one player from each team ready to go and the rest of the teams form behind them. First player stands with their back to the garbage can, squat down; throw the birdie through their legs trying to get the birdie into the garbage can. Each player goes until time expires.

### SMORGASBORG

#### Equipment

- pie plate per team
- 20 words per team
- station gym
- 1 marker per team
- Drawing paper

#### Activity Rules

- Each team gets 1 person from the team to pick up a word from the pie plate.
- Then he/she runs back to team and draws the word. No speaking allowed.
- Once the word has been guessed, another person goes to the pie plate picks up a word and then draws it.
- Anyone from your team can go and pick up a word.
- The team that guesses the most words in the designated time wins.

### SCUFFLE

#### Equipment

- station sign
- 1 blower per group of 3; about

- 8 blowers per team
- boxes of kleenex
- chair

#### Activity Rules

- 3 people are involved from one team at 1 time.
- One person lies back. A second person puts a kleenex over his/her mouth. A third person with a blower kneels on a chair over the person lying on the ground.
- The object of the game is to see how many kleenex's the person with the blower can catch. (The person on the ground blows the kleenex up).
- Every 30 sec. the group of 3 changes.

### POPCORN

#### Equipment

- station sign
- 2 gymnastic mats
- 2 garbage pails
- 50 balloons per team

#### Activity Rules

- Each team member one at a time blows up a balloon and holds it in his/her fingers.
- He/she runs to the mat and breaks the balloon by sitting on it.
- When the balloon is broken, he/she puts it in garbage pail, runs back to team and the next person goes.
- The first team to break all of their balloons wins.

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## WELLNESS — DON'T LEAVE HOME WITHOUT IT

The word wellness does not mean fitness. Wellness means: Weight loss, Education, Longevity, Lifestyle, Nutrition, Exercise, Stress management, Special programs.

I have taken the liberty of borrowing excerpts from the pamphlets produced by The Wellness Centre at Southern Illinois University.

**Weight Loss:** Do you want a weight loss program that is both health enhancing and effective? Learn the basics of self control, good nutrition and overall fitness. Get a program that is tailored to your needs and interests. We offer individual counseling, small groups and single-session workshops for weight loss.

**Patient Education:** Well informed patients will understand their medi-

cal problems, treatments that are available and the risks and benefits of each treatment. Wellness Centre staff will help answer your questions and provide the information that you need about your health problems and concerns.

**Nutrition:** What and how you eat has a definite impact on how well you feel. Good nutrition may be a key to improved intellectual and physical performance. We can help you analyze your diet and then suggest improvements in your eating habits. We have information on vegetarian diets and can help you implement most special diets. Individual counseling, single-session workshops and occasional cooking classes and

(See WELLNESS, page 6)

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

Carol Roslin  
Principal  
Scarlett Heights C.I.

The athletic intramural program of a secondary school can and should be one of the main focal points of activity.

Based on a clearly stated philosophy and backed by sound learning theory and the needs of the students, it can provide for everyone — students, staff, and the community — a very effective component of the overall program within that school community.

Providing a non-threatening and "fun" but yet athletically oriented environment for sport, the effective intramural program can allow for the participation of all students and the involvement of a staff who themselves may not be athletically inclined. Since the overall program can be structured on a house league system consisting of teams each one of which is made up from students of all grades and with varying abilities, the whole program itself again allows for a very effective means of building a more cohesive unit within a student population.

The structure, too, also allows for the development of potential leadership for the house captains and an athletic council overseeing all of the activities. Communication, the setting of objectives/goals, and the overall organization of a well-balanced and comprehensive program are all skills of management and leadership from which the rest of the student body and staff can benefit. It is this leadership which is involved with so many students of the school which can then be tapped in order to provide the basis of a student government, a volunteer system, and an effective student network.

## WELLNESS

(Continued from page 5)

natural foods dinners are offered each semester.

**Fitness/Exercise:** We specialize in designing fitness programs for people who have never been very active, and for those who want to improve their endurance and strength in a safe, supportive way. We also have considerable expertise to share with the advanced athlete of all sports. Individual counseling, classes and one-session workshops are offered throughout the year.

**Stress Management:** There's no doubt about it, college is tough, and the stress of school work, relationships and future planning can all add up. You can, however, learn effective techniques to manage your stress, relax your body and mind, improve concentration and enhance self-awareness.

We offer individual counseling, small groups, and one-session workshops in stress management training.

**Special Programs:** Each year the Wellness Center sponsors activities designed to promote good health. Spring Wellness Week, Sex Education Week, the Alternative Bar, Natural Foods Dinners and Lifestyling 10,000 Meter Roadrun are just some of our annual events.

**Student Health Assessment Center:** When you're in the Student Center, stop by the Student Health Assessment Center on the south end of the ground floor. This Center houses a health library, health exhibits and the Cold Assessment Center. You can also assess your blood pressure, body fat composition, weight, stress level, flexibility, and aerobic fitness. A nurse is available to talk about any health problems or questions you may have and evaluate your symptoms, give you self care advice or refer you to other campus services.

**BE WELL! GET INTO WELLNESS!**

The scheduling of lunch-time intramural activities provides, too, the setting for a "home-base" for many students who would otherwise wander. Because of its basic framework, it provides for a welcoming base for students new to the school. And for all students, because of the overall tone that is set for the intramurals, it is a comfortable setting for many whose feelings of self-worth and acceptance would normally be very low.

When the intramural program within a school is a total program, providing for the needs and meeting the abilities of all, when it is run efficiently and is well-organized, and is supported from all ends, it can provide the basis of a very strong and cohesive school spirit and bonding. The ramifications and benefits are numerous and invaluable to all who are involved and to all who are in some way a part of a school community.



The OIRA Computer Scheduling Aid is designed to work on an IBM or IBM compatible computer. The program schedules round robin tournaments for any number of teams at a specific time and place. Teams may enter their conflict dates and times.

Statistics are kept for each team. Cost for program and manual is \$200.00. A demo disk and manual is available for \$20.00. For more information write Michelle Long, Intramurals, Mohawk College, Box 2034, Fennell Campus, Hamilton Ontario L8N 3T2. Tel: (416) 575-2075

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

Annual Membership: \$25.00

RETURN TO:

RICK TURNBULL  
CANADIAN INTRAMURAL  
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VANIER CITY, ONTARIO  
K1L 8H9

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VP Advisors - Gail Osborne	(613) 820-9705

OIRA is an association that requires involvement from its members. Involvement can be large or small, and with it comes a personal satisfaction and a knowledge that the association's aim is to involve every student in some level of participation.

Our thanks to the resigning executive.

### EXECUTIVE 1986-1988

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Joan Healey  
Grant Grisdale  
Mary Catherine Kelly

#### Secondary School Conference

York University Meg Innes  
Ottawa Valley Kent Smith  
Marg Terrett  
Northern Ontario John Catterick

**Post Secondary School Conference**  
Ryerson Jean Kennedy

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Jennie Hood  
Meg Innes  
Dave Schlei

**Media Slide File** Michelle Long

**Book Resource** Carol Sybenga

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# THE STUDENT LEADERSHIP DEVELOPMENT PROGRAM

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



Designed to help students learn to plan, organize and operate their own intramural programs with minimal direction from teacher sponsors.

- For
- Initiating intramural/recreation programs
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This program is funded in part by

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## VIDEO

A 14 minute video of students participating in an amazing variety of intramural activities. Discussion between students, teachers and administrators point out their needs and philosophy. Heather MacDonald, Head of Girls' Physical Education Department and Midland Avenue Collegiate in Scarborough are showcased.

An excellent motivational tool for school assemblies, professional development days and athletic associations. Cost of the video is \$30.00 plus postage. To order, write or call Michelle Long, Intramurals, Mohawk College, Box 2034, Fennell Campus, Hamilton Ontario L8N 3T2. Tel: (416) 575-2075.

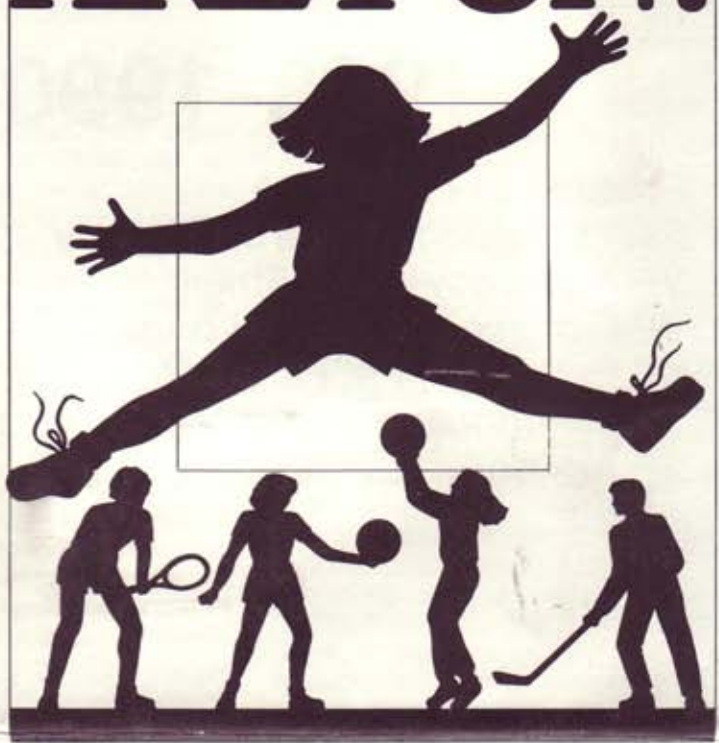
### I CAN'T LOSE (Affirmations of an Optimist)

- I can't lose for winning.*
- I can't fail for succeeding.*
- I can't go under for going over.*
- I can't stay down for getting up.*
- I can't be sad for being glad.*
- I can't sink for swimming.*
- I can't stay behind for forging ahead.*
- I can't hate for loving.*
- I can't give up for persevering.*
- I can't worry for trusting.*
- I can't complain for rejoicing.*
- I can't doubt for believing.*
- I can't be bitter for being a believer.*

- I can't condemn for forgiving.*
- I can't criticize for caring.*
- I can't judge for understanding.*
- I can't berate for blessing.*
- I can't be timid for being triumphant.*
- I can't be tense for being tranquil.*
- I can't be bored for being involved.*
- I can't collapse for climbing.*
- I can't be selfish for serving.*
- I can't be uncaring for being excited.*
- I can't be unhappy for giving.*
- I can't be cynical for being joyful.*

— William Arthur Ward

# INTRAMURALS ARE FUN!



Cost is \$2.00 per poster or with orders of 10 or more, \$1.50 each.

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Edited by Jean Kennedy - Ryerson Polytechnical Institute, 350 Victoria St., Toronto, M5B 2K3