

INPUT



ONTARIO INTRAMURAL RECREATION ASSOCIATION

Vol. 9, No. 3, February 1989

First Ontario University Recreation Administrators Workshop

On January 20, 1989, twenty two University Recreation Administrators from eleven Universities met at Ryerson to share ideas, discover new programs and plan for the future. The one day workshop was hosted by Jean Kennedy - Ryerson, Sally Kemp - Waterloo and Meg Innes - York.

The day began with a presentation on power bases, personal power and influencing others. The guest speaker was Cathy Clarke - Assistant Director of Student Affairs at York University. Cathy was instrumental in setting the stage for the day as she suggested we analyse our power bases and therefore transcend the feeling of "powerlessness."

After we realized how powerful we were, Peter Hopkins - University of Waterloo, divided the delegates into groups and suggested the following financial topics for discussion: Sources of Funding, Control of Spending and Disbursement, and Budget Process. The delegates continued discussions over lunch and then met as one group to solve some of the problems that we all experience. A consensus was reached that indeed, every institution is different in its budgeting approach but almost everyone agreed that there is a lack of funding in the Recreation Area.

The next session had the delegates divide themselves into groups to discuss the following topics: instructional programs, intramurals and the future of recreation. The dis-



cussions that occurred in the instructional group included rate of pay for Instructors. Although the pay rate differs in each institution, most delegates agreed that considering their locale, they were competitive within the surrounding market place. Other topics included safety, class sizes and mass participation.

The intramural group discussions centered around two key issues: fee structure and officials. A majority of institutions receive an athletic fee from tuitions and a certain per-

centage of that fee is allocated to Recreation.

It seems not all institutions operate in that manner and therefore some Recreation units must generate revenue in order to offer services. While this does not differ markedly from other service departments within the various Universities, it does make the Recreation professional aware that they must be cognisant of marketing principles and current business practices. Without these neces-

(See University, page 2)



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

Post Secondary Contributing Editor Meg Innes, York University

UNIVERSITY

(Continued from page 1)

sary skills, the mandate of servicing the University population can not be properly realized.

The other issue arising concerned officials. It was discovered that a majority of schools pay their officials with the exception of coed sports at Ryerson and the majority of programs at York. The volunteer systems are unique at both of these institutions and if you would like more information, call Jean Kennedy at Ryerson (979-5096) or David DeMonte at York (736-5184).

Discussions ensued in the future of recreation group and ideas were presented, vis a vis a brainstorming session. The group forecasted the following: there will be an increase in self directed activities; there will be an increase in casual recreation times; there will be an increase in the number of clubs; an increase in non traditional programming times; an increase in community involvement; an increase in the user pay system and a decrease in the number of intercollegiate sports. Other unrelated items emerging included: -

the importance of answering questionnaires; - the importance of having an updated list of names and phone numbers of all University Recreation administrators; - we need to share information, including: salaries, fee structures, administrative structure, job descriptions, facility rates etc. etc.

We unfortunately had to wrap things up due to time constraints, but we all agreed that more meetings were necessary and therefore next year's 1990 meeting will be held by Bob Zeizner and Frank Erle at Western. It was also suggested that we change location each year, so 1991 will be held in the Ottawa area.

It was an exciting day and I am sure much needed by all. The only regret is that all Universities were not represented; so for those that could not make it — mark down Western, January 1990 in your calendars.

I would also like to thank everyone for attending and for sharing experiences and new ideas. We can only grow from meetings such as these and therefore we can only help our individual institutions by our further development.

A Supervisor's Prayer

Dear Lord, please help me —

To accept human beings as they are — not yearn for perfect creatures;

To recognize ability — and encourage it;

To understand shortcomings — and make allowance for them;

To work patiently for improvement — and not expect too much too quickly;

To appreciate what people do right — not just criticize what they do wrong;

To be slow to anger and hard to discourage;

To have the hide of an elephant and the patience of Job;

In short, Lord, please help me be a better boss!

JOHN LUTHER

Dear Doctor Gord — A New Column

Dear Reader,

Please realize that even though my column is called Doctor Gord, I really don't have a medical degree. Actually I was once a disc jockey called Doctor Jive.

I used to spin remedies on the turntable and pump out cures at 200 watts per channel. But since growing up and maturing, I now work for Radio O.I.R.A. as an advice commentator and columnist.

So folks send your letters to Dear Doctor Gord, Orangeville District Secondary School, 22 Faulkner Street, Orangeville, Ont. L9W 2G7.

Dear Doctor Gord:

We have a great Intramural program, if only people would show up to see how much fun it is. How do we get students, especially girls, and staff out to see how much fun it really is?

Signed,
Down and Out

Dear Down and Out,

How about going to find out where all the people are when you run your program, and run an activity there for them.

Offer new and unique games such as:

- eating/drinking contest in the cafeteria;
- tricycle races in the halls
- limbo contest anywhere
- dating games
- euchre, chess, checkers or trivial pursuit
- contests over the P.A.
- one day events

You could offer fun prizes (not trophies) donated by local business to give away as an incentive to those who participate.

Staff challenges are always a big success. I know they take a lot of time to organize but the rewards justify the effort.

You do not have to run intramurals all the time. Make it special and for a shorter specific time period. In other words, "give them the sizzle, but not the whole steak, so they remain hungry and come back for more."

Well, here are a few ideas I prescribe. Try a couple and call me in the morning.

Signed
Doctor Gord

DAVE SCHLEI CONSULTANT — WATERLOO BOARD

Doing It Together: Cooperative Intramural Activities

Musical Hugs

The kids call it Hugs, and it's a perfect warm-up exercise to open a cooperative play session. Zesty music is played while the children skip around the room. When the music stops, each child gives someone else a big hug. The music then continues, and the kids skip around again (with partners if they want). The next time the music stops, at least three kids hug together. As the game goes on, they make a bigger and bigger hug until finally all the children squish together in one massive musical hug. This is a wonderful way to make shy children feel good.

Friendly Tag

This is the standard game of frozen tag but rather than just being touched to be unfrozen, you must be hugged by another person. Once you are hugged you are free to go and be tagged again.

Hug Tag

This variation on classical tag is a good example of how you can turn an old game into something new and different. Play by whatever rules you're used to, with one major exception - the only time a player is safe is when he/she is hugging another player. After playing for a while, make the game even more cooperative - rule that only three people hugging are safe, then try four, five ... everyone.

Musical Hoops

To begin, divide the class into pairs with each pair standing inside a simple hoop. Each child within the hoop holds up his or her portion of the hoop (usually at waist or shoulder level). Music plays while the children skip around the room staying inside their hoop. Each time the music stops, children from two different hoops team up together by stacking their hoops together and getting inside them. This process continues until as many children as possible are all together inside and holding up as many stacked hoops as possible.

Musical Hoops can also be played like Musical Chairs by having the hoops remain stationary on the floor and the children skip around them, jumping inside when the music stops. Each time the music stops a hoop is removed and all the children work together to ensure that everyone (or a part of everyone) becomes part of the remaining hoops.

Big Snake

Did you ever see a little people's snake that wiggles and squiggles and hisses its way across the forest? If not, then let your children introduce you to Big Snake. The children start by stretching out on their stom-

aches and holding the ankles of the person in front of them to make a two-people snake that slithers across the floor on its belly. They soon connect up for a four-people snake, an eight-people snake, and so on, until the whole group is one Big Snake.

Double Bubble

Bubbles are formed by two or three children holding hands or using any other means the children devise to make a small circle. The bubbles begin by floating around slowly, being careful not to bump into any other bubbles for fear of being popped. The bubbles can hop, twirl and bounce around once the children become familiar with the game.

To vary the game, children in groups of two and three in one bubble try to merge into bigger bubbles. This can be done by two two-people bubbles gently squeezing together until the bubble pops into a four-person bubble. This continues until there is only one giant bubble. Music can add extra fun to this game.

Nonelimination Simon Says

Two games begin simultaneously, each with a leader. When a child follows a movement that didn't have "Simon says" as part of the command, he/she merely joins the second game instead of being eliminated. In this way there is no exclusion, only movement back and forth between two parallel games.

Blob

This activity begins with one person trying to catch others in a regular game of tag. As soon as someone is caught the two join hands and become the Blob. As more people are caught, (only the outside hands on each of the blob can catch people), it becomes more and more difficult to coordinate movements and the growth of the Blob grows at a slower and slower rate. This is a good game to allow the shy child to become successful at avoiding being captured.

Fitness ... Fun and Games

by
Brent McFarlane
Aberfoyle Public School
RR#3 Guelph

INTRAMURAL FITNESS THEMES/ IDEAS

Terry Fox Run; Canada Fitness Week; National Physical Fitness Week; Track and Field Week (Colgate Games); 50 Km/100 Km Club; Team Run Across Canada; Handicap Runs (Cross Country); Mr., Ms. Fit Contest (push ups, sit ups, stride jumps, running, swimming); Continuous Relay Meet (by time); Longest Dance (bunny, hop, polka); Run, Jump, Throw (CTFA, Ottawa); Snowshoeing, cross country skiing (race); Prey - Predator; Capture the Flag (at night, in swamp); Awesome Challenge Relay; Iron Man/Woman Competition; Fitness Test Challenge (by house); Jump Rope Competitions; Jellie Bean Jamboree; Circuit Training Competition; Aerobics Fun Class; Sports Days (Fun Nights); Parent vs Student Athletic Nights; Rambo Run (War in woods); Marathon Man/Woman (How far run in a given time?); Dance marathon; Skip-a-thon; Roller skating, swimming, bowling days; Speed demon challenge (tricycle)

(See FITNESS, page 6)

Secondary School Contributing Editor Jennie Hood, Scarlett Heights Secondary School

O.I.R.A.'S ANNUAL AWARDS CALL FOR NOMINATIONS

Each year O.I.R.A. is pleased to recognize members of the intramural and recreation community who through their commitment assist our organization in reaching our goals.

A call for nominations is requested for the following two awards:

Honour Award

- i) This is awarded to those people who are not professionals in O.I.R.A. but have assisted O.I.R.A. from their positions in some manner.
- ii) The honour award serves as a thank you for the contributions they have made.

Honorary Member

- i) This award is given to current members of O.I.R.A., but not presently serving on the executive.
- ii) This award is a recognition of the long term commitment to O.I.R.A.
- iii) The nomination should include a summary of the nominees' involvement and if possible, a picture.

All nominations are recommended by O.I.R.A. members and voted on by the executive prior to the conference in April. Award recipients will be announced at the conference.

Please send all nominations, NO LATER THAN 28 MARCH 1989 to:
Pat Finch
Board of Education for City of London
1205 Dundas Street
London, Ontario N5W 5P2

Regional Advisors

O.I.R.A. Regional Advisors spent a motivating weekend in November at Hart House Farm gearing up for a

busy year of intramurals. The role of the regional advisor is to act as a liaison between all the members in the region and the O.I.R.A. Executive. It is through this very important liaison that all the needs of the organizations are addressed.

The following is a list of advisors by region. Please note there are still several regions without an advisor. If you are interested in serving in this role or would like to recommend a name, please call or write to:

Gail Osborne
763 Canterbury Avenue
Ottawa, Ontario K1G 3A2
(613) 820-9705

"No-Shows"

Have you ever had your student leaders plan the perfect activity — good publicity, sign-ups, organization — only to have the entire effort sabotaged by "no-shows"?

Before cancelling or re-organizing the activity, try this. We have found that it is more personal and invitational and often surprisingly effective in nudging students who have signed up to turn up and play.

Sample "No-Show" Letter

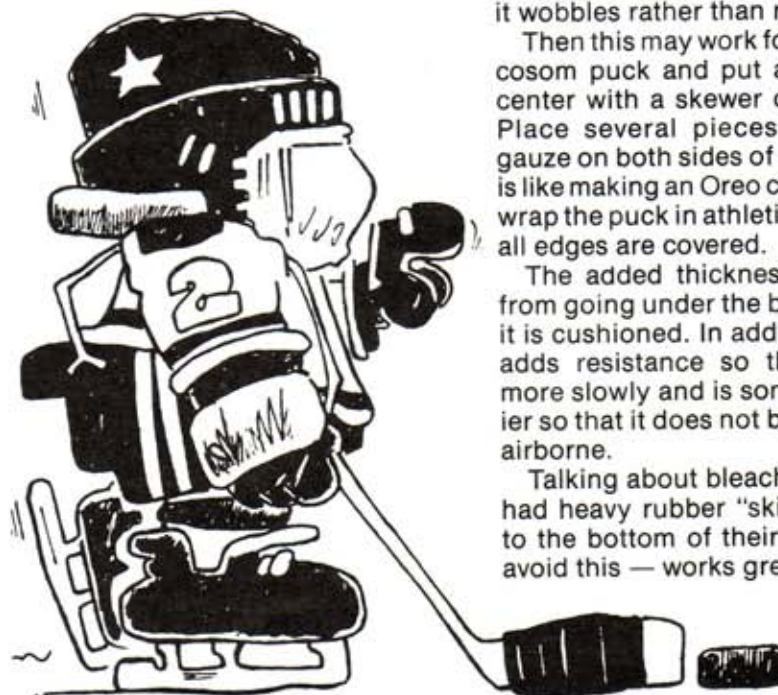
Your Intramural Logo

Date:



First Aid for the Floor Hockey Puck

Are your students interested in floor hockey but you're frustrated by the puck?



You've tried the cosom puck but it travels too fast and goes under the bleachers. You've experimented with the foam puck but it also gets lost. You've used the ball hockey ball but it invites high sticks and thus increases the risk of injury. You've wrapped a sock in tape but while soft it wobbles rather than rolls.

Then this may work for you. Take a cosom puck and put a hole in the center with a skewer or small nail. Place several pieces of surgical gauze on both sides of the puck — it is like making an Oreo cookie! Finally wrap the puck in athletic tape so that all edges are covered.

The added thickness prevents it from going under the bleachers and it is cushioned. In addition the tape adds resistance so that it moves more slowly and is somewhat heavier so that it does not become easily airborne.

Talking about bleachers, Ryerson had heavy rubber "skirts" attached to the bottom of their bleachers to avoid this — works great!

Hi:

Just a friendly reminder that you signed up for Intramural Volleyball and we missed seeing you at the first game. Your next game is on _____ in the gym at 11:55 a.m.

We really need your support so that our team can play at full strength.

House Captains involved
Personally Sign.

We then send this via home room delivery to the player involved.

In our efforts to encourage the grade 9 students who sign up to come out we personalize our "no-show" message by concrete action. We send the two house captains up to the player's home room just before opening exercises. The house captains introduce themselves and personally invite the "no-show" to attend.

Sometimes the method of sign-up initiates the problem of "no-shows". Impersonal sign-up lists on the gym doors tend to encourage the creative student body to invent "phantom" participants and to sign up friends without first checking on their interest.

A way around this is to have sign-ups for an activity take place in the gymnasium with the house captains. We try to have a two-day special open gym mass activity — such as 4 Court Volleyball - scheduled at this time. It attracts players and spectators - some of whom are usually new recruits for our House teams. The house captains mingle, introduce themselves, explain the next activity and get their sign-ups.

We have found that setting a maximum number of participants per house per event has made our program more attractive. The student body now knows there is limited space and therefore tend to sign up promptly.

Also we have given our house captains the authority to suspend participation of players - for inappropriate behaviour or persistent "no-show" during the previous activity. These players are informed that their names will be added only if the team has insufficient players at the end of the sign-up period. A staff supervisor is always present during the sign-ups to support the house captains. This has had a salutary effect on sportsmanship and attendance as the program and the efforts of the student leaders are no longer being abused.

Oira Regional Advisors – 1988-89

Sandy Blackshaw	SWOSSA	R.R. #1, Blenheim Ontario N0P 1A0	519-683-4475
Wayne Bozzer	IAGB	Northern College Box 2002 South Porcupine Ontario P0N 1H0	705-235-3211
Christine Brydges	SWOSSA	P.O. Box 631 Modeland Road Campus Sarnia, Ontario N7T 7K4	519-542-7751
Louise Cowan	WOSSA	H.B. Beal S.S. 525 Dundas Street London, Ontario N6B 1W5	
Ron Fearon	NWOSSA	Confederation College Fitness Centre Box 398 Thunder Bay, Ontario P7C 4W1	807-475-6481 807-475-6231
Vicki Fulcher	COSSA	Centre Hastings Secondary School 129 Elgin Street Madoc, Ontario K8N 3M1	613-473-4251
Michelle Long	GHAC	Intramurals and Recreation Mohawk College Box 2034 Hamilton, Ontario L8N 3T2	416-575-2075
Heather McDonald	Scarborough	331 Sutherland Dr. Toronto, Ontario M4G 1J7	416-396-6774
Barb Prysuk	CWOSSA	81 Stirling Ave. N. Kitchener, Ontario N2H 3G6	519-576-5100
Bob Shiell	PHSSAA	Camilla Rd. Sr. P.S. 197 Mendel Crt. Oakville, Ontario L6H 1G9	416-270-0845
Carol Sybenga	PHSSAA	Sheridan College Physical Education Brampton, Ontario L6V 1G6	416-459-7533 ext. 250
Margaret Terrett	NCSSAA	70 Hilliard Avenue Nepean, Ontario K2E 6C1	613-745-9411
Judy Thorner	WOSSA	37 Coulter Avenue St. Thomas, Ontario N5R 5A5	519-631-3770

Volunteers are needed for the following areas:
TDCAA, EOSSA, NOSSA, TSSAA, DYSSA, NYSSAA/TDIAA, GBSAA

OIRA'S COMPUTER SCHEDULING AID

The OIRA Computer Scheduling Aid is designed to work on an IBM or IBM compatible computer.

Computers are becoming more and more a necessity and not the frill in all levels of athletic scheduling. As intramural sports and the number of teams increase, more and more time is spent in scheduling and rescheduling events.

Most students at every level of education are computer literate. Why not use their skills to advantage? Involve some of your computer whiz's in your athletic program. This might be your golden opportunity to get to your computer teachers and students. Not only that, this program is written for you by your peers who are also just getting comfortable with computers. If you are having difficulty — you have an OIRA person to call for help.

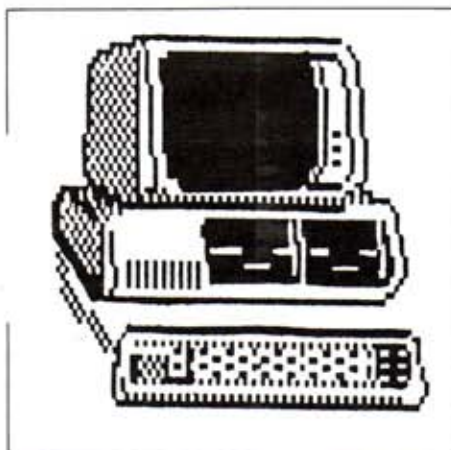
The Scheduling Aid is menu driven, which means that you answer the questions that it asks — there are no secret or hidden buttons to push — just answer the questions!

You enter:

1. the time slots that you will be using.
2. the name of the areas you will be using.
3. the number of weeks or days in the schedule.
4. the team names.

Specialties:

1. Dates and times can be entered, listing the times that teams cannot play. This can be done when setting up the schedule, or during the season.
2. A defaulting team can be removed and a new team replace it anytime during the schedule.
3. New teams may be added during the season, and included into the round robin.
4. Statistics and standings — You enter the game scores and the computer updates on the previous standings and ranks the teams in the following order, so that ties can be avoided.
 - a. percentage wins
 - b. points
 - c. number of wins
 - d. percentage differential
5. Messages — can be put into each schedule at the top and bottom.



6. Officials — there is also a section to enter the referees names so that they are posted in the schedule too.

7. Finally, there is an edit section where you can fix any errors that you might have made.

Schedules are done on a weekly basis and are not stored when the second week's schedule is printed.

Schedules can be printed for several weeks or even the whole year at one sitting, and statistics kept on a weekly or monthly basis.

The Scheduling Aid consists of a manual and 2 disks — a system disk and a league file disk. You require an IBM machine with dual disk drive, 256k of memory and a printer.

The cost of the program is \$200.00. A demonstration disk and the manual are available for \$20.00, which is deductible on return of disk and the order of the Scheduling Aid.

For more information call Jean Kennedy at Ryerson, 416-979-5096.

To order the Scheduling Aid, send purchase order or cheque to: Michelle Long, Intramurals, Mohawk College, Box 2034, Fennell Campus, Hamilton, Ontario L8N 3T2. Tel: (416) 575-2075.

Fitness (Cont. from pg. 3)

race); Tour de Canada (bike race/marathon); Follow the leader fitness activities; Fitness Obstacle Course; Post-a-thon (team running); Trampoline and gymnastics activ.; Mini Olympics / Tabloid Events; Teacher Torture (Staff Involvement); Obstacle Course Records Day; Fitness Club (aerobics, weights, run); Participation Day or Jamboree; Folk Dance Jamboree; Battle of the Sexes Fitness Style; Fitness People of the Month; Fitness Day against another school; Around the World in 90 Days (run).

TAG

push up, leap frog, three-point, crab walk, line tag, bridge tag, hopping or jumping tags, balance tag, run bwd tag, chain tag, partners join hands tag, support tag, 3 legged tag (tie together), piggy back tag, multiple chasers (it), shadow tag, bean bag tag, ball tag, frozen tag, tail tag, team tail tag.

RELAYS

10-20 minute continuous relay around a field; hopping relays; jumping relays; obstacle course relays (involves hopping, jumping, climbing, over and under objects through objects); shuttle relays (using differ-

ent forms of running, jumping and skipping); medicine ball relays (carry and throw ball); wheelbarrow relays; animal walk relays; follow the leader relays; blindfold relays; tie two together relay; scooter board relays; 3-4-5 legged relay; dress up relay; climbing trestle relay; one legged relay; foot to foot relay; all fours relay; backward all fours relay; ball relays (over, under, straddle); human obstacle course relay; circle relays (chasing); caterpillar relays; cross over relays; rope climbing relays; bowling relays; FUN (running) relays; jellie bean reward relays (or food).

LOW ORGANIZED GAMES

continuous frisbee passing; continuous mini football passing; capture the flag; British Bulldog; borden ball (passing, throwing, running); soccer (on hills); aerobics; dance activities; scavenger hunts; tug of war; five aside games; orienteering/cross country; punt-pass-kick; rounders; indoor baseball; pinball; dodge ball (murder ball); Irish soccer; sideline soccer-pinball-cosom hockey.

A variety of ideas can be easily assembled and altered to suit any given sport, warm up or fitness situation. The above lists are just a beginning ... add your own ideas. Good luck.

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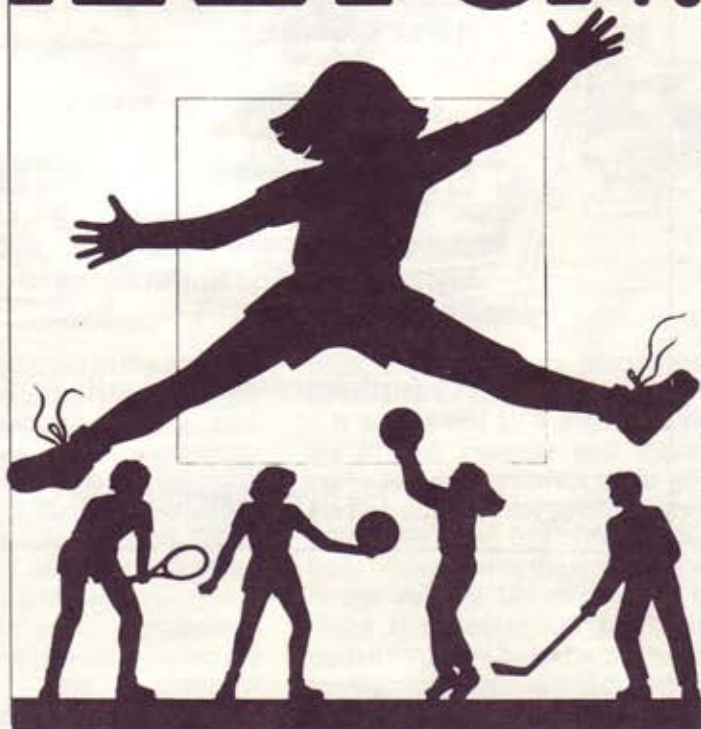
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The Ontario Intramural Recreation Association
Presents
The 21st Annual Intramural Director's Workshop

WESTERN DAZE

APRIL 23, 24, 25, 1989
Geneva Park, Orillia Ontario

Conference Fees:

O.I.R.A. Members	\$95.00	<input type="checkbox"/>
Non-members (includes membership)	\$120.00	<input type="checkbox"/>
Accommodation & Meals (Double)	\$130.00	<input type="checkbox"/>
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Application Deadline: Friday, March 3, 1989
(\$25.00 late fee)

Make cheques payable to: O.I.R.A. Conference Committee

Mail cheques and applications to: Joan Healy, c/o Centennial College,
Student Life, P.O. Box 631, Station A,
Scarborough, Ontario M1K 5E9

For further information call: B.(416) 694-3241, ext. 3357 or R.(416)
767-5898



Sports and Fitness
Ontario

No Special Requests or Changes Accepted After April 14, 1989.

