



ONTARIO

INPUT

Vol. 10, No. 1

October 1989

C.I.R.A. - ONTARIO'S THREE YEAR PLAN REVISED PLAN 1989 - 1992 (Draft)

INTRODUCTION

To fall into line with C.I.R.A.'s three year plan, C.I.R.A. -ONTARIO has revised the time line of its three year plan. Currently it is in its third year. Ontario will update year three and subsequently change it to the new year one.

Ontario has seen a major re-structuring of its executive both in personnel and direction during the past year. The association reevaluated its mission and objectives during this time. Although the mission remains, the same cannot be said of the objectives. It was felt that more energy was needed in servicing the membership of existing resources as opposed to developing new resources. To this end, C.I.R.A. -ONTARIO has developed a new three year plan emphasizing and promoting its existing resources to both its current members and prospective members.

YEAR ONE (1989-90) "Get Connected"

1. Develop and reorganize Ontario's seventeen regions.
 - i) define the role and responsibilities of the newly formed board of directors which will be made up of the old regional advisors
 - ii) hold the inaugural Board of Directors meeting at the Leadership Workshop in October
 - iii) Produce the C.I.R.A. ONTARIO INTRAMURAL PRESENTATION for training at the Leadership Workshop
 - iv) require each member of the Board of Directors to make two presentations during the year (one within the school board and one to a neighbouring board)
2. Revitalize and promote the Student Leadership Program.
 - i) hold a trainers' workshop at the Leadership Workshop in October
 - ii) require each trainer to do two workshops during the year
3. Develop a new logo to reflect the name change.
 - i) recruit a new editor
 - ii) produce the newsletter using desktop publishing
 - iii) develop a new Letterhead
4. Increase the executives' involvement with intramural workshops and conferences.
 - i) develop better communication links with student conferences
 - ii) prepare for the national conference in Waterloo
5. Develop an agenda for the sponsorship committee.
6. Implement election procedures for a new executive.



C.I.R.A. - Ontario acknowledges the financial support of the Sports and Fitness Branch of the Ministry of Tourism and Recreation

New Name New Logo

On April 24, 1989 at the OIRA Annual General Meeting, members voted in favour of a national movement to change Ontario's Intramural Recreation Association (O.I.R.A.) name to C.I.R.A. - Ontario. All provincial regions will follow suit and include the parent organization — C.I.R.A. in their individual identification. The new logo to reflect the name change will appear on all of C.I.R.A. Ontario's communication.



"Business As Usual"

This column will appear in each edition to update the general membership on the Executive's meetings and bring to your attention issues, items and projects being pursued by your executive.

1.0 Administration Awareness Package

A committee from the executive was struck to edit and update the C.I.R.A. Administration Awareness Package.

2.0 Three Year Plans - Job Descriptions

In addition to the overall general three year plan each member of the executive is developing a specific three year plan and job description to reflect the responsibilities and activities of their respective portfolio. These plans and descriptions not only provide organized direction for C.I.R.A. - Ontario but will also serve as an excellent resource for new executive members.

3.0 Sponsorship

The executive is in the preliminary stages of developing a policy and strategy for sponsorship. Upon completion the policy will be published for the general memberships information.

C.I.R.A. - Ontario

Goals & Objectives

GOALS

C.I.R.A. - Ontario is committed to promote intramural recreation and provide support assistance to the intramural recreation professionals in Ontario.

OBJECTIVES

1. To develop and encourage professional growth in the field of intramurals and recreation.
2. To collect and disseminate resource material to practitioners.
3. To increase the body of knowledge in relation to intramural and recreation programs.
4. To cooperate with and provide assistance to all allied organizations.

1989-90 C.I.R.A. - Ontario Executive

President: Frank Erle

President Elect: Michelle Long

Vice President:

Finance - Joan Healy

Advisors &
Membership Services - Gail Osborne

Student Leadership
& Advocacy - Bob Shiel

Resource Development - Barb McCauley

Publicity - Pat Finch

Looking Good

The "Looking Good column is an opportunity for C.I.R.A. - Ontario members to acknowledge and recognize your fellow colleagues and intramuralists for a job well done. Whether it be for a special project, a good idea or for their dedication, here is your chance to publicly say "job well done". Please submit to you **Input** editor, a picture and a short article of a someone you think is "looking good".



Congratulations Pat Kitchen

At the 1989 Directors Workshop in Geneva Park, Pat Kitchen was presented with the O.I.R.A. (C.I.R.A. - Ontario in the future) Honour Award. The award recognized and thanked Pat for her outstanding and long term committment to O.I.R.A. Pat's involvement with O.I.R.A. includes membership on two conference committees (1983 & 1985), regional advisor for WOSSA region (1983-1987), is one of the original master trainers for the C.I.R.A. student leadership program (1985-to present) ans served on the executive responsible for the co-ordination of advisors (1986-1988).

Pat is presently the Vice-Chairperson of Campus Recreation for the University of Western Ontario where she has been involved in intramurals, aquatics, fitness and non-credit instruction since 1978.

Congratulations Pat and thank-you for many jobs well done!



Congratulations Conference Committee

The Annual Directors Workshop was held in Geneva Park last April and by every report was a huge success. Everything from the human clothes line, to the foot stumpin' partner swignin' square dance, to the key note address and the excellent professional development workshops, the delegates agreed it was a great conference. To the conference chairperson Joan Healey and her committee members, congratulations on a job well done!

The Challenge of an Olympic Extravaganza...Red & White Day

Elementary School Contributing Editor - Brent McFarlane - Aberfoyle Public School

The Olympic games were introduced almost 5,000 years ago in 776 BC in Greece. Their rebirth came in 1896 in Greece when Baron de Coubertin of France brought together 12 nations and 80,000 spectators to found the present day Olympics. The 1988 Seoul Olympics cost an estimated three billion dollars (U.S.). A record number of 10,000 international athletes and team staff from 161 countries competing in 26 different sports made this the largest Olympics of modern time. Over three billion watched the opening day spectacular with thousands of dancers, Korean folk dancers, parachuting displays...and greetings from Seoul with the lighting of the Olympic torch. All across Canada everyone turned to watch the excitement with gold...the Ben Johnson tragedy, the Lennox Lewis celebration with gold...and Dave Steen's bronze in the decathlon...Canada's only medal in track and field!

Press Release

"Three-time Olympian, ten-time Canadian record holder and bronze medalist in the decathlon in the 1988 Seoul Olympics, David Steen, gave over 400 students and staff of Aberfoyle P.S. a thrill of a lifetime with his visit. Steen was greeted in the school gymnasium by students waving flags made in class from more than 25 countries...and singing Oh! Canada.

The 29 year old unpretentious and friendly athlete answered questions, signed autographs and posed for pictures with students for over an hour and a half. He spoke on the importance of 'winning an Olympic medal without taking drugs'. Supported by an Olympic slide presentation, Olympic videos and student presentations, David Steen provided the Aberfoyle community with its own personal Olympic thrill. Thank you Dave!"

The organization of your own 'Olympic Extravaganza' can be accomplished by the full utilization of your students, staff and community. Careful planning and involving everyone, only makes room for success. Let's take a step into this historical event.

Goals

To promote cooperation and community pride in being a Canadian between staff, students and the community.

To promote team work, organization skills, school spirit and FUN!

To promote Olympic medalist Dave Steen by incorporating an Olympic Red and White Day into school life.

Student Organization

The Aberfoyle student's council planning began four weeks in advance. Student committees were set up to deal with the following areas and reported weekly on their progress.

- a) Program: Design the program format; escorts into the gym for guest of honour;

autograph and profile sheet for all students and staff; contact local newspapers; photo session format; video and slide show set up; draws for special gifts; introductions and thank you to guests; set up audio visual (slide projector, 4 TV's, microphones, VCR); Red and White Day house point scoring.

- b) Red and White Day: The theme of the day is red and white. All students, staff and parents who dressed in our Olympic team colours earn valuable house points (20 points per item!). Parents can even earn valuable house points for their child's house. To add to the colours, the gymnasium is decorated in red and white...and Canadian flags. Out guest of honour even came dressed in...what else...red and white.
- c) Bowling: All senior students were taken bowling in the morning. Imagine the red and white taking over the bowling alley! What a sight to see! Booking the bowling alley, buses and collecting money kept this committee busy.
- d) Pizza Day: Upon return from a morning of bowling students were greeted with Pizza...lunch...what a treat. Why not fill up before the Olympic Extravaganza begins. Lots of student help.
- e) Publicity and Promotion: What about Olympic trivia questions daily on the morning announcements for house points? What about an Olympic poster raffle, signed by an Olympic medalist? Tickets sold for 5¢ each. What about free gifts (frisbees, key chains) from Nike Canada, the sponsor of our guest? Students and staff made their own Olympic flags, received autographed photos and researched many areas of the Olympics well in advance. Four local newspapers were contacted to cover the event. Even Olympic dictionary (really pictinary) words were set up for house point competitions to help things get rolling. Daily announcements asked students to bring their cameras to school. Every student with a camera was guaranteed a photo with Dave Steen. To conclude, the Aberfoyle staff organized a special reception to meet our unique guest and to show their appreciation...

Cooperation, organization, team work, community pride and school spirit were brought about by a group of hard working and exciting students. Thanks kids. Thanks to my working partner Sandra Liebold.

Wellness Week

Post Secondary Contributing Editor Meg Innes, York University

Since we all work in the area of Wellness, why not organize "Wellness Week" at your institution. This will be the third year that York University has committed itself to promoting wellness on campus. It is a simple but effective event, and the students appreciate the information they can gather.

Here are simple steps to follow:

1. In the spring prior to the event, book a central area on campus where students congregate.
2. Begin contacting units within your institution that promote wellness.

Units contacted at York include:

Advisor to the President on the Status of Women
Atkinson Counselling Centre
Career & Placement Centre
Centre for Handicapped Students
Centre for Race & Ethnic Relations
Counselling & Career Centre, Glendon
Counselling & Development Centre
Department of Security & Parking
Fitness York
Foreign Student Counselling
Glendon Athletics
Health Services
Inter-Faith Council
Occupational Health & Safety
Peer Advising Centres
Sexual Harassment Education & Complaint Centre
Special Services
Sport York
Student Peer Support Centre
University Complaint Centre
Women's Centre
York Council on the Prevention of AIDS

3. Contact outside organizations e.g. Board of Health, Eating Disorders, etc.
4. Book tables, VCR's, electrical outlet, etc.
5. Three weeks prior to the event reaffirm every units commitment.
6. Advertise in the school newspaper.
7. Implement the event for three days 10:00a.m. - 3:00p.m.

It is an information sharing event and a good way to introduce services offered at your institution! Good luck and have fun with it.

Help Wanted

1) Secondary School Contributing Editor

The INPUT would like to maintain the format requested by members several years ago, and provide an article from each level of education. You will notice that at the time of publication for this edition we are without a secondary school editor. If you are from the secondary panel and can provide even one article for the upcoming editions, please contact the editor - Pat Finch at (519) 452-2033 Ext. 2289.

2) Call for Conference.....April 1991

Preliminary plans are underway for the 1991 Directors Workshop. C.I.R.A. - Ontario is now recruiting volunteers. If interested in the fun and rewarding assignment please contact Barb M^cCauley at Conestoga College.

3) Call for Nominations for 1990-92 C.I.R.A. - Ontario Executive

Look for specific details in the December issue of INPUT, but in the meantime if you are interested or know anyone who may be willing to serve in this capacity, please contact Michelle Long, Mohawk College, Box 2034, Fennel Campus, Hamilton L8N 3T2 (416) 575-2075.

4) Submissions for INPUT

As editor of your newsletter I hope to bring to the members information and articles that are of interest to you. In order to continue to do that I welcome all submissions, advice or "input" regarding the newsletter. Please send your submissions or ideas to:

Pat Finch
Board of Education for the
City of London
1250 Dundas Street
London, Ontario N5W 5P2
(519) 452-2033 Ext.2289



Dear Doctor Gord

"Remedies for Intramural Ailments"

Doctor Gord is C.I.R.A. - Ontario's new advice columnist. If you met him at the Directors Conference last spring, you will remember that he is willing and able to assist all intramuralists.

Whether you are an administrator, teacher, student, intramural coordinator or programmer, this column is for you.

Please send your letter to:

Dear Doctor Gord
Orangeville District
Secondary School
22 Faulkner Street
Orangeville, Ontario
L9W 2G7



10th Annual Ontario High School Intramural Workshop

York University will be celebrating the Tenth Ontario High School Intramural Workshop on Friday and Saturday, November 3, 4, 1989. The theme this year will be "Share the Action" and we look forward to seeing a multitude of students.

This workshop was designed for students, so if you are a teacher and planning on coming, bring a student. It is our hope that students will learn something new and implement it into their own school program.

The tentative program is as follows:

Friday, November 3, 1989

4:00 - 5:30 p.m. Registration at Tait McKenzie
Building Tour of the University
5:30 - 7:00 p.m. D-I-N-N-E-R
7:00 - 7:30 p.m. "Welcome"
7:30 - 10:00 p.m. Innovative Games

Saturday, November 4, 1989

9:00 - 10:15 p.m. Mass Participation Games
10:30 - 12:00 p.m. Seminars
12:00 - 1:30 p.m. L-U-N-C-H
1:45 - 4:00 p.m. Seminars
4:00 - 5:00 p.m. Wrap up

SEMIAR TOPICS WILL INCLUDE:

Care and Prevention of Athletic Injuries

Current Trends in Fitness

Fitness Appraisal

Fundraising

Promotion

Scheduling

Special Events Planning

Why should you be a student at York University?

Fees: Students - \$30.00

Teachers - \$40.00

If you would like more information, call Recreation York

(416) 736-5184

Conference Guidelines

C.I.R.A. - Ontario is committed to promote Intramural Recreation and provide support to Intramural recreation professionals. One of the most effective tools C.I.R.A. - Ontario has to help promote that aim, is through the variety of Intramural Conferences.

In an attempt to provide the best possible service to conference organizers and Intramuralists who attend these conferences, C.I.R.A. - Ontario has developed a "Conference Information/Bid Process". If groups wish to host such conferences, C.I.R.A. - Ontario may be able to assist in hosting these conferences.

C.I.R.A. - Ontario General Conference Guidelines

- 1) There will now be a form for "bidding to host" Conferences for : Secondary and Post Secondary and other Conferences.
- 2) As of April 1989, forms must be obtained from and submitted to : Vice-President Resource Development (Conference Liaison for Executive).
- 3) Any school that would like to host a Conference must submit the attached, "Conference Information/Bid Form".
- 4) A. The following guidelines will apply to :
 - i) Secondary Conference
 - ii) Post Secondary Conferences
 - iii) Other - any other where funding sources or publicity relates to groups affiliated with C.I.R.A./C.I.R.A. - Ontario
 B. Guidelines for:
 - i) Annual Director's Conference C.I.R.A. - Ontario
 - ii) National Conferences - C.I.R.A.
- 5) A general call to all members through conferences, newsletters or bulletins, etc. will be made to obtain interested committee members for the two conferences listed above. These people will all be C.I.R.A. - Ontario/C.I.R.A. members. Recruitment from other Associated members to fill Conference positions may be necessary.
- 6) All committee persons will be reviewed by Executive to ensure representation from all levels of education are represented on these Conference committees.
- 7) For the Annual Director's Conference and National Conferences dates, location, budget, themes and keynote speakers will be presented to the Executive for their information and approval.
- 8) Any guidelines for sponsorship can be outlined by the Executive (ask for these) and will be approved by the Executive to ensure guidelines are followed.
- 9) All minutes recorded for Conferences meetings/and or updates of meetings should be forwarded to the Vice-President of Resource Development to present to the Executive for general information to keep informed of planning, etc.
- 10) Please inform the V.P. Resource Development of all planning meetings indicating date, time and location well in advance.
- 11) Please call Barb McCauley, Conestoga College (519) 653-2511 and request your C.I.R.A. - Ontario Conference Bid Form

CIRA XII
presents

THE GAMES PEOPLE PLAY

May 13-16, 1990
University of Waterloo
Conference Centre



Canapress Photo Service/Jacques Nadeau

Keynote speaker:
Rick Hansen

for more information:
Mr. Duane Shadd
K.E.H. Recreation Centre
Conestoga College
299 Doon Valley Drive
Kitchener, Ontario
N2G 4M4

Come play with us!

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