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CANADIAN INTRAMURAL RECREATION ASSOCIATION - ONTARIO

# INPUT



Vol. 12 No. 1 October 1991

### 1992 Conference Committee

**Committee Members:**

- Chairman:** Pat Doyle  
 Gerry Hancock  
 Karen McAllister  
 Brent McFarlane  
 Carolyn Nixon  
 Sharon Scime  
 Bill Couture

GOOD LUCK is extended to this group of outgoing individuals in planning this year's director's conference.

The committee had it's first meeting the last weekend of September.

If you have any suggestions on presentation topics for this year's conference be sure to call the CIRA-Ontario office today. (416) 575-2083

### Intramurals

## *Now That's Entertainment!*



CIRA-Ontario Director's Conference Geneva Park, Orillia —1991

### CONTEST

## *Calling all Post Secondary Students...*

See details on page 7

### Professional Development Workshops

## *Find out What's Hot & What's Not in Intramurals*

See details on page 8

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CIRA-Ontario acknowledges the financial support of the Ministry of Tourism and Recreation

## 91-92 CIRA-Ontario Executive Committee Update...



(Left-Right) Joan Healey - Vice President/Resource Development; Michelle Harkness - President; Sharon Scime - Executive Assistant; Laurie Farquharson - President-Elect; Pat Blundy - Vice President/Membership Services; Tim Ball - Vice President/Student Leadership

### Call for Nominations CIRA-Ontario Executive Members

In accordance with the by-laws (section 32a) governing CIRA-Ontario, a call for nominations is in order. The position of Vice President: Membership Service, Vice President; Resource Development, Vice President: Publicity, Vice President: Student Leadership will become vacant at the 1992 CIRA-Ontario Annual Meeting. The process for nominations will be as follows:

1. Nomination forms must be forwarded to the Nomination Chairperson no later than January 15, 1992.
2. A slate of nominees will be mailed to each member by February 20, 1992.
3. The ballot must be completed and returned to the nomination chairperson by March 20, 1992.
4. The new executive members will appear in the April edition of *INPUT*.
5. All nominations must be members in good standing.

To acquire nomination forms and for further information:

CIRA-Ontario  
c/o Sharon Scime  
PO Box 2034  
Hamilton, ON  
L8N 3T2  
(416) 575-2083

### New Executive Assistant

CIRA-Ontario is pleased to announce the appointment of Sharon Scime to the position of Executive Assistant. Sharon commenced employment with the Association on August 1st and will be working 24 hours per week.

Her office is housed at Mohawk College in Hamilton. Her office hours will be Tuesday through Thursday from 8:30 am - 4:30 pm. Sharon can be reached at (416) 575-2083.

Sharon joins the Association with an immense amount of knowledge in the field of Intramurals. A 1987 graduate of the Recreation Leadership program at Mohawk College Sharon has worked at both Mohawk College and Ryerson in their Intramural Departments. Sharon has also been actively involved in the Development of the Post Secondary Student Leadership Program.

*Mark these dates  
on your calendar...*

**April 26, 27, 28, 1992**  
**CIRA-Ontario  
Director's Conference**

Geneva Park  
Orillia, Ontario

*Details in next issue!*

## Game of the Month

# Invent-A-Game-Grid

The students have an opportunity to invent their own games using a grid, keeping in mind the following philosophy about "newgames":

- can be competitive or non-competitive
- emphasize challenges
- meaningful to all players
- players are the focus of the game

Characteristics and components of a new game should include: challenge, trust, safety, fantasy and ritual, empowerment and innovation.

The following is an example of an "Invent-A-Game Grid" game:

\* \* \*

"Long ago, on a playground far, far away..."

Is it any wonder that the galactic consciousness that engulfed us a few years ago would give rise to a New Game? This death-star battle was first played at a New Games Training in Chapel Hill, North Carolina, during an invent-a-game session. It has Jedi knights, the Imperial Army, the rebel forces, death stars, and light sabers. What more could we need to fulfill our outer space fantasies?

We set up our galactic boundaries to two large areas, each occupied by an army. A line separates the two areas and as many Nerf balls as we can gather (the more the better) are placed on this dividing line. These balls are death stars, which will soon be hurled through space.

One of us in each army is designated a Jedi knight-Luke of the rebels and Darth of the Empire. Each knight is armed with a light-saber Boffer, and each has a star base that is indicated by a Frisbee or other marker in his army's territory.

At an agreed-upon signal, the game begins. Both armies rush to the dividing line, gather as many death stars as they can, and begin hurling them at the opposing army. If one hits a player, the player is frozen immediately-imprisoned in a time warp. Only the player's Jedi knight can rescue her. He must leave his star base, hopping on one foot, and touch her with the light saber in order to bring her out of the time warp and back into the game. If a thrown ball is caught by the intended target, the thrower is frozen and must wait for help from his Jedi.

As long as the Jedi knights are at their star bases, they are safe. However, should one be hit by a death star while travelling to free a fellow teammate, he is frozen for good. Protection of the Jedi knights is therefore imperative. (As a variation, we can allow a frozen knight to pass the saber to another player, thus creating a new Luke or Darth.)

We realize we've only touched the surface of this rich fantasy. We can create special roles for Chewbacca, R2-D2, Yoda, or maybe one of the new characters that makes an appearance in the next Star Wars movie. In any case, as in all New Games, the Force is with you.

The following is an "Invent-A-Game Grid" which allows your students guidelines and steps in inventing their own game. The idea is to choose one characteristic/item from under each column. You and your students can set up your own grid, guidelines, rules, etc. **LET YOUR STUDENTS IMAGINATIONS GO CRAZY!**

Taken from:

Preston Public School Conference Proceedings (Pat Andrews)

Which was taken from:

"New Games" - by Andrew Fluegelman

Books available at:

Canadian Camping Association

Suite #2

1806 Avenue Road

Toronto, ON M5M 3Z1

Environment	Objective	Structure	Action	Roles	Equipment	Fantasy/Ritual
living room	achievement	circle	sitting	it/not it	balls	food
classroom	tagging	square	running	two teams	discs	mythology
auditorium	racing	opposing lines	jumping	three teams	ropes	movies/TV
gym	throwing	chain	crawling	partners	swatters	nature
field	capturing	bounded field	carrying	group	balloons	science fiction
beach	eliminating	combat zone	repling	leaders	clothing	technology
woods	responding	safety zone	pulling	liberators	coins	song
snow/ice	guessing	pile	signaling	decoys	noisemakers	dance
water	scoring goals	back to back	eyes closed	impostors	boxes	chanting
outer space	participation	free form	no action	goalies	no equipment	counting

# Mini Volleyball



Ontario  
Volleyball  
Association

**HAVE YOU HEARD OF THIS GAME?** The Ontario Volleyball Association has a "Mini-Volleyball" campaign which they have started up this year. This program is supported by The Ministry of Tourism and Recreation.

## WHY MINI-VOLLEYBALL?

- \* fewer players = more chances to contact the ball = more chances to learn
- \* smaller court = more chances for activity, success
- \* fewer rules = easy to play for all ages of beginners and both sexes
- \* cooperation = basics of advanced tactics
- \* minimum of equipment = can be played indoors or out
- \* no specialization = more meaningful involvement
- \* qualities of game satisfy physical education curriculum guidelines
- \* activity, challenge, success = FUN!

## WARM-UP

It is important to warm-up beforehand in order to get one's mind and body in tune to the activity. It is recommended that the warm up at this level includes many games:

- tossing & juggling with the ball
- ball tag, etc.
- flexibility

## SKILLS

### LEVEL 1

- \* individual movement
- \* ball skills

- \* throwing-catching
- \* catch & volley

### LEVEL 2

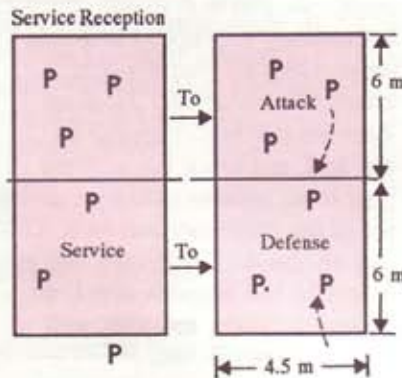
- \* volley
- \* underhand serve
- \* sidearm serve
- \* standing spike
- \* intro to forearm pass

### LEVEL 3

- \* forearm pass
- \* overhand serve
- \* set
- \* jump & spike
- \* block
- \* recovery skills

## SOUND EASY?...LET'S PLAY

### TEAM PLAY 3 VS 3



(P=player)

- Suggested net height: 2 metres to 2.10 metres
- Suggested ball: A minivolleyball (or a deflated official ball)
- Suggested court size:

(a badminton court can also be used)

## REMEMBER

- \* pass the first ball
- \* set up your attacker
- \* attack the ball to an open area
- \* cover
- \* play defense

## COMPETITION RULES

- \* everyone plays
- \* no specialization
- \* no ping-pong - must be at least two contacts
- \* underhand (or easy toss) serve only
- \* no serving zone
- \* only serving team can score points
- \* non-playing athletes should officiate
- \* loose ball-handling allowed on underhand contacts
- \* automatic rotation in - no more than five people on one team

## MINI-VOLLEYBALL CLINICS

Minivolleyball clinics are offered through the OVA

Teachers are exposed to a number of activities leading to the game of Volleyball. Lead-up games, simple and easy drills, modified volleyball games, and a number of pre-skill activities form the core of this clinic.

### Resources available from the OVA:

Articles, pamphlets, information on equipment, books, video tapes, guest speakers, clinicians.

### For further information, contact:

Hernan Humana  
OVA Technical Director  
1220 Sheppard Avenue East  
Willowdale, Ontario  
M2K 2X1  
(416) 495-4090  
(416) 495-4310 (Fax)

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Hernan Humana, OVA Technical Director

# Halloween Spirit Scavenger Hunt

By Brent McFarlane



Find the following items!

**20** house points per item! Make sure you ask permission for the item and return all items to their rightful owners when you have completed this task. You have **20 minutes** to find as many items as possible and bring them to the gym to your designated house area. No items will be accepted after the time provided.

\*NOTE: The following scavenger hunt can be utilized as a one-day special event at any level of education (elementary to post-secondary). MODIFICATION is the key to success.

- 1980's Canadian quarter
- paper airplane (colour of house)
- egg
- candy kiss (10 pts. each one found)
- pom pom from a sock
- American coin
- black and orange shoelace
- toothbrush
- carved pumpkin
- the principals autograph on a \$1 bill

- peanut
- apple
- live spider
- 1 bag of garbage picked up in school yard
- licence number of \_\_\_\_\_ car
- pink kleenex
- ski lift ticket
- yellow or orange flower
- Halloween lunch bucket
- gold earring
- maple leaf
- walkman headphones
- Halloween bat (dead or alive)
- cup of sand
- 2 kilo rock (stone)
- pine cone
- green pumpkin
- thistle
- Who was the Night Stalker? (TV Series)
- popsicle stick
- marble
- seedless raisin
- real feather
- Halloween baby photo
- corn stalk
- white belt
- sample yellow birch
- write a brief Halloween horror story

- cigarette
- button the colour of your house
- cracker
- red stone
- Dracula photo
- banana peel
- Who is Casper's (ghost) girlfriend?
- non-digital watch
- 16 squares of toilet paper
- Adidas bag
- red stone
- scented marker

The secret to success in any team intramural activity is to keep the game as simple as possible. The fewer number of rules there are, the easier the game is to play and to understand.

Modify any game to meet the needs and abilities of your students. There is no incorrect way to play. As long, as the students are having fun, that's the correct way for your program.

## INTRAMURALS ARE COOL!

### Ryerson's Annual High School Intramural Workshop

November 8 & 9, 1991

Ryerson Polytechnical Institute

Toronto, Ontario

Contact Jean Kennedy  
(416) 979-5096



## CIRA ACLI

CANADIAN INTRAMURAL RECREATION ASSOCIATION  
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

### Student Leadership Development Program for both Elementary and Secondary Schools

- Develop leadership skills in your students
- Enhance your recreation, intramural and physical activity programs

Register Now!... and help your students learn to plan, organize and operate their own intramural programs with minimal direction from teachers

Program prices range from \$59.00 - \$105.00

For more information on CIRA's Student Leadership Development Program, please contact:  
The Canadian Intramural Recreation Association, Program Coordinator-  
Student Leadership, 1600 James Naismith Drive, Gloucester, Ontario,  
K1B 5N4, (613) 748-5639

# **A Guide to Post-Secondary Student Leadership**

## **It's Really Coming!**

In October 1989 a CIRA committee was formed to look at Student Leadership in Post Secondary institutions. Through a student survey and an administrators survey it was determined that there was a definite need for a leadership program at this level. And so the work began!

A proposal writing committee was set up in February of 1991 to write a formal proposal of what the leadership program might look like for the Post Secondary level. The proposal included the survey results, what the target group would be, an outline for an actual leadership guide, a networking "link" system to gather feedback and evaluation and of course a budget. Laurie Farquharson (nee Graham) then took the proposal to the National Student Leadership Committee (NSLC) in early June.

The proposal was accepted with a few changes to time line etc., but overall the NSLC highly approved of the work done thus far and the program to come. The next step was to take it to the CIRA Board for final approval and seed money for the program. This was done in June at the National Conference. The Board felt it was a very worthwhile program and encouraged the writing committee to meet again to finalize the program and get it under way.

Before everyone went on holidays the program time lines were established and an editor was recruited. A call for writers went out in the June/July issue of the CIRA Bulletin and

applications are coming in. The committee would like to have seven writers in place for an October meeting so that writing can begin.

The Post Secondary Student Leadership Committee is: Barb McCauley, Sharon Scime, Elaine MacDonald and Laurie Farquharson. Much thanks to this group for getting the program under way. The PSSLC would like to thank Joe Van Snellenberg

for taking up the challenge of being the Leadership Guide's editor. The committee would also like to thank all those CIRA-Ontario and CIRA members who have contributed to the program thus far with feedback, support and filling out all those surveys! WE ALL DID IT TOGETHER!

For further information on the program please write, fax or phone:

Laurie Farquharson  
PSSLC Chairperson  
Athletics Department  
University of Guelph  
Guelph, Ontario  
N1G 2W1  
Phone: (519) 823-5349  
Fax: (519) 763-2689

## **Student Leadership - Getting Started**

A new school year is under way and Intramural programs have begun. Are your students involved with the organization of the program?

I am a classroom teacher at the elementary level. One quarter of my time is teaching physical education. I have no additional preparation time for coordinating our school Intramural Program. I see Student Leadership from a rather selfish point of view. Student Leadership makes my job easier with running an effective program.

I realize the students take more ownership the more they are able to have input and a certain amount of control over the program. The students are responsible for scheduling, promotion, posting results, creating teams, getting the equipment and refereeing. The students enjoy this involvement and it helps create a more positive school climate. I have become more of a facilitator.

**The Elementary Student Leadership package** is the vehicle or curriculum I use to teach the students about organizing Intramurals. It contains excellent ideas and checklists to help you and the students through the Intramural process.

Student Leadership makes my job easier while creating a more positive tone within the school!

### **Ideas:**

- Use students from each classroom. (boys and girls)
- Have a central bulletin board. (promotion and results)
- Use a camera! (everyone likes to see their picture on the bulletin board at some time.)
- Purchase the Student Leadership Package from CIRA. (it will help make your job easier!)

By Tim Ball,  
V.P. Student Leadership  
CIRA-Ontario Executive

# MOGA MADNESS

## Two-time National Champions in MOGA Madness History

*Sir Frederick Banting Secondary School  
London, Ontario*

CONGRATULATIONS!  
Once again, Sir Frederick Banting Secondary School in London, Ontario was named the 1991 National MOGA (Most Outrageous Group Activity) Madness Champions. They are the only two-time National champions in MOGA Madness history, winning their first title in 1988.

The winning London school held Magical Music Memories, with over 800 energetic students and staff involved. Students were divided into twelve "super-

groups" from the 50's, 60's, & 70's, complete with outrageous costumes and their own renditions of super-hits.

Outrageous events on the school grounds, ranged from an uphill obstacle called the "Stairway to Heaven" to the self-explanatory "Carwash". The groups reconvened for a giant, fun-filled Dance-a-thon.

The two-hour, student-organized event combined fun and physical activity, promoting active living for youth.

## Resources...

### Did You Know?

OPHEA (Ontario Physical & Health Education Association) has a fantastic physical and health education workshop directory. This informative handbook provides you with over 300 professional development workshops pertaining to physical & health education. Workshops are presented by a faculty of distinguished speakers working in the areas of education, recreation, sports administration, fitness, public health & personal development. Grade level categories range from primary to secondary school levels.

Contact: OPHEA Office  
(416) 495-4314

**It's Coming...**

**It's Coming...**

### *Post Secondary Student Intramural Conference*

\* \* \*

**"Striving for Excellence"**

University of Guelph  
February 7 and 8, 1992

***Will You be Ready?***

**Calling all Post Secondary  
Students...**

***Do You Doodle?  
Can You Draw?***

**We Need You!**

The Post Secondary Student Leadership Committee is holding a contest for someone to design a cover for the new Student Leadership Guide. This guide will be for students at the Post Secondary level so why shouldn't a student design it?

**Prizes will be awarded?**

For further info contact Laurie  
(519) 824-4120 ext. 2160.

## Conferences and Workshops



OPHEA Conference (Ontario Physical & Health Education Association)

"Key to Kids" OPHEA Annual Conference

October 17 - 19, 1991

Geneva Park

Orillia, Ontario

Contact: OPHEA Office

(416) 495-4314

Annual College Director's Workshop

Wednesday, December 12, 1991

Kempfenfelt Bay, Ontario

Contact: Mike Zecchino

(705) 728-1951

HEALTH Conference

"Active Living for Active Health"

February 20 - 21, 1992

Airport Hilton

Toronto, Ontario

Contact: OPHEA Office

(416) 495-4314

RYERSON'S Annual High School Intramural Workshop

"Intramurals are COOL."

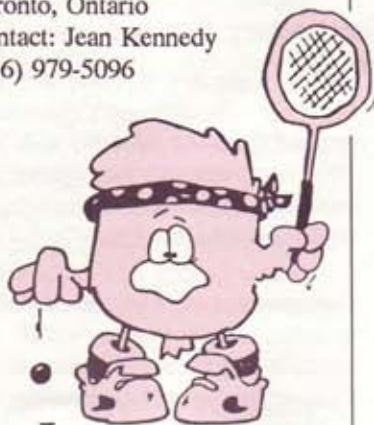
November 8 & 9, 1991

Ryerson Polytechnical Institute

Toronto, Ontario

Contact: Jean Kennedy

(416) 979-5096



Annual University Director's Workshop

Wednesday, December 4th, 1991

Time: 10:00 a.m. - 3:30 p.m.

University of Windsor

NOTE: Depending on interest, possible Tuesday evening activities including Red Wing game and dinner. Details and cost to be announced at a later date.

Contact: Candi McElary

(519) 253-4232

## CIRA-Ontario Regional Advisors Workshop

Approximately thirty CIRA-Ontario members some long standing members and some newer members have been invited to attend a workshop at Canterbury Hills in Ancaster on November 15 and 16 to assist with the restructuring of the CIRA-Ontario regions and the development of a plan for regional advisors to follow when promoting Intramurals throughout the province. It is hoped that this new format will be instrumental in increasing membership in CIRA-Ontario.

Pat Blundy

V.P. Membership Services

CIRA-Ontario Executive

"A Leader is one who leads, one who has a plan, one who keeps headed toward a goal and purpose. He has the enthusiasm to keep moving forward in such a way that others gladly go with him/her."

Chatham-Kent YMCA, "Proceedings, Conference for Leaders", November 15, 1985, Wallaceburg, Ontario.

Edited by Sharon Scime - PO Box 2034, Hamilton, Ontario, L8N 3T2