

INPUT



Mountaineer Day 1992!

A Hootin', Hollerin' Good Time!!!

Mountaineer Day is a Hillbilly Theme Day that has been a tradition at Mohawk College for fourteen years now. Mountaineer Day allows all students the opportunity to have a fantastic time without having to be athletic. This year we received 15 teams in total. Each team receives two bonus points per player for dressing "Hillbilly Style".

The day kicks off with three daytime activities that can be completed between classes. This year the three daytime activities included singing the Beverly Hills Theme song, a Hillbilly Harvest (food drive/decoration contest), as well as a Hillbilly Scavenger Hunt.

The fun really starts rolling during the evening events when all the teams get together for some friendly rivalry. The events include Square Dancing, Arm Wrestling, Moonshine Run Obstacle Course, Tug-Of-War, Scarecrow Hang-Ups, Team Skits/Cheers, and a Pig Slop.

We are fortunate to have a media studies faculty at the college. Each year the students from the television broadcasting department tape the entire night of activities and transfer it on to a VHS tape in order that we may play it back for the participants at the social. The evening events take place between 5:45 pm and 10:30 pm in the gymnasium. At the completion of the evening activities, a Mountaineer Day social is held at the campus pub where



every participant goes home with a prize! Refreshments are given out to all participants as they sit and watch the video highlights of the evenings activities. After the awards are distributed the participants continue to socialize on their own.

Continued on page 4 with details of the scheduled activities.

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Regional Update



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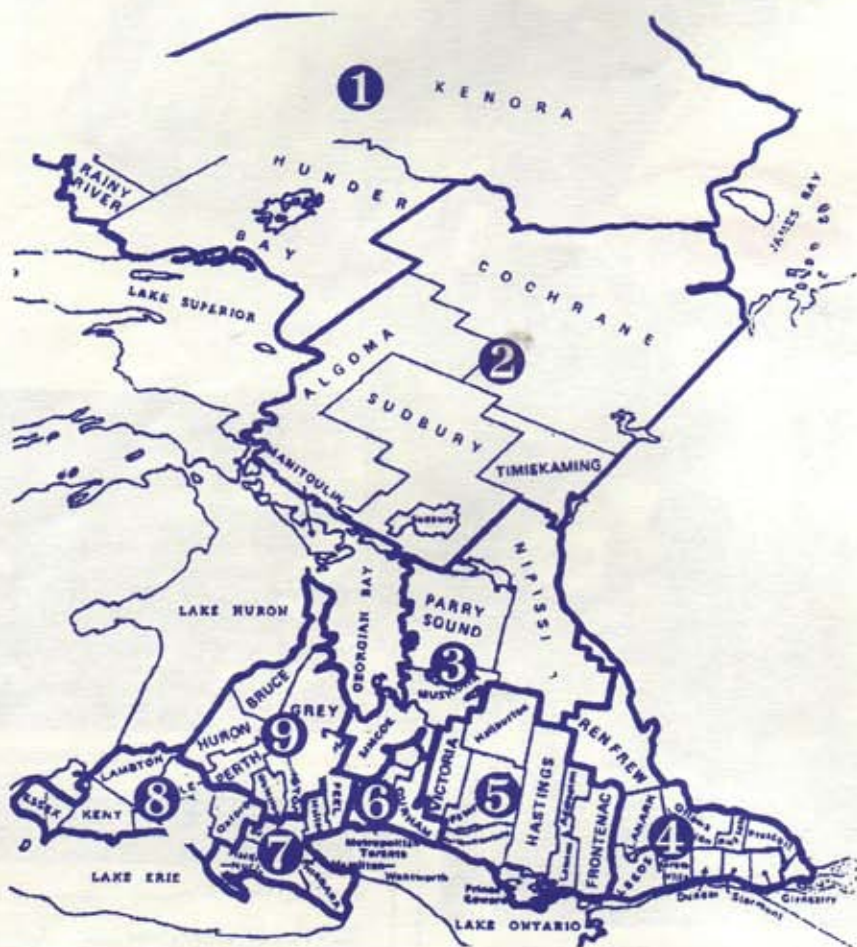
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- | | | | |
|--|---|--|---|
| 1. Kenora District
Thunder Bay
Rainy River District | Leeds County
Grenville County
Ottawa - Carleton
Russell County
Dundas County
Stormont County
Glengarry County
Prescott County
Hawkesbury County | Prince Edward County
Haliburton County | Essex County
Kent County
Middlesex County
Elgin County
Oxford County |
| 2. Cochrane District
Algoma District
Sudbury District
Sudbury Region
Timiskaming District
Manitoulin District
Nipissing District | 5. Frontenac County
Lennox & Addington
County
Hastings County
Victoria County
Peterborough County
Northumberland County | 6. Durham County
York Region
Metropolitan Toronto | 9. Huron County
Bruce County
Grey County
Dufferin County
Perth County
Waterloo Region
Wellington County |
| 3. Parry Sound District
Muskoka District
Simcoe County | | 7. Niagara Region
Hamilton-Wentworth
Region
Haldimand-Norfolk
Region
Brant County
Halton Region
Peel Region | |
| 4. Renfrew County
Lanark County | | 8. Lambton County | |

"Just Play It"

23rd Annual CIRA Ontario Post
Secondary School Conference

Mark February 5 & 6, 1993 on your calendar...it's the weekend of this year's CIRA Ontario Conference for post secondary students. Queen's University and St. Lawrence College are jointly hosting this memorable conference in Kingston, Ontario. From the opening ceremonies at 2:00 pm on Friday to the passing of the gavel to the '94 Conference hosts (Western), the conference will be overflowing with many new and exciting ideas for your campus recreation and intramural programs.

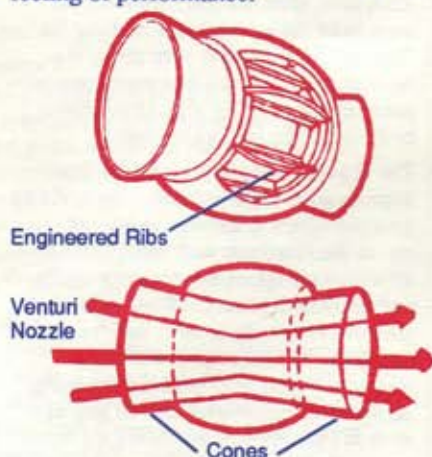
"Just Play It" was chosen as our conference theme so we could focus on what intramurals and recreation are all about - being involved! In the true spirit of recreation, we want everyone to participate and to join in the experience. Active sessions and a hands on computer session have been included in this year's agenda to spark the interest of conference delegates and get them "playing". Sessions will cover a wide range of topics in the areas of fitness, dance, aquatics, campus recreation and intramurals. In addition professional seminars will be blended together with presentations from the participating schools.

continued on p. 7

Have you heard of the "Throton" Aerodynamic Football?

Many sports enthusiasts have expressed their need for a recreational throwing and catching device that offers high performance and safety in light of today's liability insurance environment. The Throton represents such a device.

The cones act as stabilizers during flight and as shock absorbers during the catch. This allows highly accurate throwing and exceptional ease when catching. Even a simple game of catch is enhanced by the Throton's aerodynamics, allowing anyone, regardless of ability, to enjoy the feeling of performance.



A game called Throton Zones was developed by Ms. Terry Lavin of the Boston College Intramural Department. Other uses of the Throton include:

(1) The Throton floats in water, offering exciting recreational alternatives at the pool. (2) The Throton can accurately be shot full court in the gym for a basket. (3) The Throton is a great rehab device for rebuilding upper arm and shoulder strength. (4) The device is a dynamic instrument for the development of hand-eye coordination.

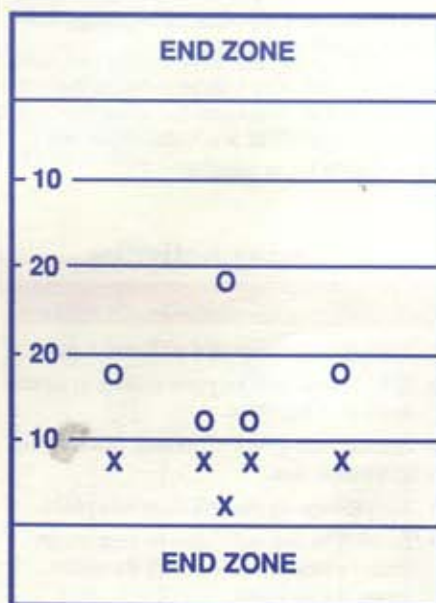
Reprinted from the Official Rule Book for Zones & Water Thro-Lo.

Throton Zones Rules and Regulations

THROTON ZONES is a fast-paced passing and running game, patterned after touch football, to be played indoors or outdoors.

The object of the game is to advance the Throton into the opponent's end zone. One point is given for each score.

- 1) 5 players per team play at one time. (6 for Co-Rec; 3 men, 3 women)
- 2) 3 downs to make a first down (get into next zone).
- 3) 1 hand tag above the knee to stop the player with the Throton.
- 4) Each zone, of which there are 5, is 10 yards long.



Equipment Needed:

- Throtons
- Cones/Field Markers
- Tape Measure
- Stop Watch/Timer
- 10 Players Minimum (5 per team)
- Referees (Optional)

About Throton Zones:

- End zone areas should also be 10 yards by 25 yards.
- *Offensively*, short, quick passes and "give and go" play seems to work best.
- *Defensively*, person to person defense seems to be the most effective.

Start of Game:

Coin toss to determine which team starts with Throton on their own 10 yard line.

- All players are eligible receivers and any player in possession of the Throton can throw it anywhere.

- One person from each team is allowed in motion after teams are set and before the snap.
- The first pass, forward or lateral, must be made from behind the line of scrimmage. All subsequent passes can be from anywhere on the field.
- If a pass is made for a first down, then a lateral or run brings it back behind the first down marker and play ends, it is not a first down. Throton is marked where play ends.
- An intercepted pass may be immediately advanced by running or passing, as is done on offense.
- On an incomplete pass, the Throton is marked where the passer threw it from. *Exception:* If it was the initial pass from behind the line of scrimmage, the Throton goes back to the line of scrimmage.
- If a player advances the Throton into a new zone (resulting first down) by running it, play stops and the Throton is marked at the beginning of the new zone.
- Safety-offensive player is downed in their own end zone - **Result:** Throton possession is turned over to defense on their opponent's 10 yard line.

Play Stops When:

- 1) A player in possession of Throton is tagged by defense.
- 2) A player with Throton goes out of bounds.
- 3) A player with Throton enters a new zone by running.
- 4) On an incomplete pass.
- 5) On a score.

Penalties:

Are those used in touch football, resulting in 5 yard walk-offs.

Flagrant Penalties:

Unsportsmanlike conduct results in 10-yard walk-offs. Any player committing a second flagrant penalty will be ejected from the game.

If you would like more information contact: Throtonics Corporation, P.E. and Recreation, 14 Manning Avenue, Leominster, MA 01453, (508) 537-0005.

Mountaineer Day – YAHOO!!

Schedule of Events

- 9:00 am – 4:00 pm: **Daytime Events**
- 5:45 pm: **Pre-registration in Fennell Gym**
- 6:15 pm: **Square Dancing**
(4 girls and 4 guys)
- 7:00 pm: **Battle-of-the-Beef**
(4 girls and 4 guys)
- 7:45 pm: **Scarecrow Hang-Ups**
(2 girls and 2 guys)
- Arm Wrestling**
(1 girl and 1 guy)
- Pig's Slop**
(1 girl and 1 guy)
- 8:30 pm: **Break**
- 8:45 pm: **Moonshine Run**
(4 girls and 4 guys)
- 9:30 pm: **Team Skit/Cheer**
(4 girls and 4 guys)
- 10:30 pm: **Presentation of Awards and Social**

Scoring structure for all activities is as follows:

1st - 12 points	4th - 6 points
2nd - 10 points	5th - 4 points
3rd - 8 points	All others - 2 points

Daytime Activities

All points earned during the day will be added to the team's evening score — maximum 24 points per team.

Hillbilly Harvest

Teams are requested to donate a basket of non-perishable goods. Donations will be forwarded to a local charity. Donations will be ranked at the end of the day according to quantity, quality and presentation. All food is to be dropped off to the Campus Recreation Office or the Student Life Office at your campus. This is a mandatory event. The number of non-perishable goods should equal the number of players on your team. You can hand in your basket at the registration table at 5:45 pm.

Hillbilly Sing Song

Team members are asked to round up their closest friends and classmates and come on down to the Campus Recreation Office to sing the well known Beverly Hillbilly Theme Song. You must come down to the office as a group, not individually. Words

for the song will be made available to you. The songs are judged on the following: an excellent performance includes a knowledge of the song, enthusiasm, originality and the team must have a minimum of 20 people participate in singing.

Note: You can make up your own criteria for points.

Hillbilly Scavenger Hunt

From 9:00 to 4:00 pm teams can come down to the Campus Recreation office and pick up a scavenger hunt list.

Each team has until 4:00 pm to hand the scavenger hunt items into the office for marking. The object is to collect as many items on the list as possible.

Evening Activities

Square Dancing

- Each team consists of 4 girls and 4 guys.
- All 16 teams will be participating in square dancing at one time.
- A caller will give a 35 minute introduction and instruction.
- A challenge square will then take place.
- As soon as one individual in your group makes a mistake (even one), the entire group is eliminated.

Battle-of-the-Beef

- Each team will consist of 4 girls & 4 guys.
- The object is for your team to be the first to pull the marker over the halfway line.
- Team members are advised to wear gloves (you have to supply your own).
- On the word go, both teams start pulling in their designated directions (everyone pulls the same way on your team).
- Each team is guaranteed at least 2 pulls.
- The event is run as a consolation tournament.

Arm Wrestling

- Each team will consist of 1 girl & 1 guy.
- There will be a male category and a female category (all males will pull against males and the same for the girls).
- Each team member will pull a minimum of two times.
- The event will be set up as a consolation tournament.

- Overall standings will be determined by combining the men's and women's scores.
- In the event of a tie – a sudden death pull off will take place (only for first place).
- Specific rules are to be adhered to as deemed by the officials.

Scarecrow Hang-Ups

- Each team will consist of 2 girls & 2 guys.
- Each team is responsible for bringing 3 items of clothing (1 hat, 1 shirt and one additional accessory) in order to dress your scarecrow.
- Each team allocates one individual per team to be the scarecrow. Choosing the "lightest" individual in your group is recommended! Make sure your scarecrow has clothing covering all parts of his/her body due to the removal of tape.
- The object of the game is to dress your scarecrow and then proceed to try and tape your scarecrow to the wall as best as you can in the 10 minute time limit. Once the 10 minutes is up, each team stops taping and the chair is removed from underneath your scarecrow. As soon as the chair is removed, the timekeepers will begin timing how long your scarecrow remains on the wall. The stopwatch will stop as soon as your scarecrow touches the floor!
- A maximum time limit of 5 minutes will be allocated for staying taped to the wall.

Pig's Slop

- Two teams will run at the same time.
- Each team will consist of 1 girl & 1 guy.
- The event is a pudding eating contest.
- There is a women's category and a men's category.
- The object of the game is to eat a bowl of chocolate pudding in the least amount of time.
- *Men's heat* – the men's hands are tied behind their backs while the women sit across the table from them blindfolded.
- At the timekeepers signal, the women begin to feed the men with a spoon.
- The bowl must be completely cleaned out before the time is stopped.
- After the men are finished, the women's heat takes place and the roles reverse.
- The final will consist of the two combined times.

Moonshine Run

- This obstacle course will run as a relay event with your entire team of eight players being involved.
- You must transfer the moonshine jug from one station to the next until you reach the finish line table.
- Two teams will be racing in each heat.
- The object of the game is to complete the race in the shortest amount of time.

Note: You are racing against the clock, not necessarily against the team in your heat.

- Each team will run one race.
- Each team will be timed and the team with the lowest time will win the event.
- 10 second time faults will be awarded for predetermined violations.
- In case of a tie, a sudden death race will determine the winner.

Course

Station 1

One individual from each team starts the race by getting into a potato sac and racing from point A to B. At point B each team member will bob for an apple without the use of their hands. The individual must eat the apple and throw the core in the garbage at the judges signal. They then return to point A by hopping in the potato sac.

Station 2

At point C, two individuals from each team will make a human wheelbarrel and race to point D. At this point, one individual picks up the "lasoo" rope and jumps on his/her teammates back, to be piggy-backed to point E, where he/she "lasoo's" the sow (pylon).

Station 3

At point E, one individual will put on a pair of safety glasses and run to point F where he/she will pick up a hammer and will take one nail at a time to point G. At point G, the individual will hammer 5 nails in total into the wood until the nail(s) stick.

Station 4

At point H, two individuals from each team will roll a log to point I.

Station 5

At point I, one individual will pick up the bird, run through the innertubes located on the floor in front of them to point J where they must throw the bird into the "pen" located on the floor, some distance away.

Station 6

At point K, one individual will pick up their baseball bat and with putting their forehead on the base of the handle, the individual must spin around 6 times, keeping the bottom of the bat on the floor, and then attempt to run to the finish line (point M). The moonshine jug must be placed on the finish line table before the stopwatch stops.

Time Faults (10 Seconds)

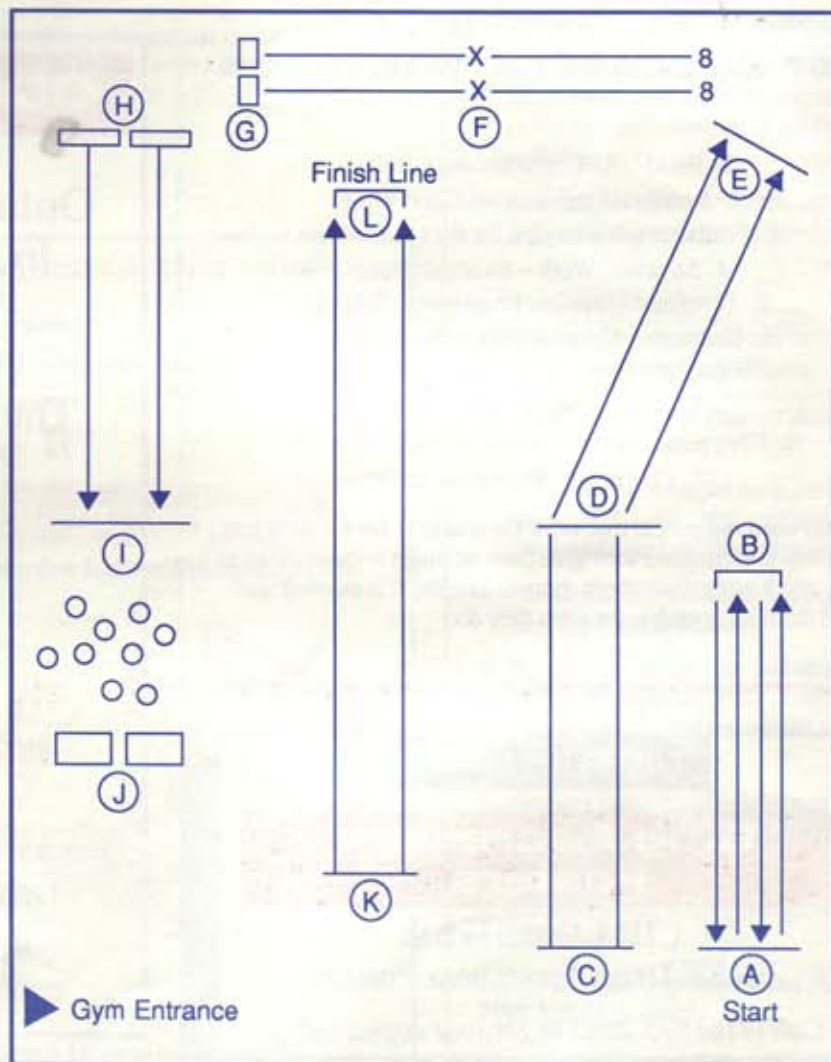
1. Using your hands, etc. to help with bobbing for the apple.
2. Not properly "lasooing" the sow (pylon).
3. Not properly hammering the nails in the wood. Must be nailed in one at a time.
4. Improper advancement of the log in log rolling. Must place the log where you fall off not where it lands.
5. Not jumping through every innertube.
6. Not waiting for the person prior to you to finish their event.
7. Not properly throwing the bird in its pen.
8. Not spinning around the bat 6 times.
9. Not placing the moonshine jug upright on the finish line table.
10. Or any infraction not in agreement with the races rules.

Skit and/or Cheer

- Each team will be asked to present a team cheer and/or skit after the break.
- All eight team members must contribute/participate in the cheer and/or skit.
- Skits and cheers must be based on a hillbilly theme.
- The skit and/or cheer can be no longer than one minute in length.
- A panel of 3 judges will determine the 1st - 5th place winners based on originality, creativity, overall impression, time, and whether your skit/cheer was hillbilly oriented.
- Costume judging points will be awarded during the day time. All team members must come to the Campus Recreation Office and be dressed in full attire. You are asked to come as a team, not individually.

For further information contact Sharon Scime, Mohawk College at (416) 575-2075.

Moonshine Run Gym Layout



Educating Through Fun!!

*Christine Brydges
Huron Oaks Recreation Center*

FUN is the main theme of Intramurals. A group of 29 students and 5 teachers discovered this at a recent intramural workshop held for the Lambton County public schools at Huron Oaks Recreation Center.

This fun-filled, informative day offered various ideas to teachers and student leaders. The day consisted of ice breaker activities, group tasks, a mass activity, brainstorming ideas, and sharing intramural activities. Student leaders and teachers shared and gained some invaluable information. It was a great experience for all—especially the facilitator!



It is hoped that intramurals will continue to grow and flourish throughout the school system in Lambton County. This workshop proved that intramurals create enthusiasm, team work, group spirit, and excitement for all involved.

A special thanks to Rob Lawson from S.C.I.T.S. high school who was a definite asset to making this workshop a success. He is an example of a productive and energetic student leader.



Top Ten Hints for Successful Motivation

1. Build "FUN" into the organization.
2. Recognize and Reward Good Work.
3. Foster people who care for the organization.
4. Structure Work – Establish Goals.
5. Develop Competent Employees - Train !!
6. Create and Maintain open communication.
7. Design interesting and challenging jobs.
8. Set an example and "live it".
9. Give responsibility and demand accountability.
10. Confront problems that matter.

If you want the people that work for you to strive for their best possible performance then give them as much responsibility as they can handle. Give them room to breathe and develop and hold them accountable for what they do.

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Drug Awareness Posters

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OQEA Conference

Ontario Coalition of Women in Educational Athletics Workshop

Thursday, April 22-24, 1993

Kempfenfelt Centre,
Barrie, Ontario

*We require 10 delegates to
attend for CIRA Ontario*

For further information contact the CIRA
Ontario Office at (416) 575-2083.

Requests for attendance to the
conference must be put in writing.

"Just Play It" continued from p. 2

Featured in our keynote lineup will be CIRA Ontario's very own Michelle Harkness. Michelle is the past president of CIRA Ontario and has been actively involved in CIRA for a number of years. We are pleased that Michelle is willing to deliver her message to post secondary students from across the province.

Although "Just Play It" is our theme, baseball is the game we'll be playing. Delegates from different schools will be drafted onto baseball teams. The teams will score runs for various activities over the two days and try to attain the ultimate status of being World Series Champions.

So make sure your post secondary institution has delegates attending the conference and prepare to "Just Play It".

For additional information, or if you would like us to mail you a registration package, please call:

Todd Minerson - Queen's University,
(613) 545-2500 Business Number
(613) 545-6478 Fax Number

Penny Banks - St. Lawrence College,
(613) 544-5400 Business Number
(613) 545-3920 Fax Number

Responsibilities of Sportsmanship — A Goal for Everyone —

Responsible behaviour and efforts to improve the level of sportsmanship exhibited during intramural contests should be every person's responsibility. The cooperation of each participant with the game officials and supervisors will aid in accomplishing the objective of providing a positive, healthy environment for competitive sport. Identified below are the goals of responsible sportsmanship.

The Player Will:

1. Treat opponents with respect.
2. Play hard, but play within the rules.
3. Exercise self-control at all times, setting the example for others to follow.
4. Respect officials and accept their decisions without gesture or argument.
5. Always remember that it is a privilege to represent the group with whom he/she is playing.

The Official Will:

1. Know the rules and their interpretations.
2. Place welfare of the participants above all other considerations.
3. Treat players and coaches courteously and demand the same from them.
4. Work cooperatively with fellow officials, timers and/or scorers for an efficient contest.
5. Be fair and firm in all decisions, never compensating for a previous mistake.
6. Maintain confidence, poise, and self-control from start to finish.

The Spectator Will:

1. Attempt to understand and be informed of the playing rules.
2. Appreciate a good play no matter who makes it.
3. Show compassion for an injured player; applaud positive performance; not heckle, jeer or distract players.
4. Avoid use of profane and abnoxious language and behaviour.
5. Respect the judgement and strategy of the coach and will not criticize players or coaches for loss of a game.
6. Respect property of others and authority of those who administer the competition.
7. Censure those whose behaviour is unbecoming.

This article was reprinted from the Fall 1992 NIRSA Journal.

CANADIAN INTRAMURAL RECREATION ASSOCIATION OF ONTARIO
presents
in conjunction with the

23rd Annual Post Secondary Student Conference

"Just Play It"

T-shirt Contest & Silent Auction

Proceeds from the Auction will be put towards a Student Scholarship Fund.

Contest Details

1. All entries are to be handed in upon registration in Kingston.
2. T-shirts are to be labelled with institutions name and contact name.
3. Institutions may enter as many t-shirts as they wish.
4. T-shirts will be judged on design, appeal and promotional effectiveness.
5. T-shirts will not be returned but will be donated to the t-shirt auction.
6. Highest bidders will be awarded the respective t-shirts.



For more information contact the CIRA Ontario Office at (416) 575-2083.

24th Annual CIRA Ontario Conference

—featuring—



That's CIRA Folks!

April 18-20, 1993
Geneva Park, Orillia

*You too can take home
hundreds of new and exciting ideas and activities.*

For registration information contact the CIRA Ontario Office at (416) 575-2083.

JUST PLAY IT!

23rd Annual
Post Secondary Conference

February 5 & 6, 1993
Kingston, Ontario

hosted by
Queen's University and
St. Lawrence College

For further information contact:
Todd Minerson or Penny Banks
Intramural Office-Phys Ed Centre
Queen's University
Kingston, Ontario K7L 3N6
Phone: (613) 545-2500
Fax: (613) 545-6478

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February 19 & 20, 1993

For more information contact:
Elio Antunes, OPHEA
Phone: (416) 495-4314

Edited by Sharon Scime - P.O. Box 2034, Hamilton, Ontario. L8N 3T2

