

# INPUT



Vol. 12 No. 3

February 1992

## Integration...the way of the '90s

Active Living is defined as a way of life in which physical activity is valued and integrated into daily life. It results in an increased sense of well-being and quality of life. It is *accessible to all*, regardless of imagined restrictions due to age, gender, or *ability*.

Play, recreation, and leisure are basic to growth, development, happiness, and mental health of *all individuals*.

**Integration** is an ever-growing commonality of the '90's. Students with handicapping conditions are finally breaking through the "old beliefs of segregation" and are being integrated into the regular school system, at all levels of education. It is the job of all physical educators and athletic directors to educate themselves to the similarities between abled bodied students and handicapped students.

Opportunities to participate in Intramural activities safely, successfully, and with personal satisfaction may require accommodations in methods and approaches with or without adaptive devices. However, virtually all accommodations relate to methods and involve adaptive devices, *not* basic differences in curricula or in activities themselves. In fact, a basic purpose of accommodations is to enable individuals with handicapping conditions to participate actively in regular physical education and sport activities. This is a crucial factor since the large majority of students with handicapping conditions *can, should, and must be integrated* into regular programs and activities.

**Remember** - Emphasis should be on similarities, rather than differences, between students with handicapping conditions and their able-bodied peers.

### General Suggestions for Adapting Activities:

1. Substitute walking, "wheeling" a wheelchair or rolling for skipping or running.
2. Use a bounce, a roll or an underhand toss to replace throwing. Catching and batting should be modified to suit these changes. For example, a child in a wheelchair can hit the ball by holding the bat at the side of his chair, and swinging at the ball rolled to him by the pitcher.



3. Reduce size of playing fields or courts. ie/ volleyball, basketball
4. Restrict player(s) to a definite place or position on a playing field.
5. Permit players to hold the ball for a longer period of time.
6. Permit other players to run for a child.
7. Have a greater number of players on a team so there is less activity required by each player; or when abilities allow, have fewer team members to encourage activity.

8. Reduce the number of points needed to win, and substitute freely.

9. Maintain playing areas so that they are hard, flat, and smooth to allow unimpeded movement of a wheelchair.

10. Substitute different body positions than normal e.g. lying down instead of sitting.

11. Substitute slower movements for faster ones e.g. walking instead of running.

12. Modify equipment.

13. Develop new techniques for accomplishing an activity e.g. change a two-handed skill into a one-handed skill.

14. Disabled children can be referees, umpires, or judges if no other satisfactory way can be developed to involve the children in an activity.

15. Take a child out of his/her wheelchair as much as possible. If children are sitting in a circle to sing or play a game, then take the child out of his/her wheelchair so that they can participate at the same level as the group. Someone may need to sit behind him/her to give them assistance in sitting.

16. Use common sense!

*Continued...*

### Inside...

New Regional Structure.....	2
Student Wellness Councils.....	3
Intramural Extravaganza.....	4
Canada's Fitweek.....	6
Volunteer Recognition.....	7
Post-Secondary Student Intramural Conference Report.....	7
Conferences.....	8
Captain CIRA.....	8
Elections .....	insert



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

There are many companies, organizations and resources available in Ontario which you can access for more information on adaptive devices and programs for disabled persons such as:

- 1) Active Living Alliance for Canadians with a Disability - (613) 748-5747
- 2) Ontario Games for the Physically Disabled - (416) 546-4663
- 3) Access to Recreation-Adaptive Equipment - 1-800-634-4351
- 4) Abilities (Canada's Lifestyle Magazine For People With Disabilities) - Canadian Abilities Foundation, P.O. Box 527, Station P, Toronto, ON M5S 9Z9

Resources for this article were made available through Joanne Brohman, Therapeutic Recreation Coordinator, Participation House, Binbrook, ON. If you have any questions or for more information, please feel free to contact Joanne Brohman at (416) 692-4465.

### CIRA Ontario Executive

1991-92

- President - Michelle Harkness
- President-Elect - Laurie Farquharson
- Executive Assistant - Sharon Scime
- VP Membership Services - Pat Blundy
- VP Student Leadership - Tim Ball
- VP Resource Development - Joan Healey

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Kenora District<br/>Thunder Bay<br/>Rainy River District</li> <li>2. Cochrane District<br/>Algoma District<br/>Sudbury District<br/>Sudbury Region<br/>Timiskaming District<br/>Manitoulin District</li> <li>3. Nipissing District<br/>Parry Sound District<br/>Muskoka District<br/>Simcoe County</li> <li>4. Renfrew County<br/>Lanark County<br/>Leeds County<br/>Grenville County<br/>Ottawa - Carleton<br/>Russell County<br/>Dundas County<br/>Stormont County<br/>Glengarry County<br/>Prescott County<br/>Hawkesbury County</li> <li>5. Frontenac County<br/>Lennox &amp; Addington County<br/>Hastings County<br/>Victoria County<br/>Peterborough County</li> </ol> | <ol style="list-style-type: none"> <li>6. York Region<br/>Metropolitan Toronto</li> <li>7. Niagara Region<br/>Hamilton-Wentworth Region<br/>Halldimand-Norfolk Region<br/>Brant County<br/>Halton Region<br/>Peel Region</li> <li>8. Lambton County<br/>Essex County<br/>Kent County<br/>Middlesex County<br/>Elgin County<br/>Oxford County</li> <li>9. Huron County<br/>Bruce County<br/>Grey County<br/>Dufferin County<br/>Perth County<br/>Waterloo Region<br/>Wellington County</li> </ol> |
|---|--|

## Regional Update

# CIRA Ontario Needs You!

Since the mission of CIRA ONTARIO is to encourage, promote and develop active living through intramural programs within the educational community, the Regional Advisors' role plays an important part in fulfilling this mission. The Regional Advisor is the link between the association and the educators who believe in the importance of active living but may require some assistance in implementing an intramural and recreation program within their school.

Establishing a contact within each Board of Education and Post Secondary Institution within the region, will be the advisors primary task in their first year in order to assure that resource material and conference or workshop information reach concerned individuals.

With enthusiastic and committed individuals as Regional Advisors, our Association will surely grow in strength and numbers. Nine Regional Advisors will be required to assure that a network is established between the CIRA ONTARIO Executive - Executive office and the province.

All interested members are encouraged to contact Pat Blundy, VP Membership Services by March 16th to obtain a copy of the Regional Advisors job description.

Address: Sheridan College Athletic Dept., Trafalgar Rd., Oakville, ON L6H 2L1  
Phone: (416) 845-9430 Ext. 455 Fax: (416) 849-6967

## New CIRA Ontario Regional Structure



# Student Wellness Councils

## A New Idea for Secondary School Health Promotion

Ever increasing academic demands on the secondary school students have created dramatic declines in enrolments in specific subject areas. One that has been affected extensively is Physical and Health Education. Since the Ministry of Education requires only one Physical and Health Education credit towards completion of a secondary school diploma, many students limit themselves to taking that one credit. As a result, students are missing out on learning about key health issues related to lifestyle choices.

It has become evident that there is a need to introduce other ways to promote health. Based on this premise, a joint effort to initiate health promotion in the schools was developed by both the York Region Public and Separate School Boards in partnership with the York Region Public Health Department, Canadian Mental Health Association and Addiction Research Foundation. Their goal was to facilitate the formation of a Student Wellness Council (SWC) in each secondary school devoted to undertaking a school based health promotion initiative. Student Wellness Councils would establish their own goals by attending a conference entitled "Well-Being: A Journey".

### What is a Student Wellness Council?

A Student Wellness Council is a group of students who will promote healthy lifestyle choices within the school and community. Each council will be assisted by a teacher advisor and Community Health Nurse advisor. The council will learn to assess the health needs of its school community, identify priorities and then plan health promotion strategies and activities that will help to develop skills and knowledge needed for optimal well-being.

### What Kind of Activities Will Occur?

Each Council may choose different projects depending on its school's concerns. For instance, one school may initiate a Students Against Drunk Drivers (SADD) organization to reduce drinking and driving; another school may work with cafeteria staff and administration to introduce a nutritious breakfast program. Schools may tackle a broader community problem such as an environmental concern. The journey towards wellness includes the broadest possible range of physical, mental and spiritual components.

### Wellness Is...

- health in mind, body and spirit
- feeling good and enjoying life
- taking care of your body
- liking yourself, your family and friends
- being hopeful and proactive in your life
- making the most of what you have

### Six Major Components of Wellness

- Fitness/Exercise
- Nutrition/Diet
- Meaning/Purpose
- Play/Relaxation
- Reflection/Self-Awareness
- Support/Caring

### A Wellness Lifestyle



### Wellness Concept Overview

#### Is...

- A way of seeing and relating
- A process
- Life-long
- Proactive
- A process that happens within the individual
- Involves all aspects of living and lifestyle
- An underlying principle for living and working

#### Is Not...

- A program
- An event
- Short-term
- Reactive
- Something that happens to the individual
- One aspect or issue of life
- An addition to current activities

### How Do We Start a SWC?

#### Responsibilities of the SWC

The number of students will increase in number as the SWC becomes more well established over time. It is hoped that members of the SWC will come from a variety of backgrounds and interests to be truly representative of their school. Their major responsibility will be to initiate at least one student wellness project during the school year by:

- assessing the major health issues facing their student body
- identifying one health promotion project (activity)
- planning strategies to carry out the project
- promoting and supporting positive lifestyle habits within their school
- committing time for the duration of the project

#### Responsibilities of Student Leaders

Each secondary school will have a core group of SWC leaders whose primary task is to establish an active council for their school. Their responsibilities will include:

- attending the conference
- encouraging others to become involved
- act as an executive to the entire SWC by holding regular meetings, assigning tasks and sharing plans with advisors and school administration
- ensuring that the implementation plan is carried out for each health promotion project

#### Role of SWC Advisory Committee

The Regional Advisory Committee consists of members from the community organizations who initiated the SWC model including: Public Health Department, Canadian Mental Health Association, Addiction Research Foundation, Board of Education, and the Roman Catholic Separate School Board. This group will act as a coordinating body among all of the SWCs across the Region. The committee will share ideas and concerns being raised by individual SWCs and will offer assistance when needed. This group is also responsible for funding proposals for the entire SWC Project. Each SWC must submit a written report to the Regional Advisory Committee outlining their activities and membership three times during the school year (December, March, May).

If you would like more information on Student Wellness Councils be sure to contact Jim Gilchrist or Kathy Kobelski from the York Region Board of Education at (416) 884-4802.

This publication is printed on recycled stock



# Intramural Extravaganza

## Through the Hoop

**Aim:** To score points by throwing a frisbee through a hoop or tire suspended at each end of a field.

**People and Space:** Two teams of seven to twelve players each and either a gym or a field with goals and boundary lines.

### Things You'll Need:

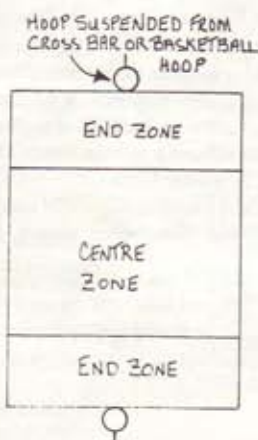
- One frisbee.
- Two hoops or tires.
- Rope to suspend hoops or tires from crossbar of goals.
- Pinnies or T-shirts to identify teams.

### Before You Begin:

- Create boundary lines on the field as in the diagram.
- Suspend one hoop or tire from the crossbar of the goals at each end of the field at about chest height. If no goals are available use hoops mounted on supports. If using a gym, suspend hula hoops from the basketball hoops.

### Playing The Game:

- Toss a coin to decide which team starts with possession of the frisbee in their own end zone.
- A minimum of three passes must be made before shooting at the other team's hoop or tire.
- When a player has possession of the frisbee, they may pivot and take one step only before passing or shooting.
- You cannot shoot from your own end zone.
- If the frisbee is dropped, missed, intercepted, or thrown or caught out of bounds, the other team gets possession at that spot.



### Add To The Effort:

- After a point is scored both teams jog a lap around the field.

### Add To The Fun:

- Try this game in water.
- Add one or two more frisbees for fast-paced action.

*Valerie Bower  
Edwin Parr Composite School  
Athabasca, Alberta*



## Tubular Waterball

**Aim:** To score runs by batting a beach ball, then swimming around the inner tube bases.

**People and Space:** Two teams made up of seven or more strong swimmers each, and the deep end of a pool.

### Things You'll Need:

- Four inner tubes for bases and home plate, plus ropes and weights to anchor tubes.
- Life jackets (optional).
- A beach ball.
- Two sets of water polo hats or bathing caps to identify teams.

### Game Plan:

- Follow the general rules of baseball.
- Everyone except the batter is in the pool.
- You can hold the ball for a maximum of three seconds, then you must pass it.
- No body contact blocking is allowed.

### Batting Team:

- The batter sits on the edge of the pool near home plate with the ball. Use your arm to hit the ball, then slide into the water and swim around the bases.
- The batter's teammates try to intercept the ball and protect the runner from being tagged by passing to their teammates and keeping the ball away from the fielding team.

### Fielding Team:

- You can catch fly balls to put the batter out.
- If the batting team is passing the ball around, intercept it, then tag the runner.
- You must tag the runner with the ball in your hands, in other words, no tagging by throwing the ball at the runner. Pass the ball to your teammates to get into tagging range.

### Safety:

- This game is meant for strong swimmers. If any player cannot swim, play in the shallow end of the pool and run around the bases.

### Add To The Fun:

- Designate certain swims for certain innings (e.g. first inning is the breast stroke, etc.)

*Andrena Misener  
Notre Dame School  
Welland, Ontario*

## Snakes And Rattles

**Aim:** To be the first team to complete a series of exercises.

**People and Space:** Any number of players divided into equal teams, a caller, and a large open space. For more action, create more teams with fewer people on each team.

### Things You'll Need:

- Paper, pen and a container to hold exercise ideas.
- A very distinctive noise-maker for each team (e.g. whistle, drum, cymbals, kazoo, triangle, etc.)
- Clipboard.

### Before You Begin:

- As a group, brainstorm exercise ideas. Choose only those exercises which can be performed safely even when they are done quickly. Write them on slips of paper, and place in the container. Try out each exercise to ensure everyone knows how to do it.
- Place the noise-makers on the floor along a line, an equal distance apart.
- Divide the group into teams and number players 1, 2, 3, and so on.
- The caller writes player numbers on a sheet of paper.
- Teams are allowed a few minutes to practice the "snake walk" (see diagram).
- Teams line up one behind the other, facing their noise-maker, as in the diagram. All team members sit down on the floor.

### Playing the Game:

- The caller calls out a number and also an exercise which has been drawn from the

- container. Each time a number is called, put a tick beside that number on the list.
- Players from each team assigned the "called" number race up to their noise-maker and "sound the alarm."
  - At the sound of the team noise-maker, teammates stand up and the whole team does twelve repetitions of the exercise, with the assigned player doing their exercise beside the team noise-maker. All players count repetitions out loud.
  - When the whole team has completed the exercises they sit down and the assigned player races back to their start position.
  - The first team to complete the sequence earns one point.
  - The game continues until all exercises have been drawn from the container. The caller should ensure that all players have an equal number of turns to race up to the noise-maker. Use the list to keep track of how many times each number has been called.
  - When the very last exercise has been completed, teams do the "snake walk" to their noise-maker...the first team to completely cross the line earns a bonus of five points.
  - The team with the most points is declared the champion.

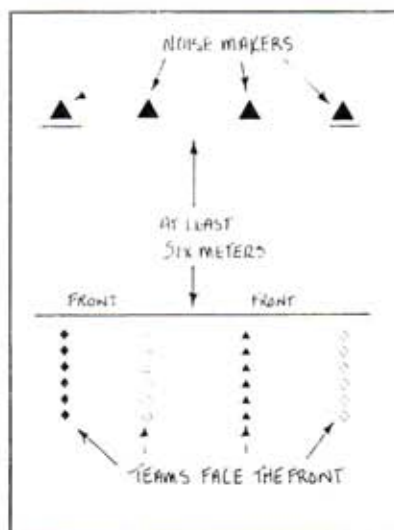
#### Safety:

- If exercises are performed in an unsafe manner, the caller stops the team and they must start that exercise sequence again.

#### Example:

Teams sit in a line in straddle position, grasping the ankles of the teammate behind them. Then, as a unit, the team "slithers" forward by lifting each buttock from the floor - alternating left, right, left, right, etc. Team members call out "left, right, left, right" in unison to keep the snake on track.

*Karen Cotnam/Joanne Derochie  
Cornwall Collegiate Vocational School  
Cornwall, Ontario*



## Ribbon Chase

**Aim:** Grab the other team's ribbons and tie them to your goal post before they can do the same to your ribbons.

**People and Space:** Two teams of five or more players each, a referee, and an open field area with goal posts at each end.

#### Things You'll Need:

- Long strips of ribbons in two different colours, enough for one ribbon per player.
- Two whistles, one placed beside the posts at each end of the field.
- Clipboard, paper, pen.

#### Before You Begin:

- Assign each team member a number starting with "1" (ie/ each team will have a Player 1, a Player 2, etc.)
- The referee lists the numbers on a sheet of paper.
- Assign each team a ribbon colour and give each player a ribbon of the assigned colour.
- Players tuck the ribbon in the back of their pants with at least half of the ribbon showing.

#### Playing The Game:

- No tackling is allowed.
- Teams line up at centrefield, facing each other. At the start of each play, the referee calls out two numbers and the four players (two from each team) with those numbers raise their hand or use some other signal to identify themselves.
- Other players chase the two identified players from the opposing team, and attempt to grab their ribbon.
- When you grab a ribbon, run with it to your own goal and tie it in a bow on the goalpost. Then blow the whistle to indicate that one point has been scored.
- Play continues until a second ribbon is grabbed and tied to a goal post and the whistle is blown a second time. The teams could get a point each or one team could get both points.
- Each time a number is called, the referee puts a tick beside that number on the list.

#### Changing Roles:

- Return the ribbons, line up again, and start Round Two.
- The referee can call the same numbers more than once, but should try to give all players a chance to be chased. Use the list to keep track of how many times each number has been called.

*Michael Edstrom  
Lawton Junior High*

## No See 'Em Soccer

**Aim:** To score goals while blindfolded and guided by a teammate.

**People and Space:** Two teams of ten or more players each and a soccer field or gym.

#### Things You'll Need:

- Enough blindfolds for every second person.
- One soccer ball.
- A whistle.
- Pinnies of two different colours to identify teams.

#### Game Plan:

- Follow the general rules of soccer.
- Everyone works in pairs - one partner is blindfolded, the other acts as a guide.
- Every five minutes, the whistle is blown and the partners switch roles.
- Partners hold hands or link arms at all times.
- No heading is allowed and there are no goalies.

#### Blindfolded Partners

- You pass the ball, dribble up the field, and shoot on net.

#### Guides

- You give verbal instructions so your partner can pass, dribble, and shoot. You can't pass, dribble or shoot the ball yourself.
- Your job is also to protect your partner from being hit with the ball by deflecting it, or from colliding with other players or the goal posts by pulling your partner out of the way.

#### Variations:

- Play with a larger ball - a beach ball, for example.
- Play in wintertime, in the snow.

*Mike Gorman  
Grey Highlands Secondary School  
Conn, Ontario*

### GREAT IDEAS

The above games/activities were reprinted from the book *Great Ideas - Games and Activities for Youth*, by Youth. For more information contact: CIRA, 1600 James Naismith Dr., Suite 601, Gloucester, Ontario. K1B 5N4

# Canada's Fitweek '92

## Celebrate Active Living!

Canada's Fitweek is a nation-wide campaign designed to encourage all Canadians to incorporate regular physical activity into their everyday lives. Canada's Fitweek is a celebration of active living!

Canada's Fitweek officially runs from May 22-31, 1992. But the effects can last a lifetime. This 10-day campaign is used by participants as the start, or continuance, to regular lifelong participation in physical activity. Everybody wins when everybody's active!

There are 11 national projects for Fitweek 1992: Sneaker Day, Canadian Tire Get Cycling Challenge, Catch the WAVE to Fitness, CrownLife ParticipACTION Challenge, Do It Daily...For Life!, Guiding is Active!, MOGA Madness, U2 Can Canoe, Shift Shuffle, Spacetrak 2000 and Walk On! In addition, many groups will use their imagination to create their own events.

### Sneaker Day

Jump into Canada's Fitweek with both feet on Sneaker Day, MAY 22, 1992. The day when all Canadians are encouraged to wear their sneakers while participating in physical activity.

Sneaker Day is fun and easy for participants and organizers alike. Choose activities that best suit your participants and your available resources.

For example:

- organize a fitbreak for staff/faculty and students.
- provide incentives for taking the stairs at work or walking to school.
- have a walk-a-thon around your school halls or outside on the school grounds.
- advertise crazy contests for the oldest, biggest or ugliest sneakers.
- organize relay races and fun activities in your gymnasium or outside at lunch hour or after school.
- let your imaginations run wild!

Ensure that people of all ages and abilities can participate in your event. Make your event(s) fun and simple.

You can receive a complete kit with more ideas, tips and materials for organizing and promoting your Sneaker Day event. Contact: Erica Dwyer, Sneaker Day Coordinator c/o Canada's Fitweek, 1600 James Naismith Dr., Suite 202, Gloucester, ON (613) 993-0107.

### Canadian Tire Get Cycling Challenge

Take up the Canadian Tire Get Cycling Challenge. Organize an activity and challenge another school or community group to show off their wheels and be counted in the largest national cycling celebration of its kind. Cycling is a fun and safe way for the whole family to get active and keep fit. It is an efficient, non-polluting form of transportation that offers great aerobic benefits to both the fit recreationalist or the sedentary individual turning over a new leaf.

Special events and contests are all part of the celebration. Schools, workplaces and community groups having the most participants in their category will be recognized as Canadian Tire "Big Wheels" and receive a plaque from Canadian Tire. In addition, all participants are eligible to win a number of bicycles courtesy of Canadian Tire.

Take up the Canadian Tire Get Cycling Challenge. Bike it...You'll like it. For more information and to register your event, contact: Gayle Kean, National Coordinator, Canadian Tire Get Cycling Challenge, Canadian Cycling Association, 1600 James Naismith Dr., Suite 810, Gloucester, ON (613)748-5629.

### Do It Daily...For Life!

The Do It Daily...For Life! program is back with a new focus on active living! CIRA (Canadian Intramural Recreation Association) and CAPHER (Canadian Association for Health, Physical Education and Recreation) are inviting elementary and secondary schools to participate in quality daily physical education (QDPE) and intramural programs during Canada's Fitweek and throughout the year.

CAPHER and CIRA are celebrating their 10th anniversary of collaboration during Canada's Fitweek by bringing you programs such as Do It Daily...For Life! Schools can use Do It Daily...For Life! as a springboard to better promote existing programs and to provide an opportunity to showcase their QDPE school during Canada's Fitweek. In March 1992, physical education departments in elementary and secondary schools will be sent the Do It Daily...For Life! teacher's resource kit. This kit will include

colourful posters and a practical booklet outlining suggestions for class instruction, intramurals, challenges and daily activities to implement during Fitweek and throughout the year. It's a perfect time to begin celebrating active living in your school. If your school has not received the Do It Daily...For Life! teacher's resource kit by April 1992, please contact: Allyson Riley, Special Projects Officer, 1600 James Naismith Dr., Suite 606, Gloucester, ON (613) 748-5622.

### MOGA Madness

At the end of our last episode, our heroes were celebrating their most successful MOGA Madness events ever! Now, the 1992 production of the national youth active living challenge for the Most Outrageous Group Activity is ready to roll...LIGHTS! CAMERA! ACTION! Let's take a moment to look at the stars of these spectacular events - STUDENT LEADERS!

Design and stage an outrageous event. The main objective is to promote physical activity as fun, social and creative by encouraging the entire school to participate. Think of yourself as the Director, Producer and Leading Actor/Actress with the supporting roles being played by fellow students and teachers.

A successful MOGA Madness event includes mass participation in at least 20 minutes of continuous physical activity, organized and run by students, in a creative and outrageous event. Send out the MOGA message to all MOGA maniacs - "Being active is fun!" Our ultimate goal? To promote year-round participation in physical activities!

You've heard of Oscar and Genie Awards, but have you heard of the MOGA Madness awards? Nationwide, secondary schools register their events and have the option to enter our contest for the Most Outrageous Group Activities across Canada. Contest entries are eligible to win the Giant Pink Sneaker Trophy, Top Ten Awards and national recognition.

We suggest that you drum up some publicity by incorporating the MOGA Madness theme into your intramural programs and plan monthly mini-MOGAs, rehearsing for the full scale extravaganza. By spring, the talk of the town will be your MOGA Madness event premiering on May 28, during Canada's Fitweek. Don't forget to mark it on your calendar! Be a star - rise to the challenge and organize a MOGA Madness event for your school. Join in the mania on May 28, 1992.

Contact: Lori Johnstone, National Coordinator, MOGA Madness, 1600 James Naismith Dr., Suite 601, Gloucester, ON (613) 748-5639.

## 22nd Post Secondary Student Intramural Conference

### University of Guelph Report

February 7-8, 1992

"Striving for Excellence" was the theme for the 22nd Annual Student Intramural Conference and it certainly was felt throughout the whole conference. There were 21 colleges and universities represented from across the province. Eleven of these schools provided excellent presentations on various aspects of their institutions' programs.

The Olympic theme prevailed as all delegates were split into 17 different countries. The spirit and enthusiasm demonstrated by these teams was tremendous. Dr. John Powell the keynote speaker for Friday night and an active member of the Olympic movement was very impressed with the energy and knowledge of this group of young people as were they of him. Dr. Powell spoke on motivation and the continual striving for excellence as a life long goal. He gave us all a clear message to continue with what we are doing in our recreation programs as they are a very valuable part of our school lives.

The second keynote of the conference was Pat Richards, volleyball coach and wellness administrator at the University of Guelph. She too entertained us with her guitar "Guit" and echoed Dr. Powell in her words of encouragement in being the best we can be. She stressed looking at our inner selves and building from there.

The conference abounded with other activity too!! Friday evening saw the first CIRA Ontario T-shirt Auction. Schools entered their t-shirts earlier in the day and then a panel of judges awarded a first, second and third place for overall design, colour and originality. Then the auction began! Delegates bid on all the t-shirts and when the final bids were in, the t-shirts were all sold and a start on the Post Secondary Student Scholarship fund was begun. Congratulations is extended to all t-shirt contest award winners and participants.

We can't forget the activity portion of the conference either! The final event of the conference was a mini-Olympics with 5 physical stations and 5 mental stations. Once again the various countries came through with energy and enthusiasm!! After earning all of their medals the countries bid on special auction boxes with prizes for everyone.

Everyone left with a renewed spirit of Intramurals and fun and look forward to next year's conference being co-hosted by St. Lawrence College and Queen's University. A big thank you goes out to the University of Guelph Conference Executive for a job well done!!

See you in Kingston for "JUST PLAY IT" in 1993!!

Submitted by Laurie Farquharson, University of Guelph.



#### ATTENTION All Post Secondary Institutions!

This is a notice to the individual or group who borrowed the CIRA Ontario Banner from the Student conference: PLEASE RETURN IT!! This banner cost a great deal of money and is needed for many other events. Please return it to: Sharon Scime, CIRA Ontario, Intramurals and Recreation, P.O. Box 2034, Mohawk College, Hamilton, ON L8N 3T2

## Volunteer Recognition

Remember: Recognition is not so much something you do as it is something you are. It is a sensitivity to others as persons, not a strategy for discharging obligations.

### 50 Ways to Recognize Volunteers

1. Smile!
2. Put up a volunteer suggestion box.
3. Reimburse assignment-related expenses.
4. Ask for volunteers to write reports.
5. Recognize birthdays of volunteers.
6. Arrange discounts where possible.
7. Plan annual ceremonial occasions.
8. Invite to staff meetings.
9. Recognize and accommodate personal needs and problems.
10. Be pleasant.
11. Provide first aid and C.P.R. training.
12. Use in emergency situations.
13. Keep challenging them.
14. Say "Good Morning".
15. Greet by name.
16. Provide quality pre-service training.
17. Help develop self-confidence.
18. Take time to explain.
19. Be verbal.
20. Make your volunteers feel comfortable.
21. Encourage staff to treat volunteers as co-workers.
22. Give additional responsibility.
23. Afford participation in team planning.
24. Respect sensitivities.
25. Enable the volunteer to grow on the job.
26. Increase responsibility based on experience.
27. Create pleasant surroundings.
28. Enlist to train other volunteers.
29. Persuade "personnel" to equate volunteer experience with work experience.
30. Recommend to prospective employers.
31. Celebrate outstanding projects and achievements.
32. Carefully match volunteer with job.
33. Plan staff and volunteer social events.
34. Provide opportunities for conferences and evaluation.
35. Promote a "Volunteer-of-the-Month" program.
36. Send letter of appreciation to volunteers.
37. Award special citations for extraordinary achievement.
38. Maintain safe working conditions.
39. Be familiar with details of assignments.
40. Conduct community-wide, cooperative, inter-agency recognition events.
41. Provide useful tools in good working condition.
42. Ask client to evaluate their work service.
43. Take time to talk.
44. Commend to supervisory staff.
45. Make thorough pre-arrangements.
46. Admit to partnership with paid staff.
47. Invite participation in policy formulation.
48. Send newsworthy information to the media.
49. Write them thank you notes.
50. Say "Thank You".

## Annual CIRA Ontario Intramural Conference

### The 50's & 60's Rock & Roll Fever!



April 26, 27, 28, 1992  
Geneva Park  
Orillia, Ontario

**Time is Running Out!!  
Register TODAY!!**

**Registration Deadline: March 16, 1992**

For registration information contact:  
Sharon Scime at the CIRA Ontario office  
(416) 575-2083.

### Captain CIRA

Use Captain CIRA at your school for  
Intramural events, student leadership  
and workshops!

*Clarification:*  
Captain CIRA is not  
rented. However,  
there is a small  
user fee.



For more information, call the CIRA  
Ontario office at (416) 575-2083.

### Calling all Intramural Enthusiasts

Ideas, activities, & articles are needed  
for future *Input* issues. If you have  
any ideas, suggestions, special events,  
etc. please send them to the CIRA  
Ontario office.

*NOTE:* Your submissions can be in  
rough and can be kept anonymous if  
you wish. If you don't think your  
activity, game, special event is a good  
one, send it anyway and let me be the  
judge! You'll be surprised how many  
good ideas you have and you should  
share them with the membership.

Send your submissions to:  
Sharon Scime, CIRA Ontario Office,  
Mohawk College, P.O. Box 2034,  
Hamilton, Ontario, L8N 3T2.

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