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# INPUT



Vol. 13 No. 1

October 1992

## GET HIGH ON INTRAMURALS



## NOT DRUGS

**Drug Awareness Posters**

Be sure to call the CIRA Ontario office at (416) 575-2083 to place your order for these FREE Drug Awareness Posters (\$5.00 for postage and handling)

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For further information contact the CIRA Ontario office at (416) 575-2083  
Mohawk College, PO Box 2034, Hamilton Ontario, L8N 3T2  
c/o Campus Recreation

SPONSORED BY THE MINISTRY OF TOURISM AND RECREATION



## Welcome Aboard Kelly!



The CIRA Ontario executive would like to welcome Kelly Buchanan, a second year Recreation Leadership student at Mohawk College who is doing her field practicum at the CIRA Ontario office. Kelly will be working in the CIRA Ontario office on Wednesdays from 8:30 - 4:30 pm until April 1993.

## 99 ways to say... "VERY GOOD"

"99 Ways" has been reprinted with permission from Mr. Zigler's "I CAN" course.

1. SUPER GOOD!
2. You've got it made.
3. SUPER!
4. That's RIGHT!
5. That's good.
6. You're really working hard today.
7. You are very good at that.
8. That's coming along nicely.
9. GOOD WORK!
10. That's much better!
11. I'm happy to see you working like that.
12. Exactly right.
13. I'm proud of the way you've worked today.
14. You are doing much better today.
15. You've just about got it.
16. That's the best you have ever done.
17. You're doing a good job!
18. THAT'S IT!
19. Now you've figured it out.
20. That's quite an improvement.
21. GREAT!
22. I knew you could do it.
23. Congratulations!
24. Not bad.
25. Keep working on it, you're improving.
26. Now you have it!
27. You are learning fast.
28. Good for you!
29. Couldn't have done it better myself.
30. You are a joy.

Continued on p. 7

## ATTENTION!

# All Post-Secondary Institutions

## CIRA ONTARIO POST-SECONDARY SCHOLARSHIP

### Description

A scholarship to recognize an individual involved at the post-secondary level who has been strongly involved in campus recreation.

Two scholarships of \$200.00 will be awarded to successful applicants attending any Ontario post-secondary institution.

### Criteria

1. Applicants must be attending an Ontario post-secondary institution.
2. Applicants must submit a 500 word type-written report about his/her contributions that he/she has made to an intramural program at his/her institution and the participation in the program.
3. Applicants must be sponsored by a CIRA Ontario member. The member must submit a letter stating why they feel the applicant should receive this scholarship, how many years they have known the applicant, and in what capacity they have been involved in intramurals with the applicant.
4. The candidate must have passing grades in the previous year and it will be verified before the scholarship is awarded.

### Selection Procedure

The successful recipient will be involved in convening, instructing, officiating, and student leadership.

Application deadline is December 1st, 1992. Please forward applications to Christine Brydges, VP Publicity, CIRA Ontario, c/o 2587 Lakeshore Rd., Bright's Grove, Ontario N0N 1C0.

The CIRA Ontario executive will be reviewing applications in January and the award will be presented at the post-secondary conference in February.

## WANTED!

# Speakers / Presenters

CIRA Ontario is presently developing a speakers bureau (resource list) in the area of intramurals and recreation. This resource list will be available to CIRA Ontario members, regional advisors, conference planning groups and other provincial groups as a reference to those looking for speakers in various areas.

If you are interested in being included as a resource please contact Sharon Scime at the CIRA Ontario office or Joan Healey, VP Resource Development, Centennial College, (416) 694-3241, Ext 3357 with your name, topic area(s), and a phone number. You'll be contacted in the near future.

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## *Intramural Ideas: A Mini Series*

### Part 2 -Integration

## Things to think about when integrating Special Populations

by Joyce Hopkins

The following are things you should keep in mind when integrating special populations into your program:

- Accessibility
- Integration at a comfort level
- Modifications
- Buddy system
- Liability?
- Competition? What level?
- Discrimination?
- Adaptation

- Special equipment or adaptations to present equipment
- Varied program ie/new games, sports, skills
- Awareness
- Willingness to try - ACTION
- Contacts ie/professional organizations
- Resources, workshops
- Input by the developmentally challenged

- Incorporate life skill students into more play orientation programs.
- Intramurals at various levels
- Crazy theme days
- Special programs geared to them

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## Ready - GO

*Everything you've always wanted to know about sport and recreation for children with disabilities in Ontario... but didn't know who to ask!*

Looking for information about sport and recreational opportunities for children with disabilities in your area? It's in **READY-GO!**

"**Recreational Activities for Disabled Youth - a Guide for Ontario**" offers a complete guide to all physical activities, recreational and sports opportunities throughout Ontario for youth with disabilities.

In response to numerous requests by parents, Variety Village, with the support of the Ronald McDonald Children's Charities of Canada, has compiled the copious guidebook, which lists all organizations alphabetically, including contact information and a brief description of all programs. The organizations are also cross-indexed by geographical location,

type of activities offered, types of disabilities served and the age of participants.

Reference copies of **READY-GO!** are available through Ontario public libraries, pediatric hospitals, municipal recreation departments and agencies that provide services to children with disabilities. Individual copies of **READY - GO!** may be purchased from Variety Village for \$8.00.

A second research initiative at Variety Village focuses on enabling people with disabilities to have equal access to fitness appraisal and counselling services in their community. The Arm CAFT project, supported by the Ontario Association of Sport and Exercise Sciences, is developing an arm cycling exercise test comparable to the Canadian Aerobic Fitness Test.



Development of the fitness test is currently being evaluated. Volunteers (men and women with mobility disabilities between 20 and 59 years of age) are sought to assist with this evaluation. Each person will complete three separate endurance tests, all involving upper body exercise.

Details about the project may be obtained by contacting either Patti Longmuir or Linda Gurd at Variety Village, 3701 Danforth Avenue, Scarborough, Ontario, M1N 2G2. The phone number is (416) 699-7167.

*This article was reprinted from Canada's Lifestyle Magazine for People With Disabilities - "Abilities", Summer 1992, Issue Number 12.*

# Intramural Extravaganza

## Halloween Fever

Submitted by Brent McFarlane

You could try the following activities at your school!

### Objectives:

- to have fun
- to involve all students in funny events
- to create cooperation between all team members
- to award lots of house points

### Thursday, October 30th

✓ **Orange and Black Day** — wear orange and black and make points for your class/house.

✓ **Unicef Collection Day** — prizes and points to the house that collects the most money\$\$

### Noon Hour Activities

- ✓ **Wolf howling competition** (ie/1 boy per homeroom)
- ✓ **Blood curdling screamers** (ie/1 girl per homeroom)
- Marshmallow eating contest (ie/1 boy and 1 girl per homeroom)
- Shaving contest (ie/1 boy and 1 girl per homeroom)



**House Competitions** — 1st-50 points, 2nd-40 points, 3rd-30 points

- ✓ **Witches Run** — Blindfold around an obstacle course. (8 team members)
- ✓ **Pumpkin Pass** — A relay with pumpkins. (8 team members)
- ✓ **Spider Walk** — Crab walk and balancing together. (8 team members)
- **Cornstalk Figure** — Who can make the best figure???

### Dance! Dance! Dance!

3:30 to 5:30 - Run by the Student Council Reps.

Prizes awarded for:

- ...Most Original Costume ✓
- ...Scariest Costume ✓
- ...Best Pair or Couple
- ...Best Makeup
- ...Cutest Costume! ✓

### Friday, October 31st

**Pumpkin Contest** — prizes for the biggest pumpkins, the smallest pumpkins, and the most pumpkins. Win points for your homeroom.

### Noon Hour Activities

- Halloween scavenger hunt — everybody participates! ✓
- Find the hidden Candy Kisses for extra points. ✓
- Guess the number of Candy Kisses in the jar...win points. ✓

### House Competitions:

- Ghost Riders — Scooter board relays. (8 team members)
- Pumpkin Carving — The house with the best and creative ideas. ✓
- Witches and Warlock Auction: Buy a slave for a day.

**NOTE:** Have the kids bring their cameras both days! Prizes and points can be awarded for the best pictures taken!

## Cotton/Quarter Bowl

**Aim:** To be the first team to place cotton balls and quarters in the bowl.

**People and Space:** Any number of players divided into equal teams, an exercise leader, and a large space.

### Things You'll Need:

- Sound system and tapes.
- One cotton ball and one quarter for each player.
- Two plastic bowls per team.
- Masking tape, flour, or chalk.
- One set of pinnies for each team — different colour for each team.

### Before You Begin:

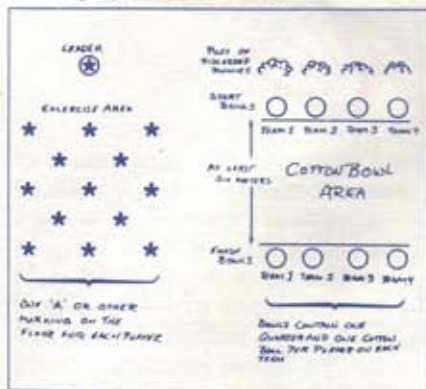
- Set up the play area as in the diagram, using masking tape, flour, or chalk to mark the floor or ground — one spot for each player.
- All players pick a spot in the exercise area.
- Leader hands out pinnies, thus assigning players to teams by colour. Ensure team members are spread equally throughout the exercise area. No team should have an advantage by being closer to the Cotton Bowl area.
- Each team designates one player to be their first relay participant.

### Playing the Game:

- Start the music and the leader begins an exercise to music — “on-the-spot” — class. All players participate in the exercises except when it's their turn to do the relay.

- On the **GO!** command, the first participant from each team races to their **Start Bowl** and picks up a cotton ball. Balancing the cotton ball on the back of one hand, they hop on one foot to their **Finish Bowl** and drop the ball in. They then race back to the **Start Bowl**, pick up a quarter, place it between their knees, carry it to the **Finish Bowl**, and drop it in. If a cotton ball or quarter is dropped, re-position it and start again at that spot.
- When finished, the player takes off their pinnie, races back to the exercise area and tags one of their teammates who is wearing a pinnie. The new relay participant races to the Cotton Bowl area and repeats the cotton ball/quarter race.
- Players without pinnies return to their original spot in the exercise area and continue with the “on-the-spot” exercises as demonstrated by the leader.

- The first team to complete the relay and return to their spots in the exercise area is declared the winner.
- Time permitting, make up new teams and play another round.



#### Add To The Fun:

- Think up other wacky (but safe!) relay activities with the cotton ball/quarters.

*Brenda Clarke  
John Paul II High School  
Quyon, Quebec*

## Dish-Pan Hands

**Aim:** To score more points than the other team, using a nerf ball and dish-pans!

**People and Space:** Two teams of six to eight players each and a volleyball court.

#### Things You'll Need:

- Volleyball net and two poles.
- A sponge or nerf ball.
- Four plastic dish-pans of various sizes and shapes (or plastic bowls or frisbees).

#### Game Plan:

- Follow the general rules of volleyball.
- Instead of hands and arms, only a dish-pan can be used to handle the ball.
- With only two per team, the pans must be passed frequently between players.
- A player is not permitted to handle the ball twice in a row.
- Only the serving team is eligible to score points.

#### Add To The Fun:

- Wear rubber gloves.
- Play the games in a pool or lake in shallow water.

*Robyn Ryan  
R.W. Parsons Collegiate  
Robert's Arm, Newfoundland*

## Mazola Mountain

**Aim:** To be first to reach the top of "Mazola Mountain" either individually or in teams, depending on the number of players.

**People and Space:** Any number of players, a timekeeper, and a steep, grassy hill.

#### Things You'll Need:

- A large plastic sheet.
- Four pegs.
- Stopwatch.
- Lots of cooking or baby oil, or other safe slippery substance.
- A hose with running water to wash players off after their climb.
- A swimsuit or old clothes for each player.

#### Before You Begin:

- Use the four pegs to secure the plastic sheet on the steep hill.
- Cover the sheet with the oil.

#### Playing the Game:

- Teams or individuals take turns trying to reach the top of the slippery sheet of plastic.
- Time each climb.
- The individual or team with the best time wins.

#### Add To The Fun:

- This "event" could be one of several that players rotate through. Other events could include wacky races, obstacle courses, etc.

*Shaun Andrews  
Paul Kane High School  
St. Albert, Alberta*

## Tongue-Twister Ball

**Aim:** To score more goals and recite tongue-twisters more successfully than the other team.

**People and Space:** Two teams of seven or more players each, and a field with marked boundaries.

#### Things You'll Need:

- Two nets or four pylons to define goals.
- A soccer ball.

- A container with tongue twisters written on pieces of paper.

#### Game Plan:

- Follow the general rules of soccer.
- When a team scores, the other team designates one of their players to draw a tongue-twister out of the container. If that player can recite the tongue-twister successfully and rapidly five times, the other team's goal doesn't count.
- If the player stumbles over the tongue-twister, the goal counts as one point.
- A player can only be chosen once to recite a tongue-twister.
- The team with the most points at the end of the play period is declared the champion.

*Christy Knott  
Eleanor Hall (Clyde)  
Westlock, Alberta*

### 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 Ontario Office, P.O. Box 2034, Hamilton, Ontario L8N 3T2.

## Schlockey

#### A Recess Game for Everyone!

Set the puck on the middle board, slap sticks three times and go for the puck. By moving along your 8' side from end to end without stepping into the game area, try and shoot the puck through your opponents end hole.

Materials include 2-4x8 sheets of plywood (3/4" thick) and 2 x 6 edges and center line.



*Pat Doyle  
Bridgeport Public School  
Kitchener, Ontario*

# — TRIPLES —

## The Game



“Triples” is 3-on-3 badminton that is fast, exciting and fun. It allows you to maximize court space and get everyone in your class involved.

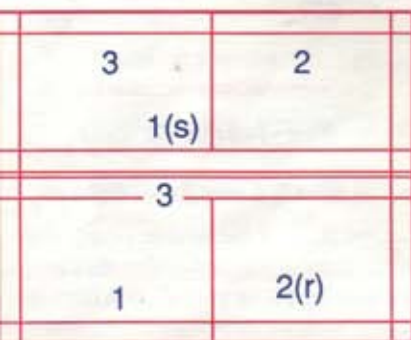
Each team consists of 3 players. One stands at the “T” in the court with one player on each side of the backcourt. This allows both teams to be in both an attacking and defending position at the same time! The bird both moves very quickly, usually the team attacking wins the rally; and most shots are smashes or drives. High serves are not a good idea!

### How to Play

**To Begin:** Spin the racquet or flip a quarter to see what team serves first.

Number the players on your team 1, 2 and 3. If necessary, get tape and mark the players number on his/her shirt.

**Setting Up:** Team A has won first serve



(s) denotes server  
(r) denotes serve recipient

Each player must stick to his/her area

- one person plays at the “T”
- one person in the back corner
- one person in the right back corner

Each player gets 3 serves in a row — always starting from the right service court and alternating service courts after each serve. He/she will always end his/her serve on the right service court.

Points can be scored by either team off of every serve. There is NO “loss of serve”. (These rules are similar to Table Tennis - each player/team gets 5 serves and whoever wins the rally scores a point. After 5 serves, the other player/team begins his/her 5 serves.)



Team B

*The only person changing positions during 1A's three serves is 1A. (3B has to move to the other side on the T to get out of the way of the serve.)*



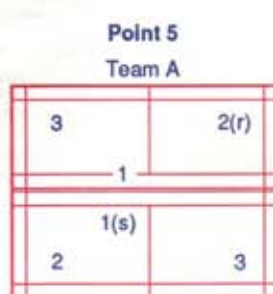
Team B



Team B



Team B



Team B



Team B



Team B



Team B



Team B

**A time limit may be set for each match or the games can go to 15 points.**

All other rules as in regular doubles badminton.

In order to get your kids used to the game your department may want to dedicate one class to learning the game before you run your round-robin class tournament. Better still, use the “3-on-3” Challenge as a method of teaching the badminton portion of the Phys. Ed. Curriculum!

*For more information contact the Ontario Badminton Association.*



Team B

...and so on...

# Ontario Educational Leadership Center (OELC) hosts an Intramural Day

by Laurie Farquharson

Over one hundred and fifty grade 7 and 8 leaders from across Ontario became Intramuralists for a day in early August. Sharon Scime, Laurie Farquharson and Mary Jane Delsey from the CIRA Ontario office took up the challenge and led these energetic students through a fun filled activity packed day.

The day began with various "movers and breakers". The camp was then broken into two groups and put through their paces. Intramural activities of all sorts were played throughout the day. In the morning, the leaders experienced relays and special event activities such as Paper Chase, Wheelbarrow Wobble, Ankle Antics, Spoon/String Relay, Snakes and Rattles and more. The afternoon consisted of sport adaptation games such as Tongue Twister Crab Soccer, Basevöll, Deck Tennis/ Bedsheet Bluff, Ribbon Chase, and Circular Confusion.

While one group played Intramural games the second group developed Intramural events through the CIRA Student Leadership Program. The leaders found out what Intramurals are all about and how to set up and run events in their own schools. Tourna-



ments such as Ultimate Frisbee, Whippet and Baseball were set up. How about special activity days such as Twinmural Day, Water Day, Raccoon Radio Rhyme, Backwards Day and Alien Day! The leaders should be congratulated for their creative thinking and well planned events.

The CIRA Ontario group were treated to a tournament of Three-Legged Soccer and a "Find Waldo" game after supper. These were run by the leader groups and were a lot of fun. Following these events there was even further entertainment with an evening of skits.

The evening ended with a quick resource workshop for the teachers that were present. They received copies of the materials used throughout the day and had an opportunity to view all of the CIRA resources available.

A big thank you goes out to the O.E.L.C. crew for a fun and exciting day of Intramuralling!! If anyone is interested in receiving a copy of the activities which were used please contact the CIRA Ontario office at (416) 575-2083.

## VERY GOOD!

*continued from p. 2*

31. One more time and you'll have it.
32. You really make my job fun.
33. That's the right way to do it.
34. You're getting better every day.
35. You did it that time!
36. You're on the right track now.
37. Nice going.
38. You haven't missed a thing.
39. WOW!
40. That's the way!
41. Keep up the good work.
42. TERRIFIC!
43. Nothing can stop you now.
44. That's the way to do it!
45. SENSATIONAL!
46. You've got your brain in gear today.
47. That's better.
48. That was first-class work.
49. EXCELLENT!
50. That's the best ever.
51. You've just about mastered that.

52. PERFECT!
53. That's better than ever.
54. Much better!
55. WONDERFUL!
56. You must have been practising.
57. You did that very well.
58. FINE!
59. Nice going.
60. You're really going to town.
61. OUTSTANDING!
62. FANTASTIC!
63. TREMENDOUS!
64. That's how to handle that!
65. Now that's what I call a fine job.
66. That's Great.
67. Right On!
68. You're really improving.
69. You're doing beautifully.
70. Superb!
71. Good remembering!
72. You've got that down pat!
73. You certainly did well today.
74. Keep it up!
75. Congratulations. You got it right.

76. You did a lot of work today!
77. Well, look at you go!
78. That's It!
79. I'm very proud of you.
80. MARVELOUS!
81. I like that.
82. Way to go!
83. Now you have the hang of it.
84. You're doing fine.
85. Good thinking!
86. You are really learning a lot!
87. Good going.
88. I've never seen you do it better.
89. Keep on trying!
90. You outdid yourself today.
91. Good for you!
92. I think you've got it now.
93. That's a good (boy/girl).
94. Good job, (student's name).
95. You figured that out fast.
96. You remembered!
97. That's really nice.
98. That is great work!
99. It's such a pleasure to teach when you work like that.

It's



CIRA  
XIV

Canadian Intramural  
Recreation Association

## National Conference

October 22 - 25, 1992  
Calgary, Alberta

### 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.

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.

### 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

### Regional OPHEA Conference

University of Windsor,  
Faculty of Education

For more information contact:  
Carolyn Runge  
OPHEA  
Phone: (416) 495-4314

### 5th Annual Recreation/Intramural Administrators Workshop

McMaster University  
Hamilton, Ontario

For more information contact:  
Tim Louks  
McMaster University  
Department of Athletics and Recreation  
Phone: (416) 525-9140 Ext. 4464

Ryerson Polytechnical Institute  
presents...

### Intramurals are Cool "the sequel"

The 14th Annual  
Secondary School Workshop



Friday & Saturday,  
November 6 & 7,  
1992

\$30.00 per  
person includes  
• Pizza Party,  
• Saturday's  
Lunch,  
• T-shirt

For details contact:  
Jean Kennedy at (416) 979-5096

### SCIP

Subcommittee on  
Intramural Programming  
presents the

### 5th Annual Intramural Director's Workshop

Thursday, December 10, 1992  
Mohawk College

For further information contact:  
Kelly Buchanan  
CIRA Ontario Office  
Phone: (416) 575-2083

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