

INPUT



Vol. 13 No. 3

February 1993

JUST PLAY IT!

23rd Annual CIRA Ontario Post Secondary Student Conference

I'm Pumped!
I'm Psyched!
I'm Ready!!!

by Sharon Scime
CIRA Ontario Executive Assistant

On behalf of CIRA Ontario I would like to thank Penny Banks and Todd Minerson, Co-Chairpersons for the 1993 "JUST PLAY IT" conference held in Kingston, Ontario on February 5th and 6th, 1993. The conference committee was made up of students from Queen's University and St. Lawrence College. This is the first year that the conference has been co-hosted by a college and university. It was fantastic! The committee under the direction of Kathy Jackson from Queen's University and Julie Stevens from St. Lawrence College did an outstanding job. I know that I left the conference "Pumped, Psyched, and Ready" to take on new challenges and try the new and innovative ideas I picked up over the two day conference.

There were over 220 delegates in attendance including delegates from Simon Fraser University in British Columbia. The theme of the conference was very fitting considering the tremendous World Series victory by the Toronto Blue Jays! Each delegate was allocated and placed on a major league baseball team. Right off the bat, each delegate made at least a dozen new friends...their major league teammates! The "players" were in for a ball, the

following day and a half was filled with excitement, energy, enthusiasm, great learning experiences, new ideas, creativity and some FUN competition!

The outstanding keynote presentations from Participation Canada, Sue

Congratulations to all the delegates and to the conference committee on making this year's conference a true success! We wish the University of Western Ontario the best of luck in planning for the 1994 Post Secondary Student Conference!



Holloway, (Canadian Olympian) and Michelle Harkness, Manager of Campus Recreation at Mohawk College left the delegates with a realization of the importance of ACTIVE LIVING and the role that each of us play in carrying out quality, daily, physical activity. We must remember to make the most out of life and to strive to make a difference!

I must make mention on who won the "JUST PLAY IT - WORLD SERIES". The competition was close and the second place team was the Oakland "A's". However, the World Series Champions was my very own "FLORIDA MARLINS"!

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1993 CIRA Ontario Post Secondary Scholarship Recipients

The following students were this year's recipients of the CIRA Ontario Post Secondary Student Scholarship. Both recipients received a plaque along with a \$200.00 scholarship at this year's Student Conference in Kingston, Ontario.

Our first scholarship winner is Peter Koutroumpis. Peter is a highly active student leader at the Department of Athletics and Recreation at the University of Toronto.



Since his beginning with the department in 1989 he has had the following leadership responsibilities: intramural official, head of intramural officials for lacrosse and ice hockey, men's intramural sports committee member, review board member, editor of campus recreation monthly newsletter and he has attended two CIRA Ontario Post Secondary Student Conferences.

On top of all this, he has managed to keep his academic standings up, something that tends to get in the way when you are having fun but of course is the reason you are able to participate.

With the many changes that have been happening at the University of Toronto, it is particularly notable that Peter is the chairperson for the Department of Athletics and Recreation Council. This council has been very active in writing the new five year plan.

Peter has been a strong leader with a real concern for encouraging, developing and promoting active living.

CONGRATULATIONS Peter!!

Our second scholarship winner is Jason Whittaker, "Woody" of Brock University. Working in Campus Recreation since 1990, Jason began as a sport convener for men's basketball. He enjoyed playing in five sports while officiating in three others.

In Jason's second year he was asked to step into the chief convener's role when

the present convener did not return to school. This year Jason is a chief convener and displays many leadership qualities in his daily and weekly duties for the program.



Jason has not only excelled in the Intramural program at Brock University but has taken his talents to other active living areas. He has attended three CIRA

Ontario conferences where he continues to get new and innovative ideas. These new ideas have also carried over into assisting with two secondary school conferences at Brock.

On a more administrative level, Jason represented Intramural and Campus Recreation in the selection of a new Dean of Physical Education and Recreation. This year he sits as the Campus Recreation representative on the Dean's Advisory committee for new projects.

CONGRATULATIONS Jason!!

If you are interested in finding out how one of your students can apply for the CIRA Ontario Post Secondary Student Scholarship be sure to contact the CIRA Ontario office at (416) 575-2083.

It's A Boy!!



**Congratulations
On Your New Arrival
Jim!**

Jim Weese, the Coordinator of Co-operative Education at the University of Windsor, and a long-standing member and supporter of CIRA Ontario is the proud father of a healthy baby boy.. "Zach" or officially William Zachary. All the best Jim with your new and exciting addition to the Weese family.

CIRA Ontario Conference

April 18 - 20, 1993

Keynote Speaker:

Warren Campbell

Warren Campbell, this year's keynote speaker at the CIRA Ontario Conference, is a Queen's University graduate who was a member of the world famous Fort Henry Guard. Warren's Physical Education career took him to Scarborough where he was the Physical Education Head at Porter Collegiate Institute as well as Laurier Collegiate Institute. After a stint in administration, Warren Campbell became Physical Education Co-ordinator for Scarborough. In this position, many programmes and policies were instituted which are now used province-wide.

Warren is warm, witty and wise, with a terrific attitude towards education.



Warren Campbell

Warren is past-president of CAHPER so his enthusiasm is known province wide. His theme for the keynote address is "Catch a Kid Doing Something Good."

Submitted by Carolyn Nixon, 1993 CIRA Ontario Conference Committee Chairperson.

We Need Your Input!

CIRA Ontario is looking for nominations from the general membership for the honour award and the honorary award.

Guidelines for the awards are as follows:

Honourary Award

Criteria:

1. The person is not a professional in CIRA Ontario.
2. The person has networked with CIRA Ontario for three or more years.
3. The individual has shown perseverance by making a positive contribution to CIRA Ontario.
4. The individual should possess a strong belief in intramurals-recreation and shows it through his/her actions.

Voting Procedure:

CIRA Ontario executive will accept nominations from the general membership. The executive will vote to determine the candidate.

If there is no suitable applicant this award will not be presented for the year.

Honour Award

Criteria:

1. The person must be a professional member of CIRA Ontario for four years or more.
2. The individual must have been involved in CIRA ONTARIO in two of the following roles:

- i) participated as a conference committee member either at a provincial or national level
- ii) participated as a CIRA Ontario executive member
- iii) acted as a regional advisor for a minimum of 2 years
- iv) been actively involved in the development of student leadership by conducting workshops, or creating resources, or submitting articles to the newsletter.

Please send all nominations to Christine Brydges by Friday, March 26th, 1993. Nominations may be forwarded by either mail or telephone:

Huron Oaks Recreation Center
2587 Lakeshore Road
Bright's Grove, Ontario
N0N 1C0

Phone: (519) 869-4231 (message may be left if not available)

11 Commandments for an Enthusiastic Team

1. *Help each other be right – not wrong.*
2. *Look for ways to make new ideas work – not for reasons they won't.*
3. *If in doubt – Check it out! Don't make negative assumptions about each other.*
4. *Help each other win and take pride in each other's victories.*
5. *Speak positively about each other and about your organization at every opportunity.*
6. *Maintain a positive mental attitude no matter what the circumstances.*
7. *Act with initiative and courage as if it all depends on you.*
8. *Do everything with enthusiasm – it's contagious.*
9. *Whatever you want – give it away.*
10. *Don't lose faith – never give up.*

Historical Archives

Does anyone have any remembrances of the past?

CIRA Ontario is in the process of collecting pictures, t-shirts, binders, or any information from the past. We need your assistance. If you are attending this year's CIRA Ontario conference please bring them or send any information to:

Christine Brydges
VP Publicity, CIRA Ontario
Huron Oaks Recreation Centre
2587 Lakeshore Rd.
Brights Grove, ON
N0N 1C0


ACTIVE LIVING®
Go for Green!

Intramural Extravaganza

Initiative Games Using HULA HOOPS!



Circle the Circle

Ask the group (15-30) to form a hand-in-hand circle. Place two large hoops together between two people (resting on their grasped hands). See how quickly the participants in the circle can cause the hoops to travel around the circle (over the people) in opposite directions, through each other (ie/hoop through hoop) and back to the originating point. Use fairly large hoops for the activity — they are sold in different diameters.

It's interesting to see what the group's response is when you ask, "Who won?" after both hoops have circled the circle. It takes some thought to realize that the entire group is working as a team. No losers. No winners.

Hoop Relay

Divide the group into two parts and ask each half to queue up facing you. The folks in each line should be holding hands front-to-back; ie., reaching backward through their legs to grasp the free hand of the person behind them. This relay requires two starters, each standing in front of a line, designating the start, and each holding 3 – 4 hoops. Each starter, on a signal, begins the action by placing a hoop over the head of the first person in line and as soon as that hoop has been moved to the third person in line, the second hoop is started, etc. If the starters want to become part of the action they simply start the last hoop and become the first person in line. When the

first hoop reaches the last person in line, that individual runs to the front of the line with the hoop, grabs the hand of the now second person and starts the hoop moving toward the end of the line. Continue until the original front line person returns to that position.

These hoop games were reprinted from "Silver Bullets", A guide to initiative problems, adventure games, stunts and trust activities by Karl Rohnke.

Bull's Eye

Aim: To earn more points than the other players.

People and Space: Groups of three players each, and a play area with a wall.

Things You'll Need:

- Two soccer balls for each group of three players.
- Stopwatch or clock.
- Three pylons or other markers for each group.
- Masking tape to mark the floor if there are no appropriate lines on it. (Flour to mark the ground if you're outside.)

Game Plan

Before You Begin:

- Each group designates one player to start as goalie, and sets up two pylons

in front of the wall, about three metres apart to make a goal.

- Using masking tape or flour to mark a shooting line on the floor of ground about six metres away from the goal.
- Set up the third pylon about six metres behind the shooting line.
- Decide on the length of time of each Round (eg., three to five minutes).

Playing The Game:

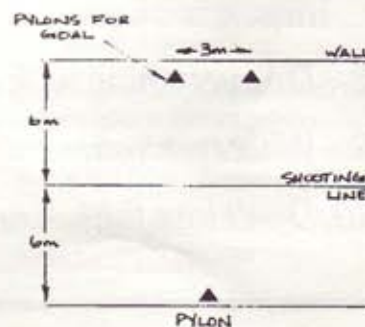
- Start the stopwatch or check the clock.
- Within each group, two players take turns shooting their soccer ball at the goalie until time is up for that Round. Shots are taken from behind the shooting line.
- After shooting and retrieving the ball, players dribble the ball with their feet around the third pylon.
- Players earn one point for each goal scored, and goalies earn five points for every save. Players keep track of their own points.

Changing Roles:

- When time is up, a new player plays in goal and the next Round starts.
- The player with the most points at the end of three Rounds of play is declared the champion.
- Make new groups of three and start a new game.

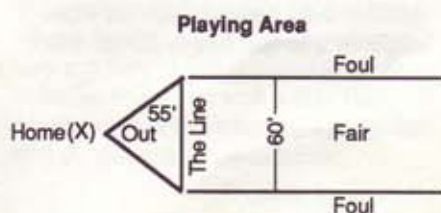
Variation:

- Vary the size of the goal and distances for the shooting line and third pylon.



Rules:

1. Three players per team.
2. Games will consist of five innings or thirty minutes. If a tie, the team with the most hits will be declared the winner, if equal extra innings will be played.
3. Players bat from "home" (marked X). One of your teammates pitches from anywhere in front of "the line" or its extensions.
4. Fielders may play anywhere behind "the line" or its extension.
5. A "hit" is: (a) a ball hit into fair territory on the fly without being caught by fielders (b) any ball touched and dropped by fielders (c) a fielder crossing "the line" or its extensions when attempting to catch the ball.
6. A "home run" occurs when any ball hit past the last man in fair territory on the fly goes by without him/her touching it.
7. An "out" occurs when: (a) two foul balls are hit (b) one strike is taken (c) a fly ball is caught by fielders (d) the ball hits "the line" or lines around the area (e) the ball is touched or dropped by the batter or pitcher (foul tips that hit batter and land in foul territory are foul) (f) batting out of turn, and (g) the pitcher crosses "the line" after a hit ball.
8. A "foul ball" is: (a) any ball landing outside "out" or "fair" areas on the fly (foul lines are foul) (b) any taken pitch and (c) any "balk" pitch.
9. A team scores one run after three hits in an inning. Each additional hit in the same inning scores one more run. Home runs clear the bases.
10. At no time may players cross from one side of the "line" or its extensions to the other when catching or attempting to catch a hit ball.
11. All teams are guaranteed at least two games as this is a double elimination tournament.
12. *Substitute Rule:* Free substitution on defense only.



Ontario Lacrosse Presents a Great New Game for Kids...
It's Fast... It's Skillful...

IT'S MINI-LACROSSE!

Mini-Lacrosse is a modified version of Lacrosse in which there is **no body contact and no stick contact.**

- no protective equipment is required.
- players use a soft flexible plastic stick and a soft low rebound ball.
- boys and girls can play together.
- can be played indoors or outdoors.
- basic rules of play that are easy to learn and supervise. Equipment permits basic skills to be easily learnt.
- no body contact – no stick contact.

The Mini-Lacrosse Concept:

"Keep it simple and have FUN!"

The game is designed for enjoyment while at the same time stresses passing and catching skills, teamwork and continuous action.

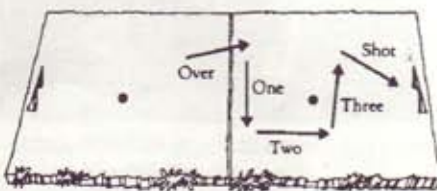
Equipment:

Plastic Sticks – The sticks are designed to take tremendous abuse without breaking, but to flex when contact with players occurs. They are inexpensive and are easily washed in soap and water when dirty.

Ball – Soft low rebound plastic that will when caught fall into the pocket.

Goals – Regular Lacrosse goals or similar or improvised goals such as benches, hoops, chairs, etc.

Playing Area:



Basic Rules of Play:

1. Play the Ball – not the opponent. All players must be free to move and no body contact or stick contact is allowed. Violation: penalty shot to be taken on the opponent's goal from designated spot – ball remains in play if shot missed.

2. Players must keep both hands on the Stick. Violation: change of possession.
3. The Ball must be passed over the centreline. Violation: change of possession.
4. Three Passes must be made after the Centreline pass before each shot on goal. Violation: change of possession.
5. Play should be continuous - no stalling. Violation: change of possession.
6. Substitution of players through designated areas may take place at any time and is unlimited.

Optional Rules:

The rules may be varied depending on the age and skill levels of players.

- reduce number of passes after centreline pass.
- reduce onfield players to five to avoid overcrowding.
- off-side rule also to prevent overcrowding can be applied depending on skill levels attained.
 - 2 Defense to remain in defense half.
 - 2 Attack to remain in attack half.
 - 2 Midfield can play anywhere.
- Out of bounds – closest player to ball when it goes out of bounds takes the possession from the boundary.

Helpful Hints:

- have extra balls readily available.
- raise arm and call "over" as centreline pass is made.
- call out "one", "two", etc. as each pass is taken to attempt shot on goal.

For more information on Mini-Lacrosse, Box Lacrosse and Men's and Women's high school and club field lacrosse, contact:

Ontario Lacrosse Association
1220 Sheppard Avenue East
Willowdale, Ontario
M2K 2X1
Phone: (416) 495-4230

Mini-University

MINI-U IS FOR YOU!

The Mini-University concept originated in 1980 at the University of Manitoba. The idea for a combined academic and sports camp for children to have the opportunity to experience and learn about career choices at an early age. This "hands on" program has seen that demand grow, particularly in Western and Eastern Canada.

The University of Toronto Department of Athletics and Recreation recognized this need and deemed this concept as an extremely viable program for the youth of Toronto. Mini-University is a program in which both the faculties on campus and the athletics department can benefit. The University of Toronto is excited to offer this exciting new program to the City of Toronto community.

The Mini-University program is offered to students in grades 5, 6, 7 & 8 (10-13 years of age). Its primary goal is to provide innovative and exciting "hands on" learning experiences which explore various possible career choices, to provide fun physical activities and to achieve a healthy balance between the two. The secondary goal is to familiarize children with the University of Toronto.

Some of the objectives are:

- to provide children at a very young age some idea of career choices and a sense of what university is all about.
- to give the children concrete tools with which to base this decision.
- to provide fun physical activities in combination with the academic activity to achieve a healthy balance.
- to create student employment at the university and provide valuable teaching experiences.
- to provide an opportunity for recruitment and public exposure for the faculties, departments and the University of Toronto.

The program was administered by the Department of Athletics and Recreation, as part of the Community Services Summer Sports Camp program, and facilitated on the St. George Campus of the University of Toronto. The two week (pilot) session operated from July 15 to 26, 1992, 9:00 a.m. - 4:00 p.m.

Feedback from evaluation by participants, parents and staff indicated a very positive response to the program.



Anyone who is interested in establishing a Mini-University program at their college or university, is more than welcome to contact: Darcy Brioux at (416) 978-3031 for information and assistance.

Activities Offered

The following is a list of activities which were offered this past summer over the two week session.

Law

Children learned about the Canadian judicial system by being involved in a moot court. They also played various roles in a pretend trial and learned the importance of laws and the law profession in our society today.

Science Outreach (Arts and Sciences, Engineering and Forestry)

Children learned how science is used to make things, like holograms, model rockets, and tie-dye t-shirts. They also discovered the wonders of science, through an egg dropping competition and other games.

Physical and Health Education

Children discovered what makes them run faster and jump higher in laboratory demonstrations of health and fitness testing equipment. They also learned how physical educators help train Canada's Olympic athletes.

Multisport Activity

Children were instructed in the basic skills of fitness and in a variety of sports, for example, volleyball, basketball and soccer. The instructor assisted in developing their physical skills, explained the rules and helped the children gain an appreciation and enjoyment of sport to further enhance their personal fitness.

Recreational Swimming

A well supervised recreational swim period was provided in the last time period of the day for all groups. A shallow pool was available for those children who had fear of deeper water.

The Couch Potato Gets Fit!

Fitness walking is the perfect low impact, aerobic exercise for getting fit and keeping your weight in check.

Not only that...regular brisk walking can improve cholesterol levels, strengthen bones, boost energy, and chase the blues.

Canadians of all ages, abilities, shapes, and sizes make FITNESS WALKING a vital part of their heart healthy routine.

Getting Started:

1. **Warm-Up** – Walk for a few minutes to warm muscles, then stretch gently. End your walk the same way. Proper footwear is essential.

2. **Easy Does It** – Begin by walking at a comfortable pace for 15 to 20 minutes every other day. Consistency is the key.
3. **Pacing** – Maintain your personal pace - one that's challenging but does not leave you breathless.
4. **Progression** – Add 5 to 10 more minutes to the walk as you get more fit. A reasonable goal to strive for is 30 to 45 minutes at your personal pace, 4 to 5 times each week.

Fitness Walking:

5 Steps to Picture Perfect Style...

1. Walk tall. Resist the tendency to lean forward at the waist.



2. Relax. Keep arm swing and stride natural - not forced. Establish a smooth and steady rhythm.
3. When increasing pace, bend elbows so that your wrists are at waist level. Shorten arm swing to keep up with your faster stepping rate.
4. Bend slightly at the ankles to keep your weight and momentum moving forward.
5. Keep ankle flexed as you contact the ground. Roll forward and push off with your toes.

Working with the Media

by Janet Gates

Program Manager-Community Initiatives
Ontario Sports Centre

The following article is based on a presentation made by Mary Ormsby, Sports Reporter for the Toronto Star to the Ontario Coalition of Women in Educational Athletics (OCWEA).

Attracting participants and spectators, giving supporting sponsors exposure and recognizing athletic accomplishments can be considered some primary goals of good media relations. The following are some pointers to follow to ensure your news item receives consideration by the media:

Contacts – Establish your contacts. It is helpful to introduce yourself in person, putting a "name to a face". It is often harder to say "no" when, for example, the Assignment Editor has met you face to face. Ensure that your contacts know what information you can provide and how regularly. If you pass on information verbally, follow-up with a fax. This serves as both a reminder and a guarantee that the information is accurate.

Timelines – Give enough lead time. One week in advance of the event would be appropriate. Press Conferences scheduled for a Tuesday, Wednesday or a Thursday during the late morning (10:00 a.m. – 12:00 p.m.) allows enough time to write and file the story and does not usually conflict with scheduled sporting events.

Newsworthy – Before sending out your press release, consider whether your message is news. Likewise, only schedule press conferences for "big news" items.

Results – If you have promised your media contact that you will file regular results, keep to your promise. This applies to good and bad results. Establish yourself as a reliable information source.

Angles – Results are not the only news item. Often special or human interest stories lead to coverage. With this in mind, consider possible angles and pass your ideas (and background information) along to your media contacts.

Press Release – Keep press releases brief but compelling, one page maximum. Design in a pyramid style, with the most important information at the beginning. Always follow up with a call.

CIRA Ontario Region 9

presents...

A Spring Fever Intramural Extravaganza!

Thursday, April 15, 1993

5:00 - 7:00 p.m.

Clemens Mills Public School

Highlights:

- guest presenters for a variety of intramural ideas
- bring and brag ideas
- door prizes
- food
- networking opportunities

Interested??

Contact Pat Andrews at
(519) 650-2056 (Home)
(519) 621-5661 (Work)

24th Annual CIRA Ontario Conference

—featuring—



...and many more
dynamic speakers!

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.

CIRA/CAHPER National Conference

May 5 - 8, 1993
Moncton, New Brunswick

INPUT is a quarterly publication produced by the Canadian Intramural Recreation Association of Ontario (CIRA Ontario).

Ideas, activities and articles are needed for future *INPUT* issues. If you have any ideas, suggestions, special events, etc., (no matter how crazy they may seem!) please send them to the CIRA Ontario office at P.O. Box 2034, Hamilton, Ontario. L8N 3T2

Edited by Sharon Scime
Design and layout by Lesley Scime

OCWEA 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 at the
conference must be put in writing

CIRA Ontario Student Leadership Trainers Meeting

April 18 & 19, 1993
Orillia, Ontario

SCORE Conference

May 12 & 13, 1993
Sudbury, Ontario