

INPUT



Vol. 13 No. 4

June 1993

Th Th Th That's CIRA Folks!

24th Annual CIRA Ontario Conference

April 18 - 20, 1993

Geneva Park, Orillia

Yes....That's what CIRA is all about!!!!

This year's CIRA Conference, held at Geneva Park on April 18th to April 20th exemplified everything that CIRA stands for: a sharing of knowledge, delightful interaction with others, a plethora of ideas to take back to your staff and students - elementary, secondary and post-secondary, and lots of f-f-f-fun and f-f-f-frolic.

The theme, Looney Toons (as if the participants were not looney enough already!?) lent itself perfectly to decorations, trivia games and comic strip-oriented skits. And what skills they were!!! Silence of the Chickens was unbelievable... especially when Hannibal the Cannibal couldn't turn the pages of his script because of his straight-jacket!

The presenters for all panels were excellent - a combination of "hands-on" (very "hands-on" when it came to the spray paint!), leadership ideas, new intramural games (Cricket, anyone?) and promotional ideas.



team (Bill Couture and Brent MacFarlane) would like to thank the CIRA executive, Geneva Park, the CIRA office folks, Sharon (Yes...she is amazing!!) Scime and Kelly Buchanan and all of the delegates for the amazing time.

And I, the lean and lovely Carolyn Nixon, would like to thank all of those aforementioned looney, gooneys for being the world's finest committee and running one of the funnest conferences ever invented!

S-S-S-S-See you next year, Folks!!!

Carolyn Nixon, 1993 Conference Chairperson.

Warren Campbell, the Keynote speaker, gave a meaningful, humorous and touching address called "Catch a Kid Being Good". The title speaks for itself. Thanks, Warren.

The organizing committee, consisting of Jayne Winer, Ron Wagler, Jim Berry, Doug Ross, Joan Healey, the incomparable B & B

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Th Th Th That's CIRA Folks Conference Highlights



Six Steps to a Healthy Back

To keep the back healthy and strong, little things add up. Use the following tips as you encourage participants to look after their back.

- Maintain a good general level of physical fitness.
- Reduce excess weight, especially around the abdomen.
- Do a simple routine of strength and flexibility exercises related to back function at least every other day.
- Maintain proper posture at all times and use safe lifting techniques.
- Change positions frequently when sitting, standing, and working.
- Wear comfortable shoes with low heels.

...even a little
regular physical activity
makes a healthy difference!

PARTICIPACTION

Moving Your Way - Every Day

Information is from the Canadian Fitness and Lifestyle Research Institute,
Reference No. 93-08.

In Partnership

From April 22nd-24th, 1993 the Ontario Coalition of Women in Educational Athletics (OCWEA) conducted its inaugural workshop at the Kempenfelt Conference Centre in Barrie. The workshop examined ways in which we can create partnerships to better meet the challenges facing girls and women in educational sport. Although there has always been a desire to cooperate and collaborate, there has never been a truly unified effort to deal with the issues and concerns of the member groups and other organizations with similar goals, to do what is best for the student-athlete. Participants included delegates from member associations - OCAA, OWIAA, OPHEA, OASPHE, CIRA Ontario, OFSAA - and representatives from provincial and national sport organizations.

During the weekend the workshop participants from all areas of the sport and education fields examined this overwhelming task of "partnering" in an effort not only to reduce the gap between the different levels of education but also between sport and education, without compromising their individual philosophies.

Everyone was in unanimous agreement that attitudes towards sport and physical activity are set at an early age and it is much more difficult to initiate participation at the high school or post-secondary level. The message is loud and clear...for girls and young women "fun" is the predominant motivator for taking part in sport. Therefore the challenge is to create projects, programs and eventually a system that accomplishes that goal. We must convince parents and teachers at the elementary level of the importance of physical activity in the lives of young girls so that they are supportive of the programs developed.

As the workshop progressed we were constantly encouraged to think in terms of partnership and were reminded that partners share the same values and beliefs. It was evident that all member associations of the Coalition were indeed committed to similar goals and looked forward to a future plan of action.

This workshop was a vision of the founding group of OCWEA back in 1986 and now we were faced with a new vision...a challenge to work

together to develop a coordinated plan of action. In numbers there is a more powerful voice with greater visibility and credibility. With the eventual creation of policies that affect the system and the formation of collaborative agreements and linkages among organizations, there will be a positive impact on the lives of young girls and women.

If we keep our imagination bigger than our experience, and our vision larger than our view, hopefully this OCWEA workshop will be a springboard to change for the better.

Should you wish more detailed information on the Workshop or on the Coalition, please contact the CIRA Ontario office at (416) 575-2083 or our three members who attended: Kathy Jackson (Queen's University), Pat Kitchen (University of Western Ontario) and Laurie Farquharson (University of Guelph).

Article submitted by Laurie Farquharson, CIRA Ontario President.

Challenging Children to be Active



Encouraging positive physical activity habits in children and youth is at the heart of the Canadian Active Living Challenge. The program:

- emphasizes fun and participation,
- focuses on personal progress - participation is important, not performance,
- ties active living to other important issues like ability, culture, leisure, and the environment.

For more information, contact the Canadian Active Living Challenge, 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4 Tel: (613) 748-5775.

Intramural Extravaganza

BADMINTON

Let's Spice It Up!



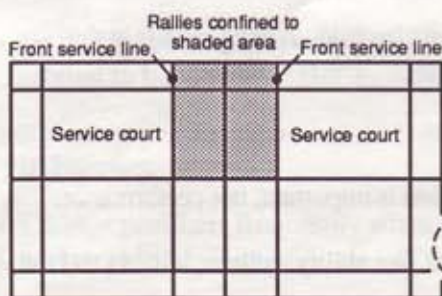
The following ideas were presented by Marty Deacon, Consultant, Physical and Health Education, The Waterloo County Board of Education, at the 1993 CIRA Ontario Director's conference held at Geneva Park. For more information on these activities please contact Marty Deacon at (519) 570-0300.

The following badminton activities are terrific ways to promote fun and cooperation in the sport of badminton. Share this with your fellow intramural enthusiasts, your physical education teachers, and coaches.

"Net Court Only Badminton"

(P-J-I-S)

- use the area in front of the front service line and half of the court width
- the bird must be put into play using one of the short serves
- it is served from behind the front service line but thereafter the rallies are confined to the area in front of the front service line
- the player can only use net shots during the rally
- points are scored on service only
- points are scored or service goes to the opponent when a player fails to return the bird or hits it out of bounds

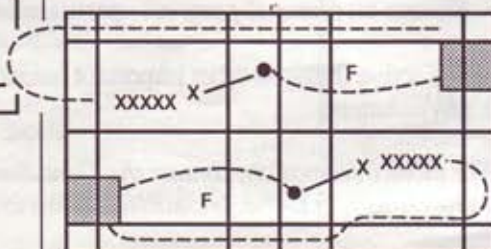


"Let's Travel Around the World"

(J-I)

- using the instructor or a proficient student as the feeder, the bird is fed to the student on the other side of the net
- an underhand clear is used by the student on the return shot
- the player runs to the opposite baseline, picks up his/her shuttle, returns the shuttle to the feeder, and then returns to the end of the line
- Note: swing net up and over to allow students to run under the net
- if groups are small the game allows for continuous action

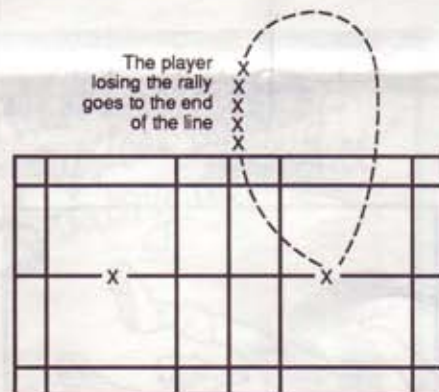
- F Feeder
- Movement to play bird
- Contact point
- Target
- - - Around the World path



Singles With a Twist

(I-S)

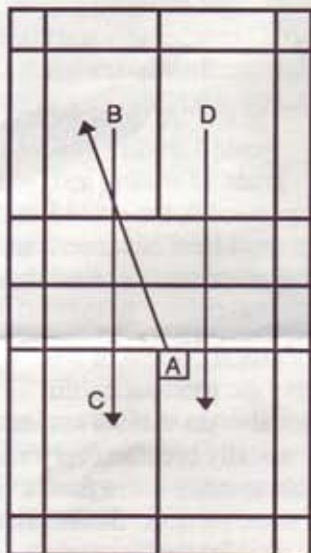
- 2 players begin on the court; the remainder form one line
- the winner of each rally stays on court, the loser goes to the end of the line while the next in line goes on to the court
- each player accumulates his own points
- the game goes to fifteen
- the winner serves and points are only scored on the service



Push to the Limit

(I-S)

- use a full doubles court
- roll up the net tightly so students can run underneath net
- 8 to 10 people/per court works best but you could have more
- when students are eliminated they should be doing something off the court,
 - ie. a) introduce and shake hands
 - b) skipping, dancing
 - c) sit-ups, stride-jumps, etc.
- person who is in spot A, always serves first. This person changes but the spot doesn't
- person in A spot does a singles (long) serve and runs under the net
- B returns serve (anywhere in court behind front serve line), C returns shot anywhere behind front service line, D returns, A returns and on it goes. The first person who misses, or hits bird out runs off to the side of the court, first person waiting gets on court... serve starts from position A again



Half Court Singles

(Students of all ages, levels love to play this)

- a modified game of badminton can be introduced, maximizing court space and the number of players active on the court
- this game uses the full doubles court divided in two by the centre line. Games are played on each court. The rules of badminton apply except the players serve straight ahead, not across court
- play is initiated by the short serve (backhand or forehand)
- the emphasis is on singles play as opposed to doubles play, because half court singles allows for more skill development than doubles play

Badminton Activities

Blind Badminton (I-S)

- place a sheet/blanket over the net
- impairs visual contact of opponents shots (good training drill-allows you to be prepared for the bird to be returned anywhere on the court, teaches players not to rely on anticipation - also a lot of fun!!)

Badminton Volleyball (I-S)

- each side is allowed to hit the bird 3 times before it goes over the net (smashes are not allowed)

Around The World (I-S)

- start with a minimum of 2 players on each side of the net. One side starts the rally and runs clockwise to the other side of the net. Try to keep the rally going. When one person misses they get an 0, and are out of the game once they spell OUT!

Siamese Badminton (I-S)

- players hold hands while challenging opponent. It adds more excitement when all players are right or left handed so one person on each side uses their weaker hand to play

Swing Your Partner (I-S)

- each player hits the shuttle alternatively. Player A hits the shuttle. When it is returned, player B must hit the shuttle, and so on

Panic (I-S)

- rally with your partner and every time you hit the bird you must drop your racquet and do a complete 360 degree spin, then pick up your racquet and get ready for your partners return!!

Shuttle Shuffle

- set up an obstacle course using chairs, waste paper baskets, or people and with a shuttle balanced on the racquet head or while hitting it upwards, weave through the course in record setting time

Accuracy Serving Contest (J-I-S)

- award prizes to people who can serve into a box, hat, or designated serving area

Friend Day (P-J-I-S)

- each club member brings a friend to come out and play. Could be a brother, sister, parent, grandparent, or just bring your best friend!!!

“Carry the Shuttle” Relay (P-J-I)

- set up the gym for a relay race ie/ across 2 courts
- divide students into teams of 4 or 5
- students must carry the shuttle on the racquet to a turnaround point and return to hand the bird off to the next student
- if the bird is dropped it is picked up and put back on the racquet and the relay continues
- the first time through have the students hold the racquet with the palm up (forehand grip)
- the second time through have them hold the racquet with palm down (backhand grip)
- try to ensure that the proper grip is used at all times
- use balloons, whiffle balls, ping-pong balls if you wish

"Everyone is in a final!"

21 Tournament

Rather than have a traditional basketball 21 tournament; why not make it more fun for the students and have everyone who signs up eventually make it to a final.

At Sion High School in Saskatoon, Saskatchewan, which is an alternate high school for grade 7 to 12 students, we decided to add a new twist to our intramural basketball 21 tournament. We used the traditional rules for the game of 21 but rather than run a single or double elimination draw, we set it up so that regardless of how many times a competitor loses, he/she will eventually make it to a final.

We ran this competition for the first time this past year, with the students initially not quite sure of what was going on, to the whole student body watching the finals and rooting on their friends and classmates. As a matter of fact, a number of students came up at the end of the competition wanting to know if we could do the same thing next week.

Here's how it worked:

We had the students sign up and then put them on the draw sheet after drawing their names out of a hat. We posted the draw sheets on the gym wall so every student knew when they were playing.

We started the tournament as a normal double elimination draw. That is, during the first series of games the winners advanced to the "A" side of the draw and the losers advanced to the "B" side. Then things got interesting. The winners on the "A" side kept on advancing. However anytime a student lost, we would put him/her in another

bracket of the draw. If we did not have a bracket for the student to go into, then we would set up a new bracket. So no matter how many times the student won or lost, he/she would keep advancing until eventually they made it to a final.

If a student was missing for one of their matches, we simply put another student that was hanging around the gym, in their spot.



When the original student showed up the next day, we just slotted him/her into another position in a different bracket.

We had students coming up to us after they had lost, and asking if they were finished. We would say "No", look at the draw and say "Now you're in the 'J event'". As a matter of fact, we had one discouraged student who lost in the "A" semi-final come up to us thinking that he was finished and we replied that he was now in the "T" final. He was thrilled!

Eventually when all finals were set, we worked it out with the administration that we took a Friday afternoon, called all the students down to the gym, and had all the finals run in front of the entire student body.

We have six baskets in our gym, so we started with our six lowest finals (T,S,R,Q,P,O) and worked our way up to the "A" final. When a final was finished, we had the two competitors come up to us and each receive a special lapel pin, with the winner getting the first choice. So everyone won something!

When we go to the A, B and C finals, we ran each one separately, with the winner receiving a small trophy.

The entire student body was watching and really got behind the competitors and cheered on their favourites.

In the "A" final we had a grade 8 student against a grade 12 student and, you guessed it, the grade 8 student won. I have never seen an individual more excited than this student.

In conclusion, this event was probably the most successful intramural event that we ran last year, basically because everyone was able to make it to a final and enjoy some success. Students can hardly wait for the tournament to be run again this year.

Pat Doyle, Bridgeport Public School teacher submitted this activity in the bring and brag session at this year's CIRA Ontario Conference held at Geneva Park, Orillia. Pat has run this tournament with his grade 5 & 6 students and it created great excitement. With 32 kids Pat had 16 finals from "A to P."

The Research File...

Walking for the Health of it.

Information from the Canadian Fitness and Lifestyle Research Institute.

"Walking is easy. Easier, in fact, than standing on your head. As long as the same leg isn't used twice in succession, nothing much can go wrong."

The source of this wisdom is unknown, but the truth of it is obvious. Walking is a gentle, rhythmic activity. Set your own pace, and you can walk comfortably with little risk of injury. It's a great activity for people of all ages and abilities.

It's so accessible, too. With a good pair of shoes and clothing to suit the weather, you can head out the door.

The Pay Offs

Walking doesn't offer the speed of running or cycling, or the demands of swimming, but it's equally pleasurable and relaxing. And beneficial, too!

Previous issues of *The Research File* described studies showing the health benefits of moderate activity. Like comparable physical activities, a habit of brisk walking:

- strengthens the heart and lungs and improves circulation
- helps in weight loss and permanent weight control
- can help reduce blood fat and cholesterol
- helps normalize blood pressure
- tones muscles and develops lean tissue
- strengthens the bones, offering some protection against osteoporosis
- serves as an antidote to stress
- contributes to a general sense of well-being.

With the accessibility of walking, the pleasure it can bring, and this impressive list of benefits, no wonder it's so popular. The 1988 Campbell Survey on Well-Being in Canada showed walking to be our most common physical activity, pursued by more than 60 percent of Canadians.

Behind the Scenes

Given all of this, walking should be high on the list of activities we promote, especially among older adults. The Canadian Fitness and Lifestyle Research Institute – a national agency funded by Fitness Canada – does its part by encouraging research (and spreading the word) on walking.

The Institute has supported research by Dr. Benno Nigg at the University of Calgary as he examined the effects of aging and footwear on human gait characteristics.

Among other things, Dr. Nigg's studies have shown that:

- range of movement about the ankle decreases with increasing age
- movement characteristics change with increasing age
- movement characteristics change as a function of footwear

Guiding Principles

The research of Dr. Nigg and others – along with the collective experience of programs over the years – provides helpful guidance for walkers. Here are some things we should tell them.

- Dress for the weather. Wear layers of comfortable clothing that won't restrict movement. Soft fabrics like breathable nylon are best. Wool is great for cool weather. Wear a hat, sunglasses, and sun screen on bright days.

- Stretch and strengthen. Do mobility exercises for the ankles and gentle strengthening exercises for the muscles in the lower leg. (This is especially important for older adults.)
- Go easy in the beginning. Start with short, regular walks. Increase the length and speed gradually.
- Set a good pace when you're ready for it. For health's sake, brisk walking beats strolling along or window shopping any day.
- Stride in style. Colin Fletcher, in *The Complete Walker III*, says rhythm's the thing. The stride length and speed should be natural and comfortable.
- Make it a part of your day. "Utility walking" can cover a lot of ground. Do errands on foot. Walk part way (or all of the way) to and from work or school.

Short daily outings might lead to a desire for longer walks in the country. Walking and hiking groups welcome newcomers, so encourage people to join in. It's a great way to explore new territory and make new friends.



"Leadership & Active Living as Life Skills"

STUDENT LEADERSHIP DEVELOPMENT PROGRAM

*Help your students learn how to
plan, organize and operate
their own intramural program*

The SLDP is a flexible system of resources that allows teachers to select and organize leadership activities to suit the needs individually or the school as a whole.

For further information please contact:

CIRA Ontario
c/o Mohawk College
P.O. Box 2034
Hamilton, ON
L8N 3T2 Phone: (416) 575-2083



**CIRA's STUDENT LEADERSHIP
DEVELOPMENT PROGRAM (SLDP)** has
helped thousands of students across Canada:

- ◆ to play a more active role in school activities
- ◆ to learn valuable skills that will be useful now and later in life!



OPHEA Annual Conference

**"Challenges & Changes
for an Active Tomorrow"**

October 14th - 16th, 1993

Geneva Park,
Orillia, Ontario

*For more details contact the
OPHEA office at
(416) 495-4314*

*INPUT is a quarterly publication produced
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*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*



Up Front with Intramurals

**15th Annual Secondary
School Workshop**

**November 4th & 5th, 1993
(Thursday & Friday)**

Ryerson Athletic Centre

Registration fee:
\$35.00 per person

*For more details see flyer insert or
contact Jean Kennedy at
(416) 979-5096*

OPHEA Regional Conference

**"Active Kids,
Healthy Kids"**

August 31st, 1993

Cornwall, Ontario

*For more details contact the
OPHEA office at
(416) 495-4314*