

INTRAMURAL



Vol. 15 No. 2

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T-Shirt Contest and Silent Auction Results...

The CIRA Ontario Post-Secondary Conference in Guelph November 11th & 12th, 1994 was the location of a successful t-shirt auction and contest.

There were 17 t-shirts entered in the contest to be judged and auctioned off. The winning shirts in the contest were:

- 1st Place: Western University
- 2nd Place: Mohawk College
- 3rd Place: Brock University

The total amount of money raised for next year's CIRA Ontario Student Scholarships was an amazing \$242.63! The top sale t-shirt went for \$30.00 to Troy Long of Mohawk College.

Special thanks to the judges, entrants, participants and Scot Bolton for sharing his auctioneering skills with us.

Results and write-up submitted by CIRA Ontario's field placement student, Deana Poland. Thank you Deana for running an excellent t-shirt contest and auction.



25th Annual Post-Secondary Conference a Success!

Congratulations to Scot Bolton and his conference committee members for pulling off the 25th Anniversary Post-Secondary Student Conference at the University of Guelph on November 11-13th, 1994.

It was an extremely tight schedule for the committee to work with but they did a great job. Many new ideas were shared, new friendships developed, and a learning experience for all the delegates.

The gavel however was not passed due to the fact that CIRA Ontario did not receive any bids for the 95/96 conference. CIRA Ontario is looking for a college, university and/or combination to host the 26th Annual Post-Secondary Students Conference.



If you would like to bid to be the host institution for the 95/96 Post-Secondary Student Conference please contact Jane Varley, CIRA Ontario VP Publicity at (519) 888-4567 X6340.

Organization Tip!

"FOUR-D" system will help you win war against paper!

As a teacher, administrator, student leader, you'll probably be deluged with paper each year. To manage it all, use the "Four-D" technique -Do, Delay, Delegate, or Dump- as suggested by Jack Dunigan, business consultant for The Dynamics Group in Rimrock, AZ.

To use the method, you need three folders-a "Do" folder, a "Delay" folder, and a "Delegate" folder.

- If you have a paper that you need to take care of today, put it in the "Do" folder.
- If you have a paper that is important, but not urgent, put it in the "Delay" folder. Check your "Delay" folder often.
- If you have a paper outlining a task that someone else can handle, put it in the "Delegate" folder. Once this folder fills up, give the papers to the people who will handle the tasks.
- If you have a paper that doesn't go in the "Do", "Delay", or "Delegate" folders, turn to the fourth "D"- "dump"-and get rid of it, preferably in a recycling bin.

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Regional Update

Do you know who the Regional Advisor for your region is?



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

Managing Stress

Pressures, demands and worries that make you feel tense are facts of life. The key is to keep them within manageable limits.

Some stress can be good, but too much can interfere with your normal activities and contribute to **MANY MEDICAL PROBLEMS**...some serious. For example: fatigue, headaches, cramps, prolonged depression, heart disease, ulcers and colitis can result from stress.

Steps you can take to protect yourself against stress:

1. Be realistic. Set practical goals -don't expect the impossible. Try not to tackle too much at one time.
2. Limit Changes. Avoid making too many major changes in your life at one time. Allow an adjustment period for each change.
3. Talk It Over. Discuss problems with the people involved, or with a close friend, before tensions build up.
4. Plan Your Work. Organize your workload to use time and energy efficiently. Ask for help if workload seems overwhelming.
5. Learn To Relax. Taking short breaks, weekend getaways or vacations, can help. Take a class in yoga or meditation. Doing something to relax every day is highly recommended. Regular exercise helps, too.
6. Improve Your Environment. Rearrange your office, redecorate your apartment, etc. -little changes can help you feel in control and give you a lift.
7. Seek Professional Help. Don't ignore physical symptoms of stress. Consult your physician for treatment, advice or referral.

1994-96 Regional Advisors

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REGION 4

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CAMPUS CONNECTION

Attention all post-secondary personnel...this is YOUR page! We want your ideas and your feedback on a regular basis. Please forward all ideas, articles, suggestions to CIRA Ontario, c/o Sharon Scime, Mohawk College, PO Box 2034, Hamilton, ON L8N 3T2 or send by fax (905) 575-2372.

IDEA FILE

Members are encouraged to share successful program ideas in the IDEA File. Copy can be typed or written, and is limited to 250 words. Send appropriate information, along with photos if available.

Were you born to officiate??

Special Attributes of a Competent Official

1. **Professionalism**—Always be in control of yourself, no matter how stressful the situation—you need to be the calmest individual out there. Attempt to refer to the participants as "sir/madam" where appropriate. Never demoralize/embarass a participant, or make them feel inferior. Overcome obstacles by using prevention and foresight. Dress the part.
2. **Show respect**—An official who shows respect, gets respect. Show the players that you take your work seriously. Stretch your limits of performance excellence. Respect will develop over time. Communicate to the players—both verbally and non-verbally—that you are there for a good time, just as they are. Whenever possible, live up to participants expectations. Be on time.
3. **Be Courteous/Approachful**—There is no such thing as a stupid question. Understand the downfalls associated with your referee position, and act accordingly when dealing with players. Public relations is an officials' middle name. Always remember that your role is more than just as a rule enforcer within the Intramural Sports Unit; typically you, as the referee are a direct liaison between participant and the program. You want to facilitate an enjoyable recreational experience for all involved. Do unto others as you want done to you.
4. **Confidence**—Know the rules. Stay on top of the game. Proper positioning is crucial. Your call is always the right call - at least until the end of the match. Go with your hunch. Keep the game under control. When in doubt - favour the conservative. Acknowledge to the players that you at least saw the play/situation. Have a presence on the field/court, but remember to let the participants play. Stick to your guns. Keep the games safe.
5. **Chatter**—Open your mouth. Be vocal. Do not be excessively noisy. Indicate that you saw the close call, even though you decided it did not warrant a whistle/stoppage in play. Quickly explain to the participant what you saw or why you blew a stoppage. Avoid confrontation. Explain it and move on with the game. Never let a player make a travesty of the game, or downplay your ability - uphold your position, with an authoritative tone. Congratulate the teams on a well played match. Bid them good luck prior to a start. You can admit making a mistake - it shows that you still possess a touch of humanism to the players. Utilize your voice to prevent players from causing a stoppage.
6. **Hustle**—If the participant sees you working hard, and attempting to stay up with the play, they will undoubtedly cut you some slack. Show them that you are trying your best to maximize their sporting experience. They all know that you get paid. They are the one's forking it over.
7. **Enjoy Yourself**—Have a sense of humour. Don't be inflexible. Show the players that you are there for a good time also. This is a recreational experience. Officiate with a smile. You are servicing customers who more times than not understand that you have a tough job to do.
8. **Consistency**—Make the same call at both ends of the floor. Balance the scales. Show impartiality at every opportunity. Open both eyes to all violations.

Submitted by Todd A., Official's Supervisor, University of Western Ontario.

Survey Results

From the CIRA Ontario office Michelle Harkness conducted a survey to all post-secondary institutions and here are some of her findings:

- Georgian College in Barrie offers a Fairplay Team of the Year Award. The award is presented at the annual Intramural Awards Night.
- At the University of Waterloo the Protest and Conduct Board's overall purpose is "to create an atmosphere conducive to fairplay and sportsmanship". In addition, the board makes recommendations on rule changes & modifications.
- At Durham College championship teams receive a \$50.00 food certificate at a local sports eatery.
- Queen's University enforces "time outs" for players displaying inappropriate behaviour. "Time outs" can either be for a portion of a game or if necessary the balance of the game.
- Queen's University is also implementing a sports "person" of the game. Teams and officials name a player from the opposing team who deserves Sportsmanship Recognition.
- The number one sports overall are: COED volleyball, softball/slowpitch & basketball; MEN'S hockey, floor hockey & basketball; and WOMEN'S volleyball, basketball & hockey.

Scholarship Recipients

Each year two scholarships are awarded by CIRA Ontario to students who have made an outstanding contribution to their school's intramural or Campus Recreation program. This year the decision was very hard for the executive. All of the candidates were deserving of the award. The following recipients received \$200.00 plus a plaque at this year's 25th Annual Post-Secondary

continued on p. 8



Scot Bolton—University of Guelph (Left)
Jason Boyd—Mohawk College (Right)

INTRAMURAL EXTRAVAGANZA....

Christmas Trivia

1. Who is the first spirit to visit Scrooge in A Christmas Carol?
2. Who said, "I will honour Christmas in my heart and try to keep it all year"?
3. How many swans are swimming in the "Twelve Days of Christmas"?
4. How many gold rings are there in the "Twelve Days of Christmas"?
5. What food is asked for in the Christmas carol "We Wish You A Merry Christmas"?
6. Which famous "rocking" Christmas song did Brenda Lee record?
7. What brings Frosty to life in "Frosty the Snowman"?
8. Babbo Natale is which country's version of Santa Claus?
9. Who was seated by the singer's side in "Jingle Bells"?
10. What is Santa Claus compared to in the poem "Twas the Night Before Christmas"?
11. Name the three chipmunks who sang the well-known Christmas Song "The Chipmunk Song"?
12. What is traditionally broken during the Christmas festivities in Mexico?
13. Who said, "God Bless us everyone" in Dickens' A Christmas Carol?
14. How many "La's" are there in one verse of "Deck the Halls with Boughs of Holly"?
15. Two hundred and twenty million of these are sold each year in Canada. What are they?
16. What animal is mentioned in the Christmas carol "Away in a Manger"?
17. When did Good King Wenceslas look out?
18. What word is used to describe large numbers of angels?
19. Who was caught kissing Santa in the popular Christmas song of 1952?
20. Christmas trees were originally decorated with candles. What was the reason for the switch to electrical lights in present-day North America?

These questions were taken from a Christmas trivia found in the "NEW" CIRA Ontario resource "Not Just Another Games Book". There are 57 more Christmas trivia questions found in this new resource. Check it out by calling the CIRA Ontario office at

"Tis The Season To Be Jolly"

Listed below are a variety of events with a seasonal theme. It is suggested that the extravaganza run over a period of three days to a week concluding with a Christmas Dance.

As a means of generating interest for the event, hold a brainstorming session in class to determine themes, titles and ideas for events.

The following is taken out of the new CIRA Ontario resource, "Not Just Another Gamesbook".

Suggested Activities Include:

DOOR DECORATING—Homerooms decorate their classroom doors to celebrate the season.

RIBBON DAY—Red and green "Ribbon Day" is run as a traditional male vs. female challenge with a Christmas theme. If a male gets a girl to talk to him, he gets the girl's red ribbon. If a female gets a male to talk, she gets the male's green ribbon. The event is generally run over a day with each sex being given a half day.

WISH TREE—With the help of a local charity, each class sponsors a needy child for Christmas. The class purchases a suitable gift for the child.

NAME THAT CAROL—A "Name That Tune" contest with a Christmas flavour. The contest could be played during morning announcements.

CHRISTMAS TRIVIA—A trivia contest celebrating Christmas around the world. Students are encouraged to research the traditions of Christmas prior to the contest.

CHRISTMAS BINGO—Just like bingo with a Christmas theme!

RED AND GREEN DAY—Students are encouraged to dress up in red and green.

CHRISTMAS ASSEMBLY—Hold a staff and student talent show to celebrate the season. Charge admission and donate proceeds to a Christmas Wish Fund.

STAFF CHRISTMAS BREAKFAST—Have the school's student council or a volunteer committee prepare a special breakfast for all teachers, secretaries and custodians during Christmas Week. Have the students plan the menu, send out invitations, prepare the food, serve and clean up after the breakfast is over.

CANNED FOOD DRIVE—Classrooms compete to see who can bring in the most canned food (or nonperishable food items). The class which brings in the most items wins a pizza party. The contest winner is determined by dividing the total number of food items by the number of students in the class. Ask a local pizza establishment to sponsor the event. Once the winner is declared, each class is asked to bring its food items to the cafeteria. All items are placed on display. Consider inviting local media to the event.

CHRISTMAS TREASURE HUNT—Hide candy canes and small Christmas tree ornaments throughout the school.

THREAD THE POPCORN—Students are given a string, darning needle and a bowl of popcorn. On the word "Go", the popcorn is threaded onto the string. After three minutes, the person with the longest string is the winner. Use the popcorn garlands to decorate the school's Christmas Tree.

DEAR SANTA—Hang up a piece of large poster paper with "Dear Santa" written on the top. Invite students and teachers to write their holiday wishes for everyone to see.

CHRISTMAS AROUND THE WORLD—Invite representatives of other cultures to speak on how the holiday season is celebrated in their country.

PICTURES WITH SANTA—Dress up the principal as Santa and have everyone say cheese!

SANTA FIT—Invite Santa to lead an aerobics class.

Warmest Wishes for this Holiday Season

Name That Carol

How many of the following statements can you turn into titles of popular Christmas carols and songs?

1. Approach, everyone who is steadfast.....
2. Ecstasy toward the orb.....
3. Hush, the foretelling spirits harmonize.....

Balloon Soccer

Submitted by Sean Fearon, Regional Advisor for Region #6.

Many outdoor games require an extended spacial area and/or are very vigorous. However, many can be adapted for indoor situations simply by changing basic rules and the equipment involved. By being creative and discussing with your students, a vast majority of popular outdoor activities can be manipulated into exciting indoor activities. Let the kids help create some innovating games.

Materials— 12 balloons (more if so desired)
2 pins (emphasize safety, etc.)

Room Arrangement—Open space or put up safe obstacles

Time—25 minutes

Instructions:

1. Have the players sit in rows evenly arranged throughout the playing area. The two goaltenders can locate themselves in opposite corners. You may want to create an area in which the goaltenders must remain within. Both goaltenders should have some instrument that will allow them to burst the balloons. The rest of the group is equally divided into two teams by whatever method you choose.
2. To begin the game, a designated player drops an inflated balloon in the center of the room. Now its up to each team to try to get the balloon over to his/her own goalie, without holding the balloon, so as the goalie can burst the inflated (doomed) balloon.
3. The goaltender who pops the balloon scores a point for their team. The team with the most popped balloons (most points) wins. The game is just as exciting to play without keeping score. Make sure that as many players as possible get a chance to be the goalie because as you'll see the goalie carries a high status for being the point earner.

Variations:

Players can only move the balloon with one part of their body ie/feet,head.

Have two or more balloons released at one time.

This and other exciting games can be found in "The Incredible Indoor Game Book" by Bob Gregson, 1982, Fearon Teaching Aids.

4. Hey, minuscule area for southwest Jerusalem.....
5. Quiescent nocturnal period.....
6. Yo, coniferous sapling.....
7. The primary carol.....
8. Embellish the corridors.....
9. I'm fantasizing concerning a blanched yuletide.....
10. I apprehended my maternal parent osulating with a corpulent unshaven male in crimson disguise.....
11. During the time woolly caretakers supervised their charges past the witching hour.....
12. Begone! Narrate at 1,000 metres.....
13. The thing manifested itself at the onset of a transparent day.....
14. Our group desires that you enjoy a mirthful December holiday.....
15. Removed in a bovine feeding trough.....
16. Valentino, the roseate proboscis wapiti.....
17. The slight percussions lad.....
18. Father Christmas approaches the metropolis.....
19. Seraphim, we aurally detected in the atmosphere.....
20. Beneficent male believers celebrate.....

Trivia taken from "Not Just Another Games Book".

Answers on page 7.

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Toppleball

Submitted by Ian Press,
Regional Advisor for Region #5.

Are you looking for a game that:

- is great in a coed setting
- can be played by all skill levels
- is easy to learn
- works for elementary, secondary and post secondary
- does not need a lot of equipment
- new and exciting

Well then we have a game for you! It's called **TOPPLEBALL!**

WHAT IS IT?: a combination of handball, basketball and football

NUMBER OF PLAYERS:

- full gym: 7 players/team
- half gym: 5 players/team

EQUIPMENT:

- 2 volleyball posts
- 2 volleyballs
- 1 football

COURT:

- full or half gym
- volleyball posts are set up at each end of the court
- the plungers are placed upside down in the tops of the volleyball posts. The volleyballs are placed on the plungers
- the crease is the basketball key

OBJECTIVE:

- to knock the volleyball off the post using the football

RULES:

- A player must be over centre to score
- You must hit the volleyball cleanly in order for the score to count
- A player is allowed three steps and/or ten seconds when they have the ball
- The walls are in bounds.
- Nobody is allowed in the crease. You are allowed to jump into the crease as long as you release the ball before you hit the ground.

PENALTY:

- loss of possession
Note: If the crease violation interfered with a potential scoring chance than a penalty shot is awarded.
- Penalty shots are taken from the top of the crease. The player may take a run and jump into the crease or just stand at the foul line and throw at the volleyball.
- The ball is put into play from the end line after a goal. The team must wait until their volleyball is back in place.

- The defending team must allow opponents to make a pass. You are not allowed to contact the player or the ball while the opponent has possession of the ball (similar to ultimate frisbee).
Penalty: free pass.
- When the ball hits the ground the team that initiated the pass loses possession. The other team gains possession where the ball hit the ground.
- Rock, paper, scissors is used to determine who gets the ball at the start of the game.
- **No body contact is allowed!**

MODIFICATIONS:

- size of football ie/youth size
- height of posts ie/use pylons on chairs instead of volleyball posts
- size of the crease: the smaller the crease the more scoring occurs
- the number of players: the lower the skill level the greater the number of players
- location: with a little bit of creativity it can be played outside as well

For the last two years TOPPLEBALL has proved to be one of the best intramural events that the student athletic association organizes at North Hastings High School. The original game of TOPPLEBALL was created by Brenda Lichtman and is described in her book called *Innovative Games*. This book is in the CIRA publications catalogue. The student athletic association of North Hastings High School then took the idea and modified it to their needs. The result is an extremely fun, fast paced game that can be enjoyed by people of all skill levels.

For more information contact Ian Press at North Hastings High School (613) 332-1220.

Answers to CHRISTMAS TRIVIA:

1. Jacob Marley
2. Ebenezer Scrooge
3. Eleven
4. Five
5. Figgy Pudding
6. "Rocking Around The Christmas Tree"
7. A silk hat
8. Italy's
9. Miss Fanny Bright
10. A jolly old elf
11. Alvin, Theodore and Simon
12. The pinata
13. Tiny Tim Crachit
14. Sixteen
15. Christmas cards
16. Cattle
17. On the Feast of Stephen
18. Host
19. Mommy
20. Fire safety regulations

Intramurals are the Key!

Submitted by Steve Peng,
Regional Advisor for Region #9.

Intramurals are the key to school spirit, leadership, and student involvement. The more we as physical educators can offer in terms of fun, high-energy activities, the more students will want to get involved with our intramural programs. In the past, we have designed our intramural activities around the traditional sports of soccer, volleyball, basketball, etc. These are great to start an intramural program; however, physical educators need to shift their focus towards more encompassing activities that require low organization, lots of students, lots of staff, and above all lots of FUN!

CIRA Ontario is an organization committed to helping you as a physical educator extend your resources for different and sometimes wacky activities. Hundreds of ideas are just waiting to be shared in the form of magazines, binders, "Bring and Brag" sheets and especially workshops that are ready to come to your area! These workshops are just a phone call away and would provide hundreds of "Ready-to-Use-the-Next-Day" ideas.

I am a grade six to eight Physical Education teacher at Forest Glen Public School in New Hamburg, ON. Previously I taught at the Kindegarten to grade five level. All too often I have consulted the many documents and resources that CIRA Ontario has to offer. You can also benefit from the thousands of ideas that many people from across the province are using daily. If you are from Waterloo, Wellington, Perth, Dufferin, Huron, Bruce, or Grey Counties, and you are in need of exciting ideas to help "spice-up" your program, give me a call or write to me at the following address:
Steve Peng, Forest Glen Public School,
437 Waterloo St., New Hamburg, ON
NOB 2G0 (519) 662-2830.

We'll do our best to give your students the best intramural program possible!

CAMPUS RECREATION PROTEST AND CONDUCT BOARD

The following information was presented by Jess Bywater, Deb de Sa, Joanne McLaughlin, and Andrew Saarimaki from the University of Waterloo at the 1994 CIRA Ontario Post-Secondary Conference held at the University of Guelph.

The Protest and Conduct Board is a controlling body whose overall purpose is to create an atmosphere which is conducive to fair play and sportsmanship in the Campus Recreation programs, particularly the competitive leagues. Due to the nature of the competition, it is necessary at times to take action against individuals/teams who are unable to play within the rules of the sport. Campus Recreation is trying to accommodate the majority of participants to take part within the sport boundaries. As well the P & C Board takes an active role in ensuring that a safe environment is created and maintained. The P & C Board helps achieve such an environment in two ways:

1. By enforcing the current rules as they have been set out.
2. By making recommendations on the rules and regulations which would increase the effectiveness of Campus Recreation.

The P & C Board shall be composed of a committee of 5-7 persons.

1. **Chairperson**—The individual should be a member of the CRAC executive. This is a non-voting position
2. **Vice-Chairperson**—Coordinator of Referees—in terms where there are two Coordinators of Referees, one shall be appointed to the Vice-Chair position by the League Manager. (Both Coordinators of Referees may sit on the board and only vote on issues affecting the sports they supervise.)
3. **Secretary**—takes the minutes at formal hearings and sends out letters to the involved parties—voting
4. **Members at Large**:—3-4 people—all voting

PROCESS

If a referee assesses a suspension of more than two games the case automatically comes before the P & C Board. Any suspension below and including two is automatically assessed to the player by the referee.

1. Referee fills out two game sheets.
2. Phones referee-in-chief about incident and drops second game sheet into referee-in-chief's mailbox.
3. Referee-in-chief phone P & C Board chairperson.

4. P & C Board chairperson receives copy of the game sheet.
5. P & C Board chairperson phones both referees, the players involved, and the team captains of the players involved. The chairperson selects a time best suited to the majority of the people involved to have the hearing.

MEETINGS

Formally Run

- all parties have an opportunity to state their case
- Board members then have the opportunity to ask any questions - all parties are asked to leave
- Board discusses the case and decide a suitable punishment
- Board then votes on length and terms of suspension
- Chairperson phones players to inform them of the decision
- letters are then written up by the Secretary and sent to the player and captains
- copies of all letters are photocopied and sent to League Manager, Coordinator of Campus Recreation, Coordinator of Referees, and Referee-in-Chief
- players name, league, date of incident, and suspension are all recorded in the "Blue Book"
- person can appeal if suspension is greater than a term

FAIR PLAY

The University of Waterloo competitive ice hockey league was selected for a new pilot project. Because of repeated instances of disrespect and poor sportsmanship behaviour, a Fair Play points system was implemented.

Both the referees and the opponents were given the opportunity to rate teams on the terms of sportsmanship.

The Fair Play points system is based on showing respect for the officials and the other players. At the end of the game the referee was asked to rate both teams and as well the captains were asked to rate the opposing team.

A score of minus one would be given if the team showed a lack of respect for officials and players and a poor attitude in general.

A score of plus one would be given for commendable play wherein a positive attitude was displayed, and sportsmanship behaviour was evident.

Play intermediate to these was to be given a score of zero.

The two consequences of the system:

- a negative score from both the referees and the opponents after the five league games would result in the disqualification from the playoffs.
- if two teams were tied at the end of the season, the Fair Play score served as the tie breaker.

The team captains were responsible for making this known to all the players.

The results so far have been very positive. Cases of incidents have decreased and there has been a rapid improvement in the respect shown to officials and players. All the teams in the league ended up with positive scores.

RESERVATIONS

- opponents score not accurate, based more on the desire to win or lose.
- team captains did not inform all players, a better communication system with all players is necessary.
- this project with a small number of teams, larger numbers may cause new problems both administratively and the way the system was implemented.

For more information contact Jane Varley, Vice-President Publicity, at the University of Waterloo, (519)888-4567 ext.6340.

Answers to NAME THAT CAROL..

1. O Come All Ye Faithful
2. Joy to the World
3. Hark the Herald Angels Sing
4. O Little Town of Bethlehem
5. Silent Night
6. Oh Christmas Tree
7. The First Noel
8. Deck The Halls
9. I'm Dreaming of a White Christmas
10. I Saw Mommy Kissing Santa Claus
11. As Shepherds watched their Flocks by Night
12. Go! Tell It on the Mountain
13. It Came Upon A Midnight Clear
14. We Wish You a Merry Christmas
15. Away In A Manger
16. Rudolph the Red-Nosed Reindeer
17. Little Drummer Boy
18. Santa Claus is Coming to Town
19. Angels We Have Heard on High
20. Good Christian Men Rejoice

The Coalition of Ontario Agencies for School Health (CASHE) announces a Comprehensive School Health Award \$500.00 to the winning submission.

PURPOSE:

To encourage and recognize Comprehensive School Health (CSH) efforts aimed at promoting the health and well-being of children and youth.

The CSH approach provides an integrated framework for program development, one that includes:

- teaching and learning strategies
- health, guidance and social services for students
- and a healthy school environment.

WHO IS ELIGIBLE?

All Faculty of Education students and school board teachers and staff across the province of Ontario. Individual and group submissions are welcome.

DUE DATE:

All submissions must be received by COASHE by Friday, January 27, 1995.

REQUIREMENTS FOR SUBMISSION:

Submissions must reflect innovative programs, projects or ideas that have been applied and successful in promoting the health and well-being of students. The applicability of the profiled program/activity is a desirable feature.

Submissions must be no longer than 3,000 words (including the required 500 word abstract) and can include accompanying elements (ie/video, photos) as applicable. In accordance with the CSH approach, collaboration with other individuals and professionals is encouraged.

The submission that best exemplifies a CSH approach will be announced at the spring 1995 Kid's Health conference, hosted by the Ontario Physical and Health Education Association (OPHEA).

ABOUT COASHE

The Coalition of Ontario Agencies for School Health is a coalition of representatives from a wide variety of

provincial organizations dedicated to supporting and promoting the health of Ontario's children and youth.

Recently, urgent health and social issues have underscored the need for collaboration among young people, families, schools, agencies, communities and governments in taking a comprehensive approach to school-based health promotion. COASHE, as a collective voice, is working to further the awareness and application of a Comprehensive School Health approach.

For complete information regarding criteria and submission procedures, please contact:

John Krauser,
Co-Chair, COASHE
Ontario Medical Association
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Toronto, ON M5G 2K7
(416) 599-2580

Scholarship Recipients *cont.*

Student Conference at the University of Guelph.

The first scholarship recipient was **JASON BOYD** from Mohawk College. Jason has been involved at Mohawk from day one. His first term at Mohawk he was an intramural ice hockey official. In his second term he was elected to the Students' Athletics Committee through which he attended the CIRA Ontario student conference hosted by Queens and St. Lawrence College.

In his second year Jason was recognized at Mohawk as one of the outstanding officials

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
Fax: (905) 575-2372

Edited by Sharon Scime
Design and layout by Lesley Scime

and was also awarded the Platinum Award for participation. As well, he worked as a programmer for Campus Recreation during which he was responsible for scheduling officials, working special events and convening various leagues. He again sat on the Students' Athletics Committee



The second post-secondary scholarship recipient was **SCOT BOLTON** from the University of Guelph—the chairperson for this year's conference.

Scot has been involved in Intramurals and Recreation since his first year at the University of Guelph. He initially became involved by volunteering as a resident representative on the Intramural Athletic Association. Since that time he has dedicated his time to the development and promotion of intramurals. He has served on the Intramural Athletic Association as Sponsors Chairperson for the 23rd annual CIRA Ontario post-secondary conference at Guelph. He was the Co-Chair of the IAA in 1992-93 and Winter 1994 and chairperson for this year's conference at Guelph.

He has played a strong role in the building of the IAA. As well, his involvement since 1991 in the CIRA Ontario post-secondary conferences has been extensive.

Scot has been a member of the Athletic Advisory Council at Guelph since 1992. He

has worked with Guelph Gryphon Volleyball since 1991, the Assistant Event Coordinator and now as one of two Event Coordinators.

In the summer of 1993, he was the Intramural Coordinator responsible for the day to day management of the intramural program, scheduling of teams and officials, and promoting intramurals within the university community.

In addition to devoting his time to the administration of the program, Scot also plays a variety of sports and referees.



The Annual CIRA Ontario Intramural & Recreation Director's Workshop

February 7 & 8, 1995
Queen's University

Contact:
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