

INPUT



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February 1994

INNOVATION IN RECREATION... GAMES WITHOUT FRONTIERS

1994 CIRA Ontario Post-Secondary Students Conference
University of Western Ontario
February 4, 5 & 6, 1994

The following article was written by Lynn Rempfer, CIRA Ontario field practicum student and delegate of the conference.

The 24th Annual Post Secondary Students Conference was held on February 4th to 6th, 1994 at the Lamplighter Inn in London and was hosted by The University of Western Ontario. Over two hundred delegates from across Canada attended the event. The Conference theme was *Innovation in Recreation - Games Without Frontiers*.

The theme was carried out right from the start of the conference on Friday afternoon with team names (board games) to trivia and ice breakers. After dinner on Friday evening the delegates were entertained by a rather interesting and dynamic speech from Ron Wagler's colleague, Dr. Jim Weese. He had some puzzling stories about Ron as well as many leadership experiences to share from a Student Administrator's perspective.

Saturday morning began early and saw the delegates being bused to the University after breakfast for a day of presentations. The presentations were expertly run by fellow delegates from various post secondary institutions.

Topics ranged from Intramurals to Aquatics and from Ultimate Frisbee to Innertube Waterpolo. The days presentations were interrupted at lunch for a well participated Line Dancing demonstration by Mary and Bob Rowswell followed by lunch at "The Wave" and Brian Lewis - a keynote

went to Mohawk College and third prize was secured by Sheridan College. Congratulations to all award recipients! The awards presentation was followed by a speech given by Donna Ross, a

continued...



speaker. Once the afternoon presentations were complete, the delegates were bused back to the Inn to dress for the evening's activities. Cocktails and dinner took on a new look this year as everyone sported their best semi-formal attire. After dinner the CIRA Ontario Intramural and Recreation Scholarship Award winners - Beatrice Bauer and Jennifer Molohan received their awards. The three best decorated t-shirts from the t-shirt contest received their awards as well. First prize was presented to The University of Toronto, second prize

CONGRATULATIONS
to the
University of Guelph
hosts for the
25th Annual
CIRA Ontario
Post-Secondary
Students Conference
1995!

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Congratulations to the 1994 CIRA Ontario Post-Secondary Intramural and Recreation Scholarship Recipients!



**Beatrice Bauer
Trent University**

Beatrice Bauer participates in almost every intramural sport at Trent University and always seems to bring new faces along with her. She was selected to represent her fellow peers on the Intramural and the Athletic Advisory Committees as the Female Athletic Representative. Beatrice was the

convenor for coed volleyball and she started up and convened Trent's first ever grass court volleyball tournament. She also ran two college weekends for her residency which included touch football and broomball tournaments. To top it all off, Beatrice also headed up the drive for Trent to send its first contingency to the CIRA Ontario Post-Secondary Conference last year. She has also assisted in the introduction of performance bonds at the university. All of Beatrice's efforts have greatly improved the Intramural program at Trent University and therefore merits her deserving of a 1994 CIRA Ontario Post-Secondary Intramural and Recreation Scholarship. Congratulations Beatrice!



**Jennifer Mollohan
University of Western
Ontario**

Jennifer is a full-time student at the University of Western Ontario, pursuing an Honours degree in Philosophy. She has been actively involved in Campus Recreation at Western for the past two years. Jennifer is the Coed Sports Supervisor and has convened

various leagues and tournaments at the university. Her involvement in the Intercollegiate Athletics Annual Charity Slo-Pitch Tourney helped to raise money for the Neonatal Unit of St. Joseph's Hospital in London. Jennifer's vast array of Intramural involvement does not end here. She was a Co-Chairperson for the 1994 CIRA Ontario Post-Secondary Conference hosted by U.W.O. Jennifer has volunteered, participated in, and attended the 1993 CIRA Ontario Post-Secondary Students Conference at Queen's University and the 1993 CIRA Ontario Director's Conference at Geneva Park. All of Jennifer's hard work and effort has helped to ensure that everything she involves herself in is a success. Her outstanding dedication and devotion has found her deserving of a 1994 CIRA Ontario Post-Secondary Intramural and Recreation Scholarship. Congratulations Jennifer!

Innovation in Recreation...

continued from p. 1

woman with diverse experience in the recreation field. A social on Saturday evening was the perfect end to a perfect day. It gave the delegates the opportunity to put on their dancing shoes and enjoy themselves in a relaxed setting as their work for the weekend was finally complete.

Sunday morning saw the delegates trading and swapping their school paraphernalia and placing their bids for the CIRA Ontario Silent T-Shirt Auction. A hearty breakfast followed along with the closing ceremonies. In closure, the gavel was passed on to The University of Guelph who will host the 25th Annual CIRA Ontario Post-Secondary Students Conference in 1995. Congratulations is extended to all of the students and staff at the University of Western Ontario for an outstanding job in organizing and running this year's conference! Good luck to the University of Guelph, it will be tough to top this one!

S T O P !

STOP! Don't throw away those old CIRA ONTARIO (or OIRA) t-shirts or pictures. We are in the process of collecting items such as past conference t-shirts, pictures, or any other paraphernalia to place in historical archives. Remember those conferences: **Jungle Fever, Hooked On OIRA, All That Jazz, Murder on the OIRA Express, Western Daze, etc.**

We need your help in collecting any items from the past. If you have anything you would like to donate please contact Christine Forbes, V.P. Publicity, at 519-882-2080.

IT'S A BOY!!

*Congratulations to
Sharon and Norm Scime
on the birth of their son
Christopher Joseph
January 25, 1994
7 lbs. 7 ozs.*

CIRA Ontario Executive Positions Vacant

V.P. Publicity

If you are interested in the position of V.P. Publicity on the CIRA Ontario executive or wish further information on what it entails be sure to contact Christine Forbes, V.P. Publicity at (519) 882-2080 and/or send a letter of application to Christine Forbes, Lambton Health Unit, 4141 Lorne Avenue, Petrolia, Ontario N0N 1R0.

PARTICIPATION CHALLENGE DAY

for Post-Secondary Institutions!

Last year, on June 2nd, 1993, Brock University challenged the University of Regina to see which university could have the highest percentage of employees "active" for 15 minutes during the day. Using the model adopted by Canada's Participation Challenge Day, our rules stated that any employee who was "active" for 15 consecutive minutes during the day and who called the Hotlines didn't matter, the concept does! (NOTE: Brock won - 565 of a possible 850 employees reported in!) Canada's Fitweek presently does not include Post-Secondary institutions unless the city the institution is in, is involved in a Challenge with another city. As part of our employee health promotion project, we felt this challenge would be another "fun" way to promote Active Living on campus, and to make people aware that any activity is better than no activity! Spin-off effects occurred almost immediately, as slowpitch, volleyball, and ball hockey leagues formed, following the Challenge Day!

The day at Brock was organized two ways. Individual departments organized their own activities including volleyball, golf, hiking - to a picnic, baseball, soccer, and a playday. The organizing committee offered a 15 minute walk (on everyone's morning break) where we were joined by 2 employees on horses, line dancing, a free fitness class, swimming, squash, and tennis.

Some organizational bonuses - we already had a network of 45 people (1 in each physical area of the university) through our health promotion project. These people helped to encourage their departments to phone in. Committee members attended many of the events, and got people to sign-in on registration sheets - this cut down on the number of phone calls to the Hotline. We had randomly assigned prizes on our sign-in sheets so when people called in, we were able to tell them if they had won an incentive prize.

A few suggestions for next year..pre-establish all "rules" with the challengee, including how the numbers will be recorded, what the winner or loser will do for the other school, and exactly what time the final results will be phoned/faxed - take into account time changes!

We totally enjoyed the spirit and enthusiasm generated at Brock..and we're looking for an Ontario school to challenge in 1994!

If interested in a challenge contact Karen McAllister-Kenny, Brock University at (905) 688-5550 ext. 3574.

Attention all CIRA Ontario Members

CIRA Ontario By-Law Change

All CIRA Ontario Members, please note the following:

It was voted on and carried at the CIRA Ontario executive meeting in January 1994 that a change be made to by-law #35 whereby the position of Vice President - Student Leadership now become appointed. This by-law change will be brought to the CIRA Ontario membership and voted on at the Annual General Meeting in April 1994.

PICK ME! PICK ME!

Remember getting a group of friends together and choosing teams? If you were chosen first - the feeling was great but how did you feel if you were chosen last?

Here's a simple and easy way to make teams quickly and differently every time you want new teams. Stencil and laminate numbers 1 - 30 (or up to your largest class) then post them on the wall in your gym. When you want teams ask students to stand under a number.

Now here's a few ideas on how to group the students on to teams (you can have any number of teams ie/ 2 teams, 4 teams, etc.)

- 1) All odd numbers are team "A" and even numbers are team "B".
- 2) Numbers 1-5 are team "A", 6-10 are team "B", etc.
- 3) Numbers 1-15 are team "A", 16-30 are team "B".
- 4) Put numbers on small tags and choose 15 numbers at random with eyes closed. These people will be on team "A". Have the students do this!
- 5) You could also colour the numbers different colours ie/every fourth number is blue; every third number is red, etc. Then choose teams by saying red numbers this side, etc. This would work well with younger students who do not recognize numbers.
- 6) Use your imagination and your students for variations to any of the above systems.

As you can see every time you will have a good variety of teams quickly and easily and you never know who will be on what team!

Ken Sommerfield, Linwood School, Winnipeg, Manitoba, Physical Education Specialist and CIRA Manitoba Regional Director.



LOOKING BACK OVER

CIRA Ontario Celebrates It's 25th

April 8, 9,

Geneva Pa



THE PAST 25 YEARS!

Director's Conference This Year!

10, 1994
ark, Orillia



HI HO SILVER!
Experience It Again For The First Time!

For details on this year's conference see the ad on page 8

INTRAMURAL EXTRAVAGANZA....

Submitted by Pat Doyle,
V.P. Student Leadership

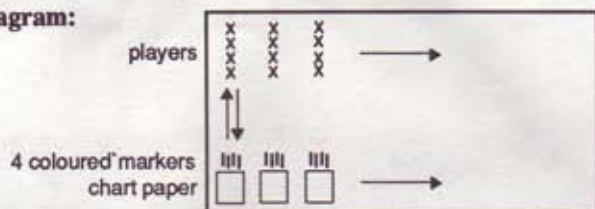
QUICK DRAW

Number of Participants:

- 4 or 5 on a team
- As many teams as you wish.
- You could have up to 70.

Space: Gym

Diagram:



Equipment:

- One good size piece of chart paper for each team
- 4 markers - black, blue, green, red for each team

Description: Place the paper at the opposite end of the gym with the markers. On "go" all the members must carry one member across the gym to the chart paper. The one member has 15 seconds to draw while the teammates return. On the 15 second whistle the member returns and another member is carried, and so on.

The Picture: Must be a sports scene, must have characters, must have background, must use all the colours, etc.

Variation: Send two students down at once. Run down instead of being carried.

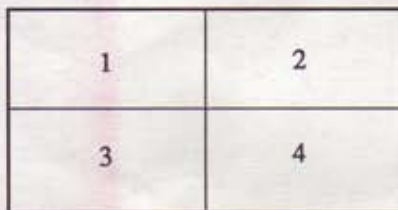
The finished products can be displayed on the gym walls.

DROPSY

Number of Participants: Up to 80 - 100

Space: Gym

Diagram:



Equipment: 1-2-3 or 4 "large" beach balls

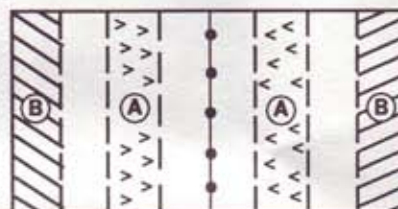
Description: Divide the gym into quadrants with one team in each. Use benches or just lines for dividing your gym. Toss in the beach balls with the object being not to let the balls touch the floor in your quadrant. Walls and ceilings are in play. Encourage students to work together to push the ball upwards all the time.

BARRICADE BALL

Number of Participants: Up to 80

Space: Field or Gym

Diagram:



Equipment:

- As many as 20 - 4' x 4' folding mats
- 4 to 8 elephant skin nerf balls

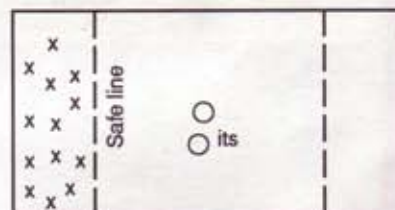
Description: Stand the mats on end as seen A in the picture, keeping them relatively close to the center line. The object of the game is to knock down the other teams mats with the balls by throwing them from your side of center. Players are not allowed to touch the mats or enter the B zone. They may hide behind mats because if they are hit by a ball on a direct hit they must go to the B zone behind the other team. To get back into the game they must retrieve an errant ball in the B zone and carry it back to their end. This game has been successfully played with over 100 students in a Junior school gym.

PICK UP TAG

Number of Participants: 30 or more

Space: Gym or Field

Diagram:



Safety Factors:

- Always protect the head.
- No grabbing of clothes.

Description: The 'x's' must cross the floor to the other zone when the "its" call GO! The "its" try and capture the 'x's' and lift them off the floor. Once you are picked up you become an "it". The game continues until all children are picked up or there are 1 or 2 left.

Players learn that they must team up to capture and lift some students.

- * Spend a few minutes demonstrating various pick up methods always emphasizing that the upper body is always supported.

HOW TO DANCE WITH AN ELEPHANT

Part I of II

What is an Elephant?

An elephant is someone in your organization who does not fully appreciate or even misunderstands your program. This could be the "head honcho", staff, head librarian, or housekeeping staff. Making you/your program known, appreciated, and fully understood in the organization is like dancing with an elephant. The dance is a way of educating those you work with while developing a positive, professional relationship.

Why it is Like Dancing With an Elephant

Convincing your fellow workers of your program's value can be a big task and often overwhelming. Some think it can't be done and is even pointless. You have to start the relationship. Elephants can't dance by nature. Sometimes you'll get your toes stepped on. You won't know where to put your hands. And if you make the elephant mad - they won't forget!

To dance, you have to develop positive, two-way communication as you take the first step.

Finding the Elephant

Your first step is to identify who you are trying to educate: Faculty, department heads, instructors, staff, administration, or support staff.

Second, you should identify what your problem is. Ask yourself, "What area or program is not fully understood?"

It is your role to educate the elephant, not theirs. Remember to use a positive approach and erase negative criticism.

Introducing Yourself to the Elephant

Before you can dance, the elephant has to know who you are. Therefore, you have to be visible. Here are some ideas:

- Post banners on site for your events.
- Offer to decorate bulletin boards in your organization with information about your program.
- Improve signs on campus to your program/activities.
- Sponsor special exhibits within your institution. Use works from your classes such as photography, painting, etc.
- "cc" or "pc" any information that would be interesting to your supervisor and other areas.
- Start a newsletter about your area/activities and distribute to all staff. Include articles about your students who are involved in curriculum areas.
- Start a column about your area in your organization's newsletter or newspaper.
- Send "nice notes" for everything. Put a reminder in your calendar once a month to be sure you send them.
- Develop a presentation about your program for meetings of organizational staff.

- Develop informal relationships with key people through phone calls and by dropping by their offices.
- Start informal get-togethers such as volleyball or card playing groups during lunch.
- Provide professional development workshops at lunch time. Lead some yourself on customer service and promotional design, etc.
- Talk, talk, talk about what you are doing, how you can help, and the results of your successes. Take advantage of meetings and with individuals whenever possible.
- Attend and support activities held by other areas. Be known as the area/department that is always in attendance.

Stay tuned for Part II where we will find out how to Dance with the Elephant and Enjoying the Dance in the June Input.

This article was reprinted from "How to Dance with an Elephant", by Fred Bayley, Isothermal Community College.

"Quote" of the Month

Enjoyment is one of the most necessary factors in nearly everything which concerns the welfare of the body, and if exercise is distasteful and wearisome, its physical as well as its mental value is diminished.

Galen, 190 A.D.

April 8, 9, 10, 1994
Friday Night, Saturday & Sunday

Geneva Park, Orillia

Meet old friends,
establish new contacts
and receive great new ideas
for your intramural
recreation program



WESTERN THEME

(Be sure to bring your two-stepping attire!)

Guest Speaker: **BOB BOUCHER**
"25 Years of Intramural Spectrum"

Mark it on your Calendar!
New Dates
New Format!
Great Speakers!

For more information contact:
Michelle Harkness or Sharon Scime
(905) 575-2083

Our conference goal is to provide each delegate with the experience to realize the benefits of active involvement with CIRA Ontario and to become revitalized, both personally and professionally. This goal will be met through informative and innovative sessions and dynamic, energetic social activities.



Exhibitors: Squash Ontario • Attitude Flex • Disc Canada • and many more

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

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