

Bulletin

"The Voice of Intramurals in Canada"
«La voix des loisirs intra-muros au Canada»

June/July, 1997, Vol. 22, No. 7

ISSN 1187-0818



Photo: Wade Gregg

Students at Churchill High School, Winnipeg, Manitoba help each other through a weight training and fitness unit.

1977 – 1997

Celebrating 20 Years



CIRA  **ACLI**

CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

CIRA Board Members

President

Rob Stinson*
Work: (403) 220-6479
E-mail: rstinson@ucdasvml.admin.ucalgary.ca

Special Board Appointee/ Student Leadership

Cathy McCartney*
Work: (250) 923-4206
E-mail: cathy.mccartney@sd72.bc.ca

Special Board Appointee

Christine Preece*
Work: (519) 383-8331 ext. 515
E-mail: cpreece@sar.hookup.net

Provincial/Territorial Directors

Alberta/N.W.T.

Mike Boyles
Work: (403) 220-4413
E-mail: 596066@ucdasvml.admin.ucalgary.ca

Nova Scotia

Joanne Burns-Thériault
Work: (902) 457-6369
E-mail: joanne.burnstheriault@msvu.ca

British Columbia/Yukon

Minda Chittenden
Work: (604) 936-6617

Ontario

Pat Doyle
Work: (519) 749-0834
E-mail: lacrosse@ionline.net

Manitoba

Tim Rafter
Work: (204) 633-9630
E-mail: trafter@mbnet.mb.ca

PEI

Glenn Campbell
Work: (902) 859-8713
E-mail: campbell@barney.icondata.com

New Brunswick

Gary Crossman
Work: (506) 832-6021
E-Mail: crossga@nbed.nb.ca

Quebec

Gaston Guèvremont
Work: (519) 491-3366

Newfoundland/Labrador

Andrew Battcock
Work: (709) 896-2214
E-mail: abattcoc@calvin.stemnet.nf.ca

Saskatchewan

Harold Robertson*
Work: (306) 683-7430
E-mail: river.librarian@sbe.saskatoon.sk.ca

* denotes a CIRA Executive Board Member.



AIR CANADA

is the Official Airline of the
**Canadian Intramural
Recreation Association**



Health Santé
Canada Canada

CIRA National Office

1600 James Naismith Drive
Gloucester, Ontario

K1B 5N4

Tel: (613) 748-5639

NEW Fax: (613) 742-5467

E-mail: cira@rtm.activeliving.ca

Rick Turnbull
Executive Vice President
Home: (613) 837-1765
E-mail: rturnbul@rtm.activeliving.ca

Angèle Beauséjour
Administrative Assistant
E-mail: abeausej@rtm.activeliving.ca

Carl Clements
Director of Programs - CALC
E-mail: cclement@rtm.activeliving.ca

Wendy Overton
Programs Administration Assistant
E-mail: woverton@rtm.activeliving.ca

Hazel Marshall
SL Secretary/Receptionist
E-mail: cira@rtm.activeliving.ca

Robert Lamothe
Publication Fulfillment Clerk
E-mail: cira@rtm.activeliving.ca

Rhéo Pilon
Financial Officer

Editor
Christine Preece

Desktop Publishing
Denise Pittuck

★ ★ NEW ★ ★

CIRA Web site has a new address:
www.activeliving.ca/cira/
NEW FAX: 613-742-5467

CIRA  **ACLI**

CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

Submission of Articles

The CIRA Bulletin is published eight times per year between September and June. CIRA is pleased to consider all written submissions from its members. Articles should be two to three pages long, typed, double-spaced and sent to the Editor at least eight weeks in advance of the Bulletin publication.

Table of Contents

Founders' Honour Awards	3
St. Francis Recreation - The Revitalized Program	4
Games, Games, Games	6
Club Activities	8
Health News	9
CIRA National Conference '97	10
Membership Needs Analysis	10
Elaine Burke Awards	11
Announcements	12

CIRA Awards

Founders' Honour Award 1997

This award was created on the 10th anniversary of CIRA, in order to recognize members who had made a significant contribution, over a number of years, to the growth and development of the organization.

The Founders' of CIRA wanted to provide an opportunity to highlight the efforts of volunteers, who had been actively involved at the local, provincial and national level, in furthering the intramural vision and philosophy amongst their peers and to children and youth in the Canadian educational community.

Over the years, many CIRA volunteers have been recognized by their peers for their dedication and untiring efforts in the promotion and delivery of intramural programs, creating environments that supported intramurals and building provincial and national delivery systems and associations to carry out the work of CIRA.



1997 Founders' Award Recipients, Joe VanSnellenberg (L) and Holly Rogers (C) with CIRA President, Rob Stinson (R).

Holly Rogers

Holly Rogers has been a CIRA member since the early 80's. For many years she has been a strong supporter of intramurals. As a physical education teacher, intramurals were and continue to be an important part of her well balanced program

In 1985 Holly was selected as the BC delegate to attend the initial Student Leadership Development Program training session in Regina. Holly was a strong advocate for student leadership and a natural choice as a trainer. Over the years, Holly has conducted many workshops and trained numerous teachers and leaders both locally and across the country.

As President of CIRA-BC from '87-91, she easily picked up the reins from Joe VanSnellenberg and led the province through a period of growth.

As a Director on the national CIRA Board, Holly was involved on the Publications Committee and was a member of the Executive Committee as Vice President of Publications and Human Resources. She was the Chair of the Student Teacher Intramural Program Committee and member of the National Student Leadership Committee.

In 1987 Holly chaired the CIRA National Conference "Out of This World" and this year, co-chaired the conference "In Concert '97: Band Together for Sport".

Holly was one of the first Board members to hold a full time school based teaching position and serve on the national Board at the same time. She brought a school based perspective and a sense of judgment and reason based on the needs of kids.

In the words of CIRA Past President Lynn Dyck "Holly kept us honest and grounded in reality during discussions and debates on many issues around the Board table. Her approach to every task was with intensity and a drive to get the job done, and done well. She is a master at tackling a concern and finding way to solve the problem or to make things happen. Her positive attitude and her willingness to give extra time and energy towards the programs she felt needed attention, was admirable."

Holly's strong belief in physical fitness and well being is something she models on a daily basis. She lives and walks the talk. She was and continues to be, an excellent role model to students and to those with whom she works.

We are pleased to be able to recognize Holly's contribution to the field of intramurals and to CIRA by presenting her with the Founders' Honour Award. Congratulations Holly!

May 1997, Vancouver, BC

Continued on page 5

Program Model - Post Secondary

Saint Francis Recreation — The Revitalized Program

Five years ago the intramural program at St. Francis High School suffered a slow death. The once, very successful program had suffered a rock bottom collapse. The program, our approach to motivating student participation, as well as our council members, needed a new vision.

At the National CIRA Conference in '97 in Calgary, the university programs caught our interest, especially some of the "Block Buster" type "Big Activities" that were being presented. Clearing a path for our new vision, we set off in new direction. We started with six hand picked students (3 of whom were grade 10's) and started the arduous task of planning new activities that would draw our student body into the gymnasium for some noon hour entertainment.

Within two weeks our council membership doubled. We implemented a leadership program based on the CIRA leadership manual and our past experience. The first thing we did was change our name from the Intramural Council to the REC COUNCIL (St. Francis Recreational Athletic Council). We then asked to be involved in our fall sports rally. We did a glitzy slide-tape commercial with rock music introducing our student leaders and our new program. We informed the student body that intramurals were back but that we were running the program more like a university campus recreation program.

The emphasis on our Council was to improve our organizational skills:

**DO WHAT WE SAID WE
WOULD DO, WHEN WE SAID
WE WOULD DO IT.**

The focus of the program was to offer competitive as well as recreational leagues and activities. Our first major challenge was our short noon hours (all of our events and activities take place at noon). Monday to Thursday we have a

46 minute time slot, but on Friday we only have 34 minutes.

Creative tension? no problem. We decided to offer "FRIDAY STRESS BREAKER ACTIVITIES". To save time, we picked activities that students could participate in, in their street clothes (running shoes were mandatory). We play rock music during this noon hour and we offer prizes, \$25.00 cash, movie passes, CD's, basketballs, sweat shirts, etc. The activities we selected included some old favorites such as Slam Dunk, Hot Shots, Bump (Basketball). However, we need to be creative in order to catch the interest of all the students so we invented some new activities such as:

1. **Hardest Shot Contest (Hockey)** - radar gun behind the goal recorded the hardest shot; prize - \$25.00 or a hockey stick.
2. **Rapid Fire** - 25 floor hockey balls in a line - 1 shooter, 1 goalie; 1 minute to shoot them all. Most goals wins a prize.
3. **1 on 1 Contest** - 1 shooter, 1 goalie; start at centre, shooter has one shot on goal.
4. **Football Throw** - 3 tires swinging (hanging from gym ceiling) 3 footballs, 3 throws to get ball through centre of the tire. Top thrower wins a prize.
5. **Sumo Wrestling** and more!!

The success of these activities was tremendous. We averaged between 100 to 300 students in the gym on Friday depending on the activity. The short noon hour, instead of being a liability became the strongest part of our program. In fact it provides a break in the longer leagues such as floor hockey, arena football and indoor soccer and keeps students who are not participating in these leagues involved in the intramural

program. As for our Council members, it keeps them actively involved in running the program on a weekly basis.



Another popular change was the addition of our "Book-A-Gym" program. Book-A-Gym usually runs for a 3 week period. Students are allowed to sign up with their friends and book any activity of their choice. They must

sign-up in advance with the names of all students participating. They are restricted to 2 days, during the 3 week period. "Book-A-Gym" is run 3 times during the year.

We still felt we needed one "BIG" event to push our program and catch the interest of the students. The main intent was to generate school spirit and provide some FUN for students. We selected the first week of May because it was a slow time in our school calendar and we felt it would provide a little excitement and be a great climax for a successful year. The event the students picked was "CANADIAN GLADIATORS". We used the American Gladiators TV show to gain ideas for events. On the Thursday and Friday of the prior week we run a skill test on strength, speed and agility to select 4 males and 4 female student contestants who compete against an outside team of Gladiators.

The opposing Gladiators are members of a Rugby team and the University of Calgary Football team. We run 2 events each noon hour for 3 days and then the top 2 male and top 2 female contestants go on to compete in our "Eliminator Obstacle Course". The winners receive a large trophy, \$100.00 cash each and are officially declared the Top Female and Male Athlete in the school.

Continued on page 5

Active Children Healthy Children: An Active Living Guide for Parents

Health Canada has worked with a number of partners to create **Active Children Healthy Children: An Active Living Guide for Parents**. The purpose of the Guide is to help parents find ways to make physical activity part of their children's daily lives.

Enclosed with this issue of the Bulletin is a copy of this resource for your use.

If you wish to order copies of this resource for your School Parent Councils, please call Health Canada Publications, Ottawa at 1-613-954-5995.

Saint Francis, continued

Approximately 100 students try out for the event and we average over 500 spectators each day.

In September of 1996, we started the year with twelve Grade 11 and twelve S.F. Rec Council members. We wanted to involve Grade 10's in the intramural council, so we advertised around the school for new members. To our amazement, we ended up with over 30 council members. To me that in itself highlights the new success of the program/ What's new for 1997? - how about "MUD WRESTLING" in the centre of the main gym or "RED NECK DAYS"?

In summary, re-energizing your student leadership program is worth it.

Submitted by
Michelle Trifaux and Gerry Goetz
Intramural Directors,
St. Francis High School
Calgary, Alberta

CIRA Awards, continued

Joe VanSnellenberg

Joe's involvement and love as an intramural sports participant goes back many years. But it was when he was a student at Simon Fraser University (SFU) and through his involvement as a student administrator, that he realized that he enjoyed planning and organizing as well as participating in intramural activities.

In 1978 Joe accepted the position of Intramurals Supervisor at SFU. According to Ian McGregor, Director of Recreation at the time, "Joe did an outstanding job as Intramurals Supervisor. He was a very hard working, creative person, always pushing the envelope in whatever he did. Under his leadership, intramurals at SFU really blossomed and Joe became well known within the university for his zany ideas and innovative campus-wide approach."

In 1982 Joe chaired the CIRA national conference "Intramurals—A Professional Approach". He served as BC Provincial Director from 1982-87, helping BCIRA, as it was known then, to grow and serve the needs of local intramuralists. Nationally he was actively involved in numerous committees - membership, nominating, resources and Bulletin to name only a few. Joe also served on the Executive Committee for 2 years prior to being elected as the fifth CIRA President in 1987.

His leadership contribution to CIRA as President from 87-89 was outstanding. One of Joe's strengths was planning and he assisted the organization in laying foundations and building blocks that ensured the growth of the organizations into the 90's.

As a writer and editor Joe has contributed to two resources that are currently being marketed by CIRA: *Adapt, Adopt and Improve - Theme games for K - 6* and *The Post Secondary Student Leadership Guide*. He also was a contributing writer and editor of a resource titled *Safety and Legal Responsibility - A manual for physical activity supervisors and administrators*. He has another book in the works and has hopes of getting it published in the near future.

Joe has strong people skills. He had an excellent rapport with the numerous volunteers that he worked with over the years and has the ability to 'bring out the best' in his colleagues.

Over the years we became accustomed to Joe's "off-the-wall" style. He delighted us with songs, poems, limericks and one liners; he entertained us with his presentations and impromptu speeches; and he amused us with his creative dance style. Underneath all this is a dedicated individual who believes in CIRA, the importance of intramural and recreation programs for children and youth and the intramural professionals who work with these youngsters.

Joe is a long standing life member of CIRA and continues to contribute locally and nationally, although his career path has taken him to the position of Student Advisor in the Faculty of Applied Science at SFU.

Through his administrative years, Joe has however, maintained his participant status and is an avid soccer player and as well as enjoying a robust game of squash.

We are pleased to be able to recognize Joe's contribution to the field of intramurals and to CIRA over the past 15 years by presenting him with the Founders' Honour Award. Congratulations Joe!

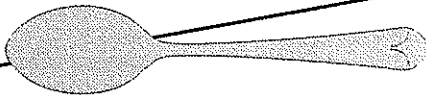
May 1997, Vancouver, BC

Games, Games, Games

Relays

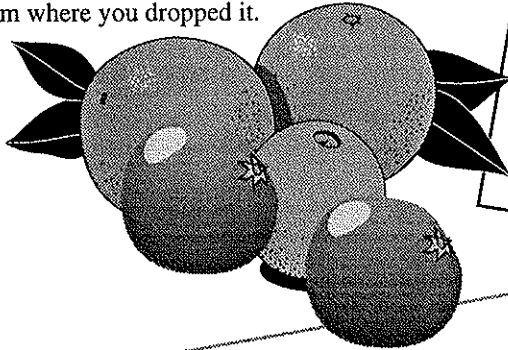
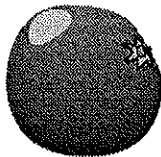
Spoon and Line Relay

Take a spoon for each team and tie a very lengthy piece of string to the spoon. The first person in line must put the spoon down through their clothing and pull it out at the bottom. The next person in line must then proceed from the bottom of their clothing up to the top. The procedure will alternate from the top to bottom until you have gone through the whole line. You may also want to have the competitors go back through the line to the starting point.



Orange Neck Relay

Holding an orange under your chin, without the aid of your hand, you must pass the orange to the under the chin of the next person in line. If the orange drops you may pick it up and start from where you dropped it.



Dress Up Relay

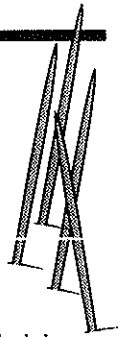
Run to a line and put on a costume (fire person, hobo, farmer, doctor, whatever...could be a theme of your school or a holiday). Run back to the start line, disrobe, and the next person in line has to put on the clothes and run to the line and take them off...etc.



Lifesaver Relay

Need: packs of lifesavers and toothpicks

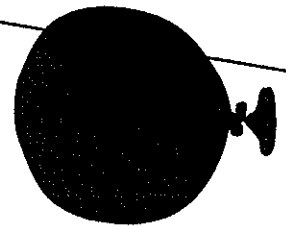
The relay begins with each team member with a toothpick in their mouth. The object is to put a lifesaver on the tooth pick of the first person in line and pass it along to the next person to the toothpick in their mouth. **NO HANDS!** If the lifesaver falls off the tooth pick you have to pick it up and start again. You can vary the starting point; maybe back to the start of the line or at the place where the lifesaver fell. you may get to the end of the line and have them go back through the line to the start again.



Balloon Relay

Each contestant blows up their balloon and ties a knot in it. They must then proceed to hop to a chair at a designated area and pop the balloon with their "butt" only! **IT ISN'T EASY!** Then run to the next person in line and tag hands. That person blows up their balloon and goes through the same procedure until all team members have gone.

A slight twist on this to finish the game would see one team member picked up by the other team members and a final balloon would have to be burst using that persons body!



Gladiator 2000 (like kids show on TV)

This relay will involve setting up stations

- Run to Station #1
- Run to Station #2
- Run to Station #3
- Run to Station #4
- Run to Station #5

- Do 5 jumping jacks
- Do 5 sit-ups
- Skip 10 times without missing
- Hula hoop for a count of 10 (contestant must yell out 1-2-3-4...etc)
- Receive a trivia question from PEI, Saskatchewan or wherever



If you get it right you run back to the next person in line and they go. If not you must go back to your team and see if they know the answer and repeat the entire process before answering.

Submitted by Glen Campbell, PEI
email: campbell@barney.icondata.com

More Games

UNO

Submitted by Harold Robertson
email: river.librarian@sbe.saskatoon.sk.ca

Equipment: Bibs (pinnies)
Gatorskin Ball (1) (2 for an option)
Milk crates (2)

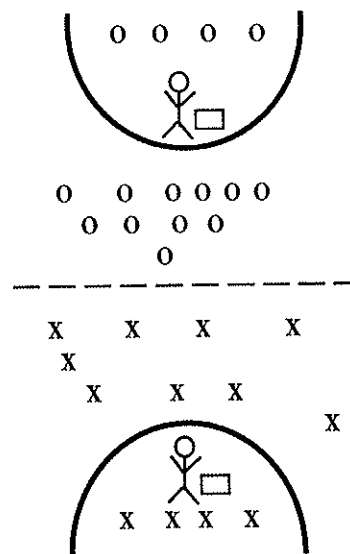
Ages: 8 & up

Object: The object is to move the ball to the goalie on your team and have them catch the ball to score a point.

Rules:

- Teams move ball by passing only. They may take one step as in basketball.
- The goalie stands on the milk crate which is placed in the basketball key (at the top of the key).
- No player, other than the goalie is allowed in the crease.

Option: After a goal is scored, have every player on the scoring team run back and touch the milk crate at their end. (This promotes hustle and prevents net hanging).



Scrabble Relay

Submitted by Joanne Burns-Thériault
Mount St-Vincent University, Halifax, NS
email: joanne.burnstheriault@msvu.ca
Fax: (902) 457-1694

Object: To complete the relay and unscramble a word.

Who can play: Anyone

How many can play: 10 - 25 participants

Where can the game be played: gymnasium, playground, multipurpose room, classroom.

Equipment needed: corresponding number of cards as participants, each having a letter on it. Each group of 5 cards spells a word.

Length of time to play game: 2-3 minutes **Level of activity:** High

Description of the game:

1. Divide the class up into groups of 5.
2. Line up the groups behind a line, with sufficient space between each group.
3. Place 5 cards, that when unscrambled, spell a word, directly across from each group (on the other side of the playing area).
4. On the word "go" the first person from each group runs across the playing area, picks up one card, runs back and sits down.
5. Each person in the group does this.
6. Once all of the cards have been retrieved, the object is to unscramble the word that the letters form.
7. The winning team is the group who unscrambles their word first.

PURPOSE ACHIEVED: Students have achieved a high level of activity and they had to co-operate to solve a puzzle.

Club Activities

Armed for a Successful Event - How to host an armwrestling tournament

by Tamara Goddard, Student Recreation Assistant - Kwantlen College, Surrey, B.C.

➤ Finding community resources to help

The first thing to do is to find out if there is an armwrestling club, association or expert in your community. (You never know where the former world champs are - we found out we have one right in our neighbourhood.) The group or individual could help facilitate the event and it could be a good opportunity to gain some exposure within the community.

Finding a group/person may not be an easy task so here are some starting points for your search:

- the www (world wide web, not the wide world of wrestling)
- pubs
- sport organizations (eg. the armsports association)

If you are not fortunate enough to have an expert in your neck of the woods, searching the web could be a great help. At www.armwrestling.com/rulesreg.html you will find a set of rules and on other sites you will be able to find the dimensions of a table and armsport associations around North America that may be able to help.

➤ Organizing the participants into weight classes

Depending on the number of participants that you have you may want to break the weight classes into either smaller or larger spans. If you have participants sign up ahead of time you will be able to make that decision before the tourney day which could be helpful. However if your campus is a spontaneous participation population, you will need to be prepared with pre-determined weight classes.

Here's what worked well for us and was suggested by our former world champ armwrestler, Dave Hicks.

♂ Righties	♂ Lefties	♂ Righties	♂ Lefties
-160 lbs	-169 lbs	-140 lbs	-140 lbs
161-180 lbs	170+ lbs	140+ lbs	140+ lbs
181-200 lbs	170+ lbs		

(hint: Women and scales in public places are not usually the best of friends. so if you are doing an official weigh-in you may want to consider using the honour system)

➤ Tournament Organization:

Having sign up sheets pre-labeled for each division and weight class is a must. It is very important that if you are not having pre-registration for the event, that you are ready for a variety of tournament draws. Some weight class divisions may have as few as 4 people and another may have 20 or more. (We used single elimination for our tourney because of time constraints, but if you have more time you could use a double elimination

format). The tourney draw was really easy to put together because we were using our tournament bible - John Byl's book called **Organizing Successful Tournaments** which is available through CIRA.

Having an experienced official was very helpful. There is more to armwrestling than clenched fists and away you go. There are rules regarding the grip, elbow placement, footing, shoulder alignment and more. An experienced ref will also be very conscious of safety, making sure that no one puts themselves in a position that may cause injury.

During the breaks between matches we promoted upcoming events and our leagues to the "captive" audience of spectators.

➤ Prizes

We designed special championship shirts that said "Armed Champ" — feel free to use the slogan.

PS Don't forget your cameras, megaphones, scale (any old bathroom scale will do), ref jersey(s) and be sure to invite your community papers. Have fun! (We did.)

Submitted by Angie DiFonzo
Kwantlen University College, Surrey, BC
email: angelina@kwantlen.bc.ca

"Girls in Action..."

An excellent resource package that promotes participation of girls in physical activity.

CAHPERD has developed a new resource for use by teachers and leaders working with adolescent girls aged 12-15. **Girls in Action...** aims to increase awareness of the issues of gender equity in school physical education, sport and recreation programs.

The resource includes three components: a **Girls in Action...Speaking Out!** video, a Leader's guide and a **Girls in Action...AWESOME!** poster that promotes diverse, realistic, healthy body images of active girls.

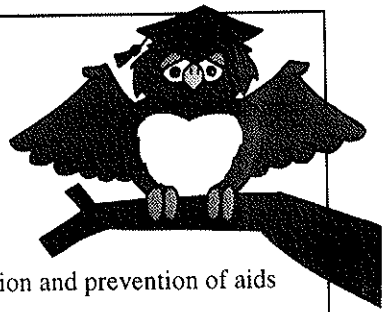
The complete package is available in English and French at a cost of \$23.40 for CAHPERD members and \$26.00 for non-members. To order this package or for more information contact:

CAHPERD

1600 James Naismith Drive, Gloucester, ON K1B 5N4
Tel: (613) 748-5622 Fax: (613) 748-5737
CAHPERD@rtm.activeliving.ca

Health News

AIDS: The Truth About Myths *by Jory Post and Carole McPherson*



AUDIENCE: Students in grades 5 through 8

OBJECTIVE: Students will be able to differentiate between facts and myths about the transmission and prevention of aids

TIME: 50 minutes

OVERVIEW: In this lesson, students role-play four youths having lunch and discussing a new student, who has AIDS. The script brings out many misconceptions about AIDS. One student knows how AIDS is transmitted and prevented and she responds to her friends' misinformation with the facts.

PROCEDURE:

- Have students imagine that a student with AIDS will be transferring into their class tomorrow. Ask them to react. Record their thoughts and concerns on the board. Do not judge or contradict any of these thoughts.
- Divide students into groups of four. Distribute the "Truths and Myths Script" to each group.
- Ask students to assume the four roles within their groups. Students should do the role-plays twice. The first time they should simply read it and listen for examples of facts and myths. The second time they should find and underline facts or myths about AIDS in their script.
- Have group members write the underlined information on two lists, one for facts and one for myths. Ask a representative from each group to share their myths and facts one at a time with the whole class. Write the lists on the board. Continue until all facts and myths from the groups' lists have been recorded.
- Have students label the thoughts and concerns listed on the board earlier as fact or myth based on the new information. Add and discuss other myths that have not been addressed.
- Ask students to consider why myths about AIDS get started in the first place. Have them share their thoughts. Make sure to discuss the role fear and other emotions play in forming beliefs about controversial subjects.
- Distribute the "Truth or Myth Worksheet" for each student to complete. Correct with the class immediately upon completion.

Truth or Myth Worksheet

Read the following statements about AIDS and decide whether they are TRUTHS or MYTHS. Write the correct answer on the line in front of each statement.

- | | |
|--|---|
| _____ 1. Bleach can kill the AIDS virus outside the body. | _____ 10. AIDS can be prevented. |
| _____ 2. You can catch AIDS from drinking faucets. | _____ 11. You can catch AIDS in showers. |
| _____ 3. You can catch AIDS drinking from someone's glass. | _____ 12. AIDS can be transmitted through blood, semen and vaginal fluids. |
| _____ 4. Nothing can kill the AIDS virus, so far, inside the bloodstream. | _____ 13. You can catch AIDS from sweat. |
| _____ 5. You can catch AIDS from attending school with a classmate who is infected with HIV. | _____ 14. AIDS can be transmitted through unsafe sexual practices. |
| _____ 6. The AIDS virus can be found in all body fluids. | _____ 15. AIDS can be prevented through abstinence and safe sexual practices. |
| _____ 7. You can catch AIDS from toilet seats. | _____ 16. AIDS can be transmitted through sharing contaminated needles. |
| _____ 8. Tears and saliva have slight traces of the AIDS virus. | _____ 17. You can catch AIDS through sneezing. |
| _____ 9. No known cases have been transmitted through tears and saliva. | _____ 18. Mothers with AIDS can transmit it to their unborn babies. |

Answers on page 10

IN CONCERT '97

Band Together for Sport!

CIRA National Conference '97

The '97 National Conference was a collaborative effort of CIRA - BC, BC School Sports Association and the BC Physical Education Specialists. Over 375 delegates attended "IN CONCERT '97: Band together for Sport" at UBC in Vancouver. The varied program featured presenters from across Canada and targeted intramuralists, PE. teachers and school coaches. Delegates were treated to sessions on intramurals, officials, strength training, team building, student leadership, orienteering, Olympic education, curriculum, coaching certification, gender and culture, fitness, co-operative games, motivation, ultimate frisbee, beach volleyball and much, much more

Dr. Rick Bell, Associate Dean of Education at the University of Victoria and current CAHPERD President and Chris Johnson, Community Programmer at Douglas College, New Westminster, BC were the keynote speakers at the conference. At the banquet a number of local coaches, physical education teachers and intramuralists were recognized for their contributions over the years. See the article on pages 3 and 5 for this year's CIRA Founders' Honour Award recipients.

There was recognition given to a number of CIRA Board members who have completed their term and are moving on to other challenges. There will be more on the contributions of these individuals in the fall issue of the Bulletin. Here is a list of the "retirees":

Joanne Burns-Thériault	Provincial Director CIRA NS	'95-97
Angie DiFonzo	Provincial Director CIRA BC	'95-97
Wade Gregg	Provincial Director CIRA MB	'94-97
Chris Preece	Provincial Director CIRA ON	'93-96
	Bulletin Editor	'96-97
Gerald Sullivan	Provincial Director CIRA NB	'93-97

Thanks to the Organizing Committee for an outstanding job on this year's conference.

Holly Rogers	Al Thomas	Angie DiFonzo
Donna Dove	Gary McCuaig	Joanne Stygall
Pam Chudiak	Glenn Young	Minda Chittenden
	Marilyn Payne	

ANSWERS to Health Quiz (page 9)

- | | | |
|-----------|-----------|----------|
| 18. True | 12. True | 6. True |
| 17. False | 11. False | 5. False |
| 16. True | 10. True | 4. True |
| 15. True | 9. True | 3. False |
| 14. True | 8. True | 2. False |
| 13. False | 7. False | 1. True |



Membership Needs Analysis

Thanks to the 275 CIRA members who responded to the Needs Analysis that was circulated with the winter Bulletin. The CIRA Board has reviewed your input and it will be incorporated into the future directions for the Association. We will highlight some results of the survey in upcoming issues of the Bulletin.



Congratulations to **Louise Cowan** of **Montcalm Secondary School, London, Ontario** whose completed questionnaire was randomly selected from those who responded. Louise is the **winner of \$50.00 worth of CIRA Program Resources**. A big thanks from CIRA for responding to the Membership Needs Analysis questionnaire Louise. We know you will enjoy the resources.

NEW RESOURCE

CIRA Ontario uncovered its newest resource in May at the National Conference in Vancouver.

"Another Games Book"

is the continuation of their 1994 resources, "Not Just Another Games Book." This resource contains chapters on 18 new themes. **Toga days, the Environment, Mediaeval Times, West and Wild, Inuit Games, Camp and Picnic Activities and St. Patrick's Day** are just a sampling of what you will find in this hands-on, easy to use book that is just packed with activities for any program.

This resource is available through the CIRA National Office.

\$20.00 (Members)

\$25.00 (Non-members)

1997 Elaine Burke School Awards

- Nakasuk Elementary School
The Grow Lab Project, Iqaluit, NT
- St. Patrick High School
The Recycling Program, Yellowknife, NT
- Cove Cliff Elementary School
Parkside Creek Restoration Project, North Vancouver, BC
- Augustana University College
Geography Department, Camrose AB
- St. Matthew Elementary School
School Grounds Naturalization Committee, Regina, SK
- Copper Cliff Public School
The Regreening Project, Copper Cliff, ON
- Parkview Public School
Parkview Naturalization Project, Hagersville, ON
- École Mgr. Grenier
Victorville, QC
- École Cascatelle
Comité Environnement, Kingsey Falls, QC
- Harry R. Hamilton Elementary School
The Pond Project, Middle Sackville, NS
- Mischouche Consolidated School
Union Corner, PEI
- Booth Memorial High School
The "Booth: Growing Naturally" Project, St. John's, NF

What is the award?

This award recognizes outstanding achievement by schools in active living and environmental citizenship, who take concrete actions, which improve personal health, and which protect, enhance or restore the health of their local environments.

Criteria:

- They must demonstrate Active Living and caring for the environment.
- The project must be led by a school, a school group, student or individual in a school setting.
- Projects must recognize activities that encourage outdoor active living in a way that protects, enhances or restores our natural environment.



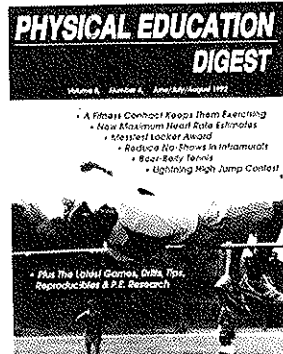
FREE ISSUE OFFER!

Two words describe Physical Education Digest: "Practical... and ... Timesaver!" Every issue is an extensive collection of innovative ideas you can really use in a format you can read in jiffy.

P.E. Digest eliminates the non-essentials, condensing hundreds of pages of research into a jam-packed, 36-page format.

Each quarterly issue features up to 35 different P.E. and coaching topics ... with a reading time of about 30 minutes and a skimming time of only 10 minutes!

You'll learn practical new games, tips and ideas for classes... coaching cues and fun drills for most scholastic sports...reproducible charts, posters and coaching aids...you'll even find complex scientific studies condensed into a few easy-to-read paragraphs.



But why listen to us when you can see for yourself.

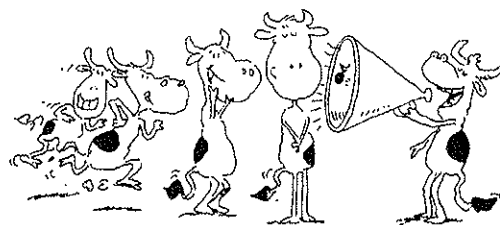
MAIL, FAX OR CALL FOR YOUR FREE INSPECTION ISSUE TODAY!

"Your publication is the most helpful I have seen in my 23 years of teaching."
 Harry Gordon, Orillia Collegiate

Please send a free copy of P.E. Digest to the address below:

Name & Address _____

Box 1385, Station B, Sudbury, Ont. P3E 5K4
 Tel: (705) 675-7055 Fax: (705) 675-5539



WE NEED HELP!

We have lost contact with the following CIRA Life members. If anyone can supply us with a current address and/or phone number, we would appreciate re-establishing contact.

Les Omotani
 Bruce Eagles
 Ron Kraft
 Phillip Allen
 Valdis R. Palens
 Tim Tollestrup
 Harold Mori
 Richard Wilson
 Danielle Lacroix

Alberta
 New Brunswick
 Alberta
 Alberta
 Ontario
 Alberta
 Alberta
 Alberta
 Québec

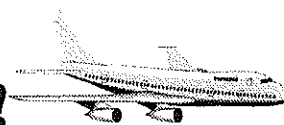
Provincial/Territorial and National Conferences

Date	Topic	Contact	Location
October 16-18, 1997	OPHEA Annual Conference	Sophie Vertkas OPHEA (416) 426-7120	Geneva Park Orillia, ON
November 6-7, 1997	19th Annual Intramural/Student Council Secondary School Leadership Workshop	Jennifer Myers (416) 979-5096	Ryerson Polytech Toronto, ON
January 30-31, 1998	CIRA-Ontario Conference "Polar Bears Ice Holes and Other Chillin' Delights"	Herwig Baldauf (905) 468-3293	Niagara Falls, ON



MOVING?

DON'T LEAVE US BEHIND!



Please send your change
of address to:

CIRA
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4

Tel: (613) 748-5639 NEW Fax: (613) 742-5467

E-Mail: cira@rtm.activeliving.ca

CIRA  **ACLI**

CANADIAN INTRAMURAL RECREATION ASSOCIATION
ASSOCIATION CANADIENNE DE LOISIRS INTRAMUROS

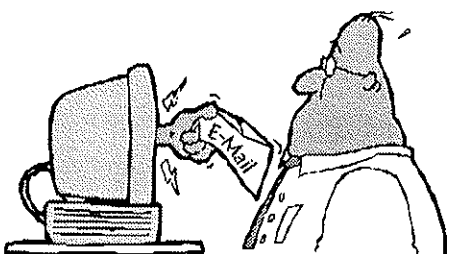
Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

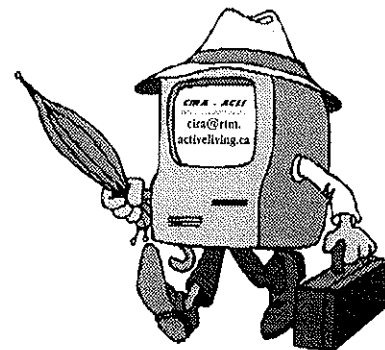
Telephone (work): () _____



We invite you to visit us on the web!

NEW

www.activeliving.ca/cira/



Reminder

Our E-mail address is: cira@rtm.activeliving.ca