

INPUT CIRA Ontario

Promoting fun, active participation for all!

May 2009

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7TH TIME OUTSTANDING INTRAMURAL AWARD RECIPIENT ST. JOSEPH CATHOLIC HIGH SCHOOL - NEPEAN -



Nestlé

Good Food, Good Life

**CIRA ONTARIO
thanks Nestlé
Canada for their
continued support of
Active Playgrounds**

**CIRA Ontario promotes
FUN, ACTIVE, PARTICIPATION FOR ALL**

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INPUT is a quarterly publication produced by CIRA Ontario.

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Ideas, activities and articles are needed for future **INPUT** issues. If you have any ideas, suggestions, special events, etc., please send them to the CIRA Ontario office at the address above.

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Good Food,
Good Life

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A Message from the President

Seriously, we take ourselves too seriously. I love the show, "Just for Laughs, Gags." I love this show because we can put ourselves in the place of people caught up in the gag. These people are often very thoughtful and caring and then have the carpet pulled from under their feet. They realize the whole event was just a joke and laugh about it. In real life it is no fun having the carpet pulled from under our feet when our intentions are very honourable and the costs are sometimes very real and painful, but on the other hand, do we take ourselves too seriously during those times? We are not the central focus of the universe.

Recently, I spoke at an elementary school about athletics. I felt I needed to remind those folks that the children they are working with are not the central focus of the universe either. They are just kids, and I mean this with no disrespect. Some of these children have not even started their growth spurt by the time they leave grade eight; others have finished growing by the time they graduate from grade school. Not only are these children just kids, they are also in a school whose primary task is to educate all children (they are not there to serve the best interests of the teacher/coach)... now that is a serious challenge. So when I thought about it all I concluded with the thought: Be careful that we do not treat our children too seriously, but because they are children treat them all seriously. The bottom line is kids, all kids, have their development and their joy...and yours too! **C**

*John Byl, CIRA Ontario President
Redeemer University College*

ANNOUNCEMENTS

Thank you to Dave Trudelle and the University of Western Ontario for hosting this year's Post Secondary Facilities and Recreation Conference.

Sincere thanks to Kelly Hare for her continued contribution to the CIRA Ontario office.

Congratulations to CIRA Ontario Student Assistant Chantel Schutten. Chantel was recently named Redeemer University's Female Athlete of the Year.

Dates for the Raise the Bar 2009 Intramural Student Leadership Conferences have been announced – Elementary October 21 and Secondary November 5. Both Conferences will be held in Guelph. Be sure to visit www.raise-the-bar-intramurals.com for more information.

The 2009 OPHEA Kids' Health Conference will be held at the Nottawasaga Inn in Alliston on October 15-17, 2009.

Intramurals "Takin it into the classroom" is a new PHE Canada resource. The resource is designed to support teachers and administrators in meeting the daily physical activity (DPA) requirements. The activities require minimal preparation and minimal equipment. www.excelway.ca

Thanks to all those who attended, exhibited and presented at "CIRA Ontario's 2009 "Choose Wisely" conference to help make it an overwhelming success. **C**

THE MANAGEMENT / LEADERSHIP BALANCE



Both management and leadership are needed to make teams and organizations successful. Trying to decide which is more important is like trying to decide whether the right or left wing is more important to an airplane's flight.

Leadership is an action, not a position – each of us, as individuals, need to be leaders, regardless of whether or not we have a formal leadership role. This is where leadership beings “in here” before moving “out there” to lead others. **C**

Source: Jim Clemmer www.clemmer.net

TOP TEN THINGS A VOLUNTEER SHOULD KNOW

1. List your dreams and talents. What do you really enjoy or would like to try?
2. Ability, need and desire. You must have the ability to do the service, there must be a need for the service, and you must have the desire to be of service.
3. Pick your duration – one-time, short-time, long-term.
4. Make a commitment – give it at least three months.
5. Unpaid doesn't mean unprofessional, “Anything worth doing is worth doing well”.
6. Watch and learn. Seasoned volunteers can teach you the ropes so to speak. Observe them and follow their lead. Have confidence in the knowledge that you are capable and trainable,
7. Stand back and admire. Sometimes people forget to say “thank you”, so you will need to reward yourself. Be proud of your accomplishments.
8. Balance is key. Balance out family, work and volunteering.
9. Find a home or make a change. Are you learning, enthusiastic or approaching burnout?
10. Have fun. Giving of yourself should be uplifting and rewarding. **C**

Source: *Chicken Soup for the Volunteer Soul* – Donald Dunn

IDEAS FOR action

MYTH: TO BE ORGANIZED MEANS TO BE NEAT AND TIDY

Yes, you can be neat and organized at the same time. But, there are also a percentage of neat, but extremely disorganized people. In fact, you can be the total opposite of neat and still be organized!

So, what does it mean to be organized?

- You get everything done when it's due.
- You find everything easily when it is needed.

TIPS FOR EXHIBITING

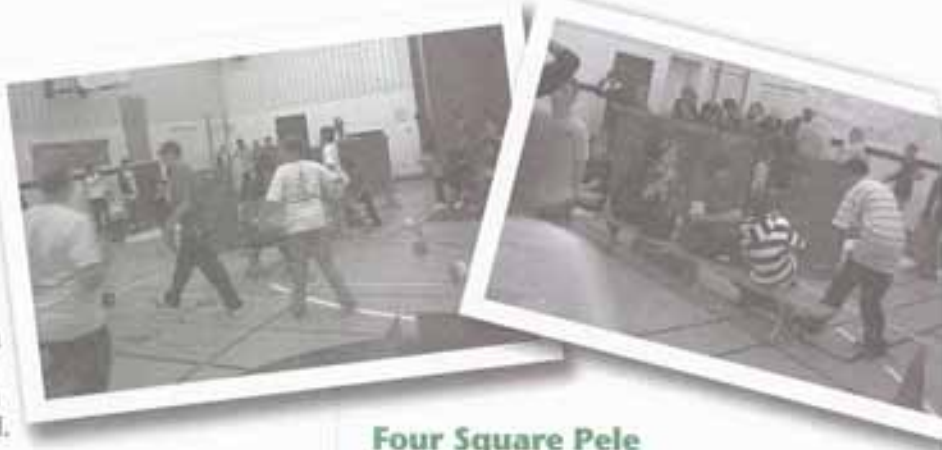
- Ensure your exhibit is inviting and exciting.
- Height increases visibility and attracts attention from a distance.
- Avoid tables that create a barrier.
- Ensure your staff that convey excitement and enthusiasm.
- Giveaways or promotional items should serve a purpose.

THE GOOD LISTENER TWELVE WAYS TO BE ALL EARS

1. Really want to listen
2. Act like a good listener
3. Listen to understand
4. React
5. Stop talking
6. Empathize with the speaker
7. Ask questions
8. Concentrate on what the person is saying
9. Look at the other person
10. React to ideas, not the person
11. Don't argue mentally
12. Avoid hasty judgements

TOURNAMENT DAY

With the intent of offering something different and maximizing participation, Clemens Mill in Cambridge has introduced Tournament Days to their Intramural line up. Every Friday throughout the year a different tournament is offered at lunch hour – 32 different tournaments in total. Scores are kept and at the end of the school year a grand champion is crowned.



Scoring System

1 point for participation

Most Participants

1st - 300 points
2nd - 200 points
3rd - 100 points

Bonus Points for Top Ten in Each Division

100 pts for 1st
90 pts for 2nd
80 pts for 3rd
70 pts for 4th
60 pts for 5th
50 pts for 6th
40 pts for 7th
30 pts for 8th
20 pts for 9th
10 pts for 10th

Four Square Quick Hands

Place a student leader in Kings Court on each 4-square. Players try to eliminate the student leader. If you eliminate a leader, you get a point and move up one 4-square. Only one touch on the ball and one bounce is allowed. The leader stays even when eliminated. Winner eliminates the most leaders

RPS

Hold a single elimination tournament to discover the winner. Set up pairs and have student leaders judge each pair to see who moves on.

Bump

Place a student leader at each net. Players play a round of bump and the winner gets a point. Winner has the most points.

Four Square Pele

Place a student leader in Kings Court on each 4-square. Players try to eliminate the student leader. If you eliminate a leader, you get a point and move up one 4-square. **NO HANDS ALLOWED** – you may only use your legs and chest to “bounce” the ball. The leader stays even when eliminated. Winner eliminates the most leaders

Four Square Pairs

Place a student leader in Kings Court on each 4-square. Players try to eliminate the student leader. If you eliminate a leader, you get a point and move up one 4-square. Two players are in each square. The leader stays even when eliminated. Winner eliminates the most leaders

Frisbee Golf

Place a student leader at the start of each hole. Players throw the Frisbee into a hula hoop. If it does not land in the hoop you throw from where it lands. Count number of shots for each hole. Leaders will record and direct to next hole. Set up as many holes as you have room or time for.

Fox Tail Golf

Place a student leader at the start of each hole. Players throw the Fox Tail into a hula hoop. If it does not land in the hoop you throw from where it lands. Count number of shots for each hole. Leaders will record and direct to the next hole. Set up as many holes as you have room or time for.

Hot Shots

Place a student leader at each basketball net. Teams play a round of Hot Shots. Place numbers on the floor to represent points. Teams get 30 seconds to gather as many points as possible by alternating shots. Winner has the most points.

S AT CLEMENS MILL



Soccer Golf

Place a student leader at the start of each hole. Players kick the Soccer ball into a garbage pail. If it does not land in the pail you kick from where it lands. Count number of shots for each hole. Leaders will record and direct to next hole. Set up as many holes as you have room or time for.

Basketball Golf

Place a student leader at the start of each hole. Players shoot the basketball into a net or garbage pail. If it does not land in the net or pail you shoot from where it lands. Count number of shots for each hole. Leaders will record and direct to next hole. Set up as many holes as you have room or time for.

Ping Pong

Place a student leader at each table. Players serve and try to beat the leader. Those who beat the leader get one point. Winner has the most points. Set up as many tables as you can.

DDR (Dance Dance Revolution)

Hold a single elimination tournament to discover the winner. Set up pairs and have student leaders judge each pair to see who moves on.

Bean Bag Toss

Place a student leader at each station. Players throw the bean bag at the target. Players who get it in the target, get a point. Winner has the most points.

Badminton

Place a student leader at each net. Players serve and try to beat the leader. Those who beat the leader get one point. Winner has the most points. Set up as many tables as you can.

Musical Mats

Play musical mats, chairs, hoops, etc. Use materials that are plentiful to mark spots.

Two Ball

Place a student leader at each net. Players play a round of two ball. Place numbers on the floor to represent points. Players get 30 seconds to gather as many points as possible. Winner has the most points.

Speed Stacking

Hold a single elimination tournament to discover the winner. Set up pairs and have student leaders judge each pair to see who moves on.

Ring Toss

Place a student leader at each station. Players throw the ring at the target. Players who get a ringer get a point. Winner has the most points.

Horseshoes

Place a student leader at each station. Players throw the shoe at the post. Players who get a ringer get 3 points, leaner gets 2 points and touching is 1 point. Winner has the most points.

Lawn Darts

Place a student leader at each station. Players throw water bottles half filled with water at a hoop. Players who get it in the hoop get a point. Winner has the most points.

Dodge Ball

Place a student leader at each corner. Players run around the outside until hit. Last ten players get the bonus points.

Twister Tic Tac Toe

Hold a single elimination tournament to discover the winner. Set up pairs and have players play tic tac toe using hands and feet to mark spots.

continued on p. 6

RESOURCE file

IF I HAD MY LIFE TO LIVE OVER I'D LIKE TO MAKE MORE MISTAKES NEXT TIME.

I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances.

I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual trouble, but I'd have fewer imaginary ones. You see, I'm one of those people who live sensibly and sanely hour after hour, day after day.

Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I've been one those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat, and a parachute.

If I had to do it again, I would travel lighter than I have. If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds, I would pick more daisies.

- Nadine Stair



SMAC – ST MARK ATHLETIC COUNCIL

Athletic Council Job Descriptions

President

- oversee the running of events
- liaison to staff, administration and student body
- set up agendas for meeting
- oversee all committees
- motivate and encourage participation
- in charge of display boards

Vice President

- taking and displaying athletes of the month
- assist the President
- chair ad hoc committees
- help with council activities

Secretary

- take minutes of the meeting
- print minutes out for next day
- input students athletes into data base
- help with council activities

Administrator

- assist secretary
- count, roll and keep financial records of the council
- help with council activities

Intramural Coordinator

- plan and set up intramural activities
- make and post rules of play

- make and display tournament schedules
- help with council activities

Photographer

- take action shots of all the teams
- place pictures into a video presentation
- take photos of intramural activities
- help with council activities

Intramural Assistant

- help with the running of the intramurals and special events
- help find officials and officiating intramural activities
- help with council activities

Publicity Coordinator

- coordinate PA announcements
- posters and advertisements of special events
- help with council activities

Council Member

- help encourage participation
- aid in being part of any sub-committee
- assist in any capacity possible
- help with council activities

St. Mark Catholic High School (Grades 7-12) is in Manotick. ©

CLEMENS MILL TOURNAMENT DAYS *cont...*

continued from p. 5

Tug-of-War

Hold a single elimination tournament to discover the winner. Set up pairs and have student leaders judge each pair to see who moves on. Players hold a popsicle stick between fingers and pull.

Tug-of-War 2

Hold a single elimination tournament to discover the winner. Set up pairs and have student leaders judge each pair to see who moves on.

Players hold an inner tube while laying on stomach and pull.

Duathlon

Players will run a long lap, ride a tricycle or scooter for a lap and then jog again. Fastest times win.

Decathlon (Day #1)

Distance Running: Each student will run around a distance course (approx. 1km) with hands tied behind back. Record times. ©

TIKI TIKI ISLAND

Students will receive 4 minutes at each station to accomplish the task – Hula Hoop, Lingering Lava, Beach Volleyball, and Surfing.

Hula Hoop

Hula Hoop on any part of their body for at least 30 seconds.

Lingering Lava

Students must get through an obstacle course without stepping into the lava (gym floor). Students cross the obstacle course by only stepping on the materials provided - beach noodles, pylons, circle mats, bean bags, etc.

Beach Volleyball

Students work together to keep a giant beach ball from hitting the floor – primary 5 hits, juniors 15, and intermediates 25.

Surfing

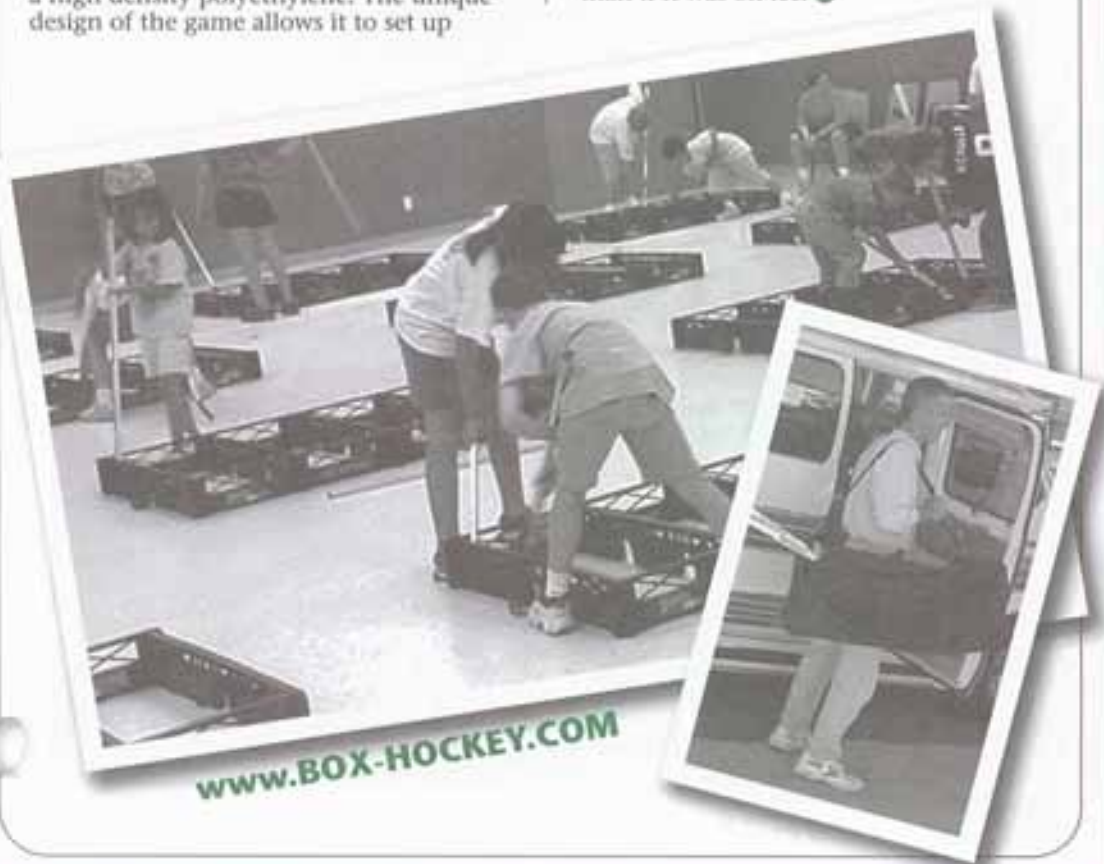
Split into partners of give a mat and four scooter boards 'surf'. The objective is to get across the length of the gym without falling off. Once to the end, switch with your partner.

Students earn two spirit points for successful completing each task and one bonus point for participation.

BOX HOCKEY

Never before have so many good things been packed into one box.... BOX HOCKEY is an exhilarating indoor/outdoor portable one-on-one hockey game. The game consists of a virtually indestructible rectangular box made from a high impact polypropylene with a synthetic-ice playing surface made from a high density polyethylene. The unique design of the game allows it to set up

quickly and easily and can be played in the areas of limited space. Players face off across from each other using real hockey sticks with shortened blades and fight for control of the puck through the four sections of the 6x3.5 playing field until a goal is scored. The puck has a low friction design that allows it glide better than if it was on ice. **C**



IDEAS FOR action

HAWTHORNE VILLAGE FREE FLOW PLAY DAY

Sizzlin' Sun Dazzlin' Fun is not a competitive playday but a "participation" focused event with a Beach theme. Classes travel to three zones in an afternoon of sizzlin' sun dazzlin' fun". At each rotation students take part in activities specific to that zone. Students participate in any activities in the zone as many times as they want hence the name free flow. Each student is given a "Sizzlin' Sun Dazzlin' Fun" Playday Passport to be stamped at each station. Teachers rotate with their classes. Approximately seventy-five Grade 7 & 8 students act as leaders at each of the stations.

SPARTAN INTRAMURAL SUPERTEAM SHIELD

The Intramural Program at Lindsay Collegiate and Vocational Institute is divided into three divisions (1) Grade 9 & 10 Boys (2) Grade 11 & 12 Boys and (3) Open Girls. Teams accumulate points with a Superteam Shield title being awarded in each division at the end of the year.

Superteam points are awarded as follows:

- 1 point – each player participating per game (1 point)
- regular season results:
win (5 points), tie (3 points),
and loss (1 point)
- Play-off results:
1st (10 points),
2nd (5 points)

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ACTIVE

MAY 31st

Deadline to get your Chance
to carry the Olympic Flame
with Sogo Active!
sogoactive.com

THE IPOD OF POSTER PAINT KITS

The iPod revolutionized the way people have listened to digital music. It was a device that made the whole listening experience easier and once people used an iPod they were hooked on the design and function. This paint kit is the iPod of poster production. Like the iPod, it has a premium price (\$350 plus shipping), but a number of schools have immediately purchased a second unit after the initial "a-ha" moment of "why hasn't somebody told me about this!" All schools make posters: this kit allows you to make them effortlessly from start to finish to cleanup.

Kit Contains: carrying tray, three felt-tipped applicators that allow three different strokes per colour, and 8 quarts of ink (red, blue, black, green, pink, purple, yellow, orange).



"The ink supply lasted for two school years under heavy use, including two full school elections, before more ink was needed".

Dave Conlon EDSS

The water-based ink is odourless, will not bleed through paper, it totally non-flammable, and cleans up with a damp cloth on moist non-porous surfaces. Banners dry quickly and can be laminated to make them waterproof.

This self-contained kit will solve all your temperamental Tempra problems. Simply add water and more ink when the applicators dry out. The carrying tray keeps track of errant pots of ink. Your custodians will love you for not messing up their sinks with tempra brushes and paints!

The ink pots and brushes can be purchased separately.

Purchase your kit from the CASAA.

DRUMS ALIVE – PUT A NEW BEAT IN YOUR WORKOUT!

Fitness buffs around the world are taking their drumsticks to class and using the ball for – you guessed it – "percussion". This unique fitness craze is sweeping the world and it is called Drums Alive. It promises to get your heart pumping, feet tapping and belly giggling. Drums Alive gives you a surprising workout with just a pair of drumsticks in your hands and a stability ball at your feet.

Drums Alive is a program that combines the pulsating rhythms of the drums with the powerful and dynamic movements of aerobic dance.



DRUMS ALIVE STORY

In 1997, Carrie Ekins was forced to undergo hip replacement surgery because of congenital hip dysplasia. Once recovered, Carrie returned to her passion of teaching. In 2001, Carrie experienced her worst nightmare: while presenting at an international convention, the titanium head of her femur broke through the hip joint capsule change. Carrie was on crutches for over 6 months and it was almost a year before she could walk.

During recovery, Carrie became frustrated with traditional forms of physical therapy, and began thinking of ways to regain her fitness level without adding stress to her hip. She utilized her love of rhythm, drumming, and dance and found that beating on boxes with drumsticks to her favourite music made her feel better. Running out of boxes, she came up with the idea of using Stability Balls for drums. It was during this process that Drums Alive was created.

www.drums-alive.com