

INPUT CIRA Ontario

Promoting fun, active participation for all!

September 2009

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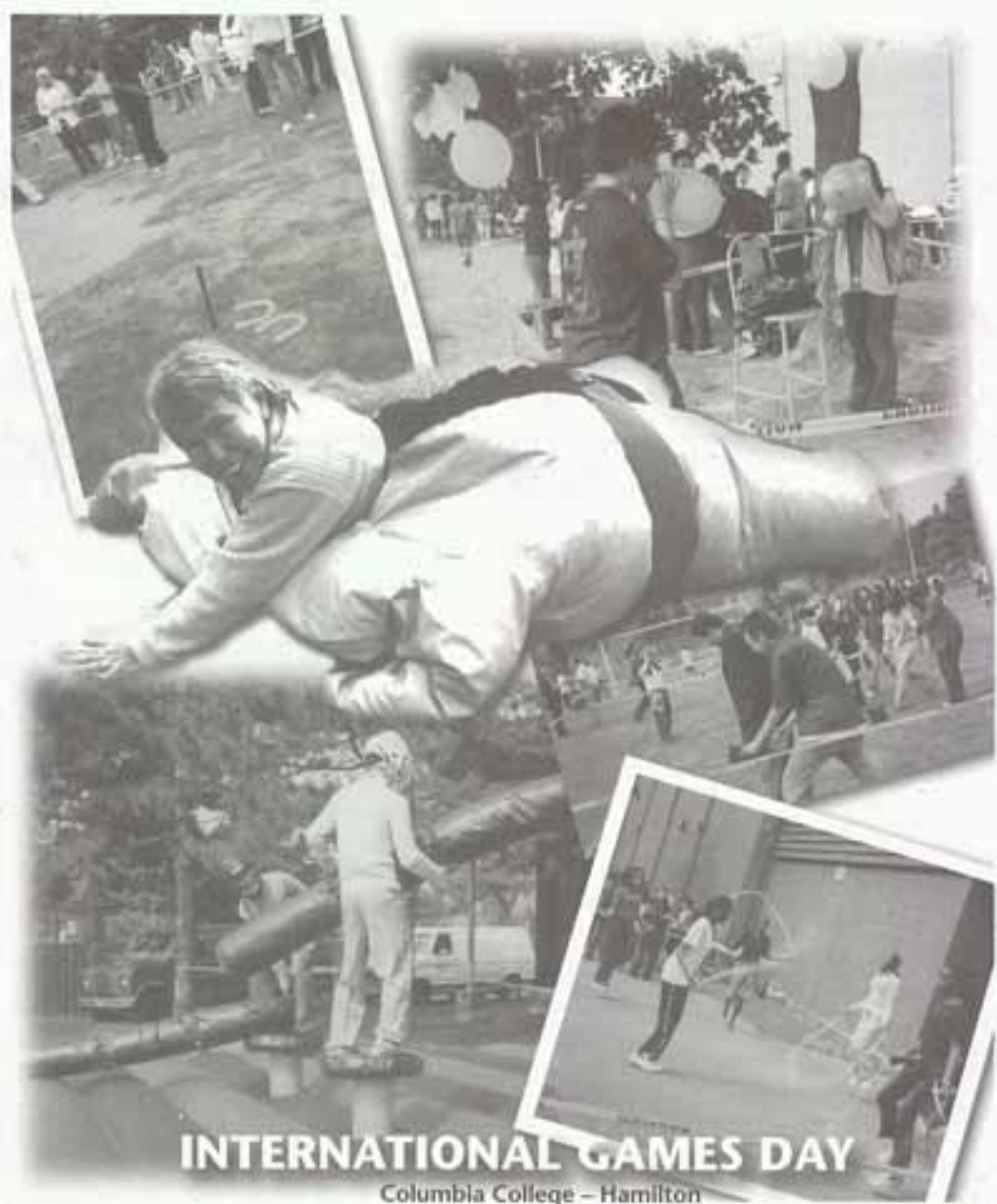
2009/2010

**CIRA Ontario
10th Anniversary
Outstanding
Intramural
Awards**

COMING SOON!

Watch for details in future editions of the INPUT

– Special Edition – 2008-2009 OUTSTANDING INTRAMURAL ACHIEVEMENT AWARDS



INTERNATIONAL GAMES DAY

Columbia College – Hamilton

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2008/09 OUTSTANDING INTRAMURAL ACHIEVEMENT AWARD WINNERS

1ST YEAR RECIPIENTS

Aldershot School	Kim Krug	Burlington
Edenbrook Hill Public School	Ryan Taylor/ Kevin Asquith	Brampton
Esker Lake Public School	Cheryl Wilson	Brampton
McKinnon Public School	Tammy Van	Mississauga
Monsignor William Gleason	Marilyn Lajeunesse	Kitchener
Mother Teresa Catholic Secondary	Angela Campbell	London
North Hastings Senior Elementary	Ian Boyd	Bancroft
Oscar Peterson Public School	Sarah Teal	Mississauga
Our Lady of Lourdes	Anna Febbraro	Waterloo
Prince Charles Public School	Laura Bell	Belleville
St. Agatha Catholic Elementary	Paul Gladding	St. Agatha
St. John Catholic Elementary	Pam Garbutt	Kitchener
St. Matthew Catholic Elementary	Tina Lembo-Butterworth/ Sheila Klages	Waterloo
St. Michael Catholic School	Melissa Cox	Cambridge
St. Nicholas Catholic Elementary	Gloria Lasovich	Waterloo
St. Teresa of Avila Catholic School	Mary Russell	Elmira
St. Theresa Catholic Elementary	Joe Palalunga	Ottawa
St. Vincent de Paul Catholic School	Karolina Donkers	Cambridge
The Sterling Hall School	Joel Brough	Toronto
Vradenburg Junior Public School	Tim Stone	Toronto
Whitehorn Public School	Paul Nishijima	Mississauga
Worthington Public School	Anthony Galioto	Brampton

2ND YEAR RECIPIENTS

Brisdale Public School	Jay Friesen/ Viviana Pathan	Brampton
Helen Detwiler School	Monica Moran	Hamilton
Erin Centre Middle School	Andy Raithby	Mississauga
Frontenac Public School	Richard Pierlas	Burlington
Grapeview Public School	Mike Bolibruck	St. Catharines
Hawthorne Village Public School	Peter Stratford	Milton
Laurier University	Jennifer O'Neill	Waterloo
Lindsay CVI	Mary Cossarin/ Andrea Keay	Lindsay
Hazel McCallion Senior Public	Jennifer Toth	Mississauga
Morning Star Middle School	Monica Cristina	Mississauga
Nationview Public School	Robert Matheson	South Mountain
St. James Catholic School	Marc Belanger	Kanata
Shaw Public School	Peter Luu	Brampton
Silverheights Public School	Adam Ziegler	Cambridge
J.S. Stellar Leadership Academy	Judy Spadafora	Windsor
Trenton Christian School	Dave Bevaart	Trenton
Turnbull School	Craig Dunn	Ottawa

3RD YEAR RECIPIENTS

Brock University	Les Gilson	St. Catharines
Courtice North Public School	Kim Durst	Courtice
Credit Valley Public School	Peter Kwasney	Mississauga
Harrison Public School	Kirsten Thatcher	Georgetown
Kindree Public School	Kevin Corcoran	Mississauga
Orchard Park Public School	Leigh Kennedy	Burlington
St. Andrew Catholic School	Kevin Shannon	Nepean
St. Patrick's Intermediate	Patrick McKinnon	Ottawa
Sherwood Mills Public School	Keith Shepherd	Mississauga
University of Windsor	Josh Leeman	Windsor

4TH YEAR RECIPIENTS

Convent Glen Catholic School	Chris Wakefield	Orleans
Good Shepherd Catholic School	Sean Crookshank	Ottawa
James R. Henderson Public School	Teia Kivistik	Kingston
Holy Cross Catholic School	Grace Millward	Ottawa
Frank Ryan Catholic School	Kevin McNamara	Nepean
Ecole St-Jean-Baptiste	Russ Minnis	Amherstburg
St. John the Apostle School	Wilma McCleery	Ottawa

5TH YEAR RECIPIENTS

All Saints High School	Kendra Read	Kanata
Columbia International College	Freddy Velazquez	Hamilton
Sacred Heart Catholic High School	Ron Lakusiak	Stittsville

6TH YEAR RECIPIENTS

CH Norton Public School	Milena Trojanovic	Burlington
Greenbank Middle School	Mark Hooper/ Michelle Boucher	Nepean
Dr. G.J. MacGillivray Public School	Jennifer Keller	Courtice
McCrimmon Middle School	Carol Cooper	Brampton
Meadowvale Village Public School	Darcie Frankie	Mississauga
University of Guelph	Grachella Garcia	Guelph

7TH YEAR RECIPIENTS

Century Montessori School	Debbie Holder	Richmond Hill
H.B. Beal Secondary School	Dave Inglis	London
Immaculata High School	Ginette Godmaire	Ottawa
Robert Little Public School	Marie Burland	Acton
St. Joseph Catholic High School	Carol Young	Nepean
St. Paul High School	Traci Nehme	Ottawa
Trent University	Alyssa Heffernan	Peterborough

8TH & 9TH YEAR RECIPIENTS

Laurentian University	Dorothy Pitzel	Sudbury
Morton Way Public School	Kirstin Schwass	Brampton
Henry Munro Middle School	Brad Strong/Paul ApSimon	Gloucester
Tomken Road Middle School	Sue Roberts/Michel Lemyre	Mississauga
	Murray Speers	Mississauga c

OUTSTANDING — HOW DO THEY

At **Prince Charles Public School** in Belleville (K-5), Intramurals are held each day during 1st Nutrition Break. A different grade participates each day. Games are chosen by a teacher supervisor. The program provides consistent opportunities for co-operative healthy activities throughout the school year.

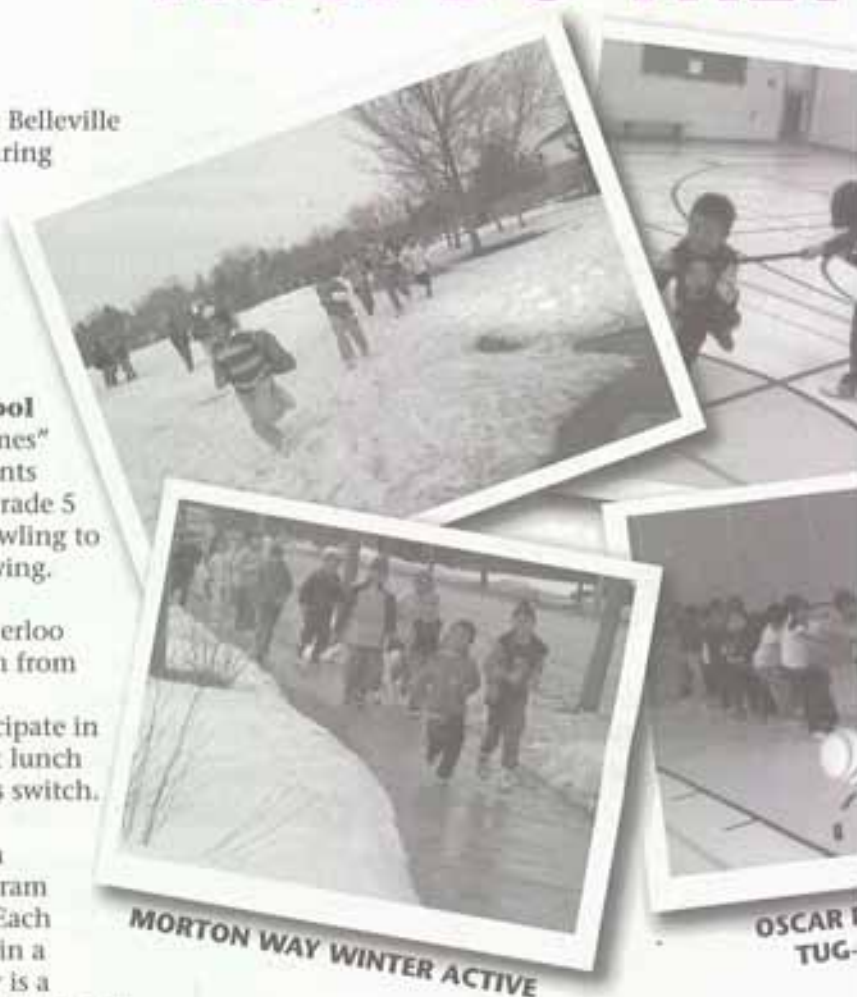
At **Good Shepard Elementary School** in Ottawa every Tuesday "Fun and Games" is offered for Grade 1-3 students. Students rotate between seven stations run by Grade 5 and 6 students. Activities vary from bowling to beanbag toss and rubber chicken throwing.

St Nicholas Catholic School in Waterloo offers a lunch hour Intramural program from 11:45 – 12:40 daily – a different grade participates each day. Four teams participate in the first half of lunch while the rest eat lunch along the side lines. At 12:15 the teams switch.

At **Oscar Peterson Public School** in Mississauga (JK-5), the Intramural program operates on a Class Challenge format. Each day two classes are invited to compete in a variety of different activities. Every day is a different grade challenge i.e., Friday Grade 5. The most popular challenge is basketball – the students especially enjoy BUMP, Get to Five and One Shot Conquer.

At **Meadowvale Village Public School** in Mississauga (K-5) in addition to three part-time physical education students, classroom teachers share their expertise and knowledge to offer a varied program. The highlights of last year's program were a Step Team and Indoor Modified Cricket.

At **St Patrick's Elementary School** in Ottawa, the school is divided into 21 homebases which represent the teams that compete for the school's "Homebase Cup". The Cup is awarded to the team with the most combined participation and performance points. At the end of each activity, standings are announced creating friendly rivalries between homebases and teachers.



MORTON WAY WINTER ACTIVE

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TUG-

Morton Way Public School in Brampton (K-5) is a large school – 737 students. When Intramurals are run only two classes can be accommodated. With the help of Grade 5 leaders the school is able to offer many more activities on the playground. On a daily basis the leaders put out 6 foot hockey nets, 5 basketball nets (at a various heights), 5 schlockey arenas and two target nets.

At **John the Apostle School** in Ottawa, students in Grades 4, 5, & 6 are organized into 8 teams with students from each grade level. In addition, grade teams are formed for some activities to allow for interaction with peers of the same age and skill level.

G PROGRAMS MAKE IT WORK? —



Frank Ryan Catholic School in Nepean (Grade 7 & 8) runs the first Intramural of the year as a Homeroom based program to encourage classes to get to know one another – last year Crash Mat Baseball. After the first activity students are allowed to sign up in teams or individually. All students are invited to an initial meeting to find out how to get involved, how to sign up as a team or as an individual and how to play the activity. Some intramurals are offered in competitive and recreational divisions. The two divisions encourage students to participate regardless of skill level.

Frustrated with the competitiveness in **St Francis** (Grades 1-8) Intramural program, Tom Adams decided to change things up – scores are no longer kept and games are played with multiple balls. The hockey houseleague incorporated 32 students playing at the same time with four nets and eight balls.

Tomken Road Middle School in Mississauga offers Morning Clubs starting at 7:40 am. Students of all skill levels can come and play a variety of sports throughout the year. Grade 6's have clubs once a week on Fridays, Grade 7's Mondays and Wednesdays and Grade 8's on Tuesdays and Thursdays. Clubs generally last a month and include Ringette, Dodgeball and Ultimate Frisbee. Lunch hour and after school Intramurals are also offered.

St Joseph's Catholic School in Nepean, runs four major leagues each year – floor hockey, coed volleyball, basketball and indoor soccer. A winning cup is presented to the champion in each league as well as individual trophies. Photos of the winner and runner up are highlighted in the school newspaper and intramural activity board.

At **Harrison Public School** in Georgetown (K-5) teams are changed for every sport/activity so students have the opportunity to work with many of their peers. Teams are formed keeping the strengths and weaknesses of the students in mind. All students receive equal playing time.

At **Dr. GJ MacGillivray Public School** in Courtice (K-8) the Intramural program changed last year to be more of a student-choice driven program. Each day, students in Grades 4-8 arrive and choose two activities. Intramural supervisors set up the equipment as required.

At **Grapeview Public School** in St Catherines (K-8) teams for primary and junior students are set and remain the same until Grade 7. In Grades 7 & 8 teams are drafted for each activity. **e**

MOTTOS AND SLOGANS

University of Trent

"Everyone Plays.....Everyone Wins"

McKinnon Public School

"If you have fun, you won"

Monsignor William Gleason

"There's Room for Everyone"

Erin Centre Middle School

"School Makes Me Sweat"

Credit Valley Public School

"Participation, Teamwork, Fair Play and Cooperation"

Grapeview Public School

"Fun for Everyone, Fun for All"

Helen Detwiler Public School

"Everybody Plays"

Kindree Public School

"There's Always Room for One More"

Hawthorne Village Public School

"Plan to Play, Play to be Active, Plan to Have Fun"

C

OUTSTANDING INTRAMURALS — PROGRAM HIGHLIGHTS —

The highlight of **Worthington Public School's** intramural program is their annual Rock, Paper, Scissors tournament. Students in Grades 1-5 compete to determine the best RPS player in the school. In 2008 the champion was a Grade 3 student.

The highlight of **Ottawa's Holy Cross School** (JK-6) is their Skills Display. At the end of each Intramural session e.g. Basketball students perform their skills i.e. free flows.

The highlight of **C.H. Norton's** in Burlington's (JK-8) Intramural Program was Scooter Hockey. Over 100 students watched the championship game. The School Band played O Canada before a ceremonial ball was dropped to begin the game.

At **Frontenac Public School** Burlington (K-8), the most popular activity is the Staff/Student Badminton Tournament. Staff members are paired with a Grade 8 student and a double elimination tournament is played.

The highlight of the last year's Intramural program at **Mother Teresa Catholic School** in London was a "King Pong" table tennis

tournament. With help from a Construction Technology teacher, students made 10 table tennis tops. The tables were placed in the cafeteria for the tournament. The activity has lead to an after school Table Tennis Club.

The highlight of **Erin Centre Middle School's** Intramural Program is Class vs Class Dodgeball. There were no standings, no scores and no playoffs. For the month of January Grade 6 & 7 students remembered how to "play".

St. Matthew Catholic Elementary School in Waterloo received a 2009 Speak Up Grant to strengthen their Intramural Program. The school's goal - 100% participation from students of all ages and ability levels over the next 3 years.

At **J.S. Stellar Leadership Academy** in Windsor (K-8) Friday morning dance parties are the highlight of the program. Students limbo, play musical hula hops, twist, polka and hustle to some of their favourite tunes. Props, balloons, disco ball and funky accessories add to the fun as J.S. Stellar turns into one big dancing machine. **C**

OUTSTANDING LEADERS

At **McKinnon Public School** in Mississauga potential Intramural leaders are interviewed by the principal.

At **Mother Teresa Catholic School** in London the Intramural program is run by the Recreation and Fitness Leadership class. The first event is teacher lead with the remaining activities being run by the students.

Oscar Peterson Public School's Athletic Council helps younger students learn the rules giving tips and techniques on how to play the games.

Edenbrook Hill Public School has Gym Helpers who once a week come to the gym and help clean and organize the storage room. This includes straightening carts, cupboards, shelves, sweeping the floor, inflating equipment and reporting items that need fixing.

Immaculata High School in Ottawa's Athletic Council has a Vice President of Awards and Recognition who is responsible for tracking and maintaining Intramural points.



At **Tomken Road Middle School** in Mississauga all students are welcome to help out by scorekeeping or refereeing.

c

At **St. Michael Catholic School** in Cambridge (JK-8) all students are given the opportunity to become an Intramural leader. Students involved in the Intramural program have often been denied other leadership opportunities in the school. As a result these students gain confidence, have been involved in fewer negative incidences and developed a better rapport with staff and students both in the classroom and out.

Sport Ministers help organize Intramurals at **Meadowvale Village Public School** in Mississauga (K-5). Students ask their Sport Minister to bring forward a bill requesting a particular Intramural. The Sport Minister meets with one or all of the physical education teachers to see if they would be willing to supervise the activity. The Sports Minister does the sign up and makes the teams.

At **Brisdale Public School** (K-5), Grade 5 students are given the opportunity to be leaders by assisting with Grade 1 Intramurals. Their responsibilities include picking up and dropping off students to their classroom, setting up Grade 1 games, role modeling how games are played and participating interactively with the students during each game.

WARM & FUZZES

Monsignor William School in Kitchener (JK-8) has gone from no Intramurals to a school where 90% of the students participate regularly. The Intramural program has not only increased school spirit but greatly decreased school yard conflicts.

At **Helen Detwiler Public School** in Hamilton, 93% of the middle school students participate in a least one intramural. 100% of

the Grade 5 students participate. The goal – 100% participation Grades 1-8.

At **Henry Munroe Middle School** in Gloucester, Intramurals are an integral part of the school's culture. All stakeholders (students, staff and parents) value the program which provides the school with a sense of history and tradition that the students take with them when they leave. Students return from high school regularly to volunteer. c

OUTSTANDING CAMPUS RECREATION PROGRAMS – POST SECONDARY RECIPIENTS

2nd Laurier University
 3rd Brock University
 3rd University of Windsor
 6th University of Guelph
 7th Trent University
 8th Laurentian University

Jennifer O'Neill
 Les Gilson
 Josh Leeman
 Grachella Garcia
 Alyssa Heffernan
 Dorothy Pitzel

Waterloo
 St. Catharines
 Windsor
 Guelph
 Peterborough
 Sudbury

Trent University's Fitness Program is heavily subsidized to encourage student participation. Students pay one low price of \$20 per semester for a Fitness Pass which allows them to attend an unlimited number of classes. Classes include Yoga, Stability Ball, Belly Dancing, Butt and Belly Boot Camp, and Hip Hop.

At the University of Windsor champions receive a championship picture and t-shirt to commemorate their victory.

At Brock University five tournaments are offered over a course of a semester. The tournaments that do well are added as permanent leagues the following year. Coed 4's Volleyball was added last year after a successful tournament.

At Wilfred Laurier University Recreation Department partners with Residence Services to offer leagues for first-year players only. Leagues include men's & women's basketball and volleyball and innertube waterpolo. A Residence Athletic Council (RAC) lead by a RAC Coordinator oversees the leagues.

Guelph University offers Sandbox Dodgeball. Played on beach volleyball courts the same rules as regular dodgeball apply. The students love it because they can dive and don't get hurt.



At Trent University, Intramural Innertube Ultimate Frisbee and Waterpolo offers unique prizes to teams with fun and crazy head gear. **C**