

INPUT **CIRA** Ontario

Promoting fun, active participation for all!

September 2008

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CIRA Ontario Intramural Recreation Conference

May 8 & 9
2009

Geneva Park
Orillia ON

Registration Form Enclosed

– *Special Edition* –

2007/08 OUTSTANDING INTRAMURAL ACHIEVEMENT AWARDS



HELEN DETWILER

Hamilton

See their story on page 7

2007/08 OUTSTANDING INTRAMURAL ACHIEVEMENT AWARD WINNERS

1ST YEAR RECIPIENTS

Bayshore Catholic School	Austin DeCoste	Nepean
Brisdale Public School	Jay Friesen/Jim Rawson	Brampton
Courtice North Public School	Kim Durst	Courtice
Helen Detwiler School	Monica Moran	Hamilton
Erin Centre Middle School	Andy Raithby	Mississauga
Front of Yonge Elementary School	Kate McLean	Mallorytown
Frontenac Public School	Tanya Woods/Richard Pierias	Burlington
Grapeview Public School	Mike Bolibruck	St. Catharines
Hawthorne Village Public School	Peter Stratford	Milton
Kente Public School	Steve Gariepy	Ameliasburgh
Laurier University – Waterloo Campus	Frances Minnema/Ian Schwartz	Brantford
Lindsay Collegiate & Vocational Institute	Mary Cossarin	Lindsay
Hazel McCallion Sr Public School	Jennifer Tune	Mississauga
Mohawk College – Fennell Campus	Matthew Schnarr	Hamilton
Morning Star Middle School	Sonia Zinn	Mississauga
Nationview Public School	Robert Matheson	South Mountain
Oakridge Jr Public School	Branka Klipa	Scarborough
Preston High School	Lauren Crosby	Cambridge
Prince Charles Public School	Anne Brown	Trenton
St. James Catholic School	Marc Belanger	Kanata
Shaw Public School	Peter Luu	Brampton
Silverheights Public School	Lisa Martin/Adam Ziegler	Cambridge
J.S. Stellar Leadership Academy	Judy Spadafora	Windsor
Tecumseh Public School	Mark MacDonald	Chatham
Trenton Christian School	Dave Bevaart	Trenton
Turnbull School	Craig Dunn	Ottawa
The Valleys Senior Public School	Julie Deumo	Mississauga
Captain Michael Vandenbos Public	Chris Dunn	Whitby

2ND YEAR RECIPIENTS

Brock University	Nathalie Vlachos	St. Catharines
Clark Road Secondary School	Denise Kussner-Jajal	London
Credit Valley Public School	Peter Swasney	Mississauga
Harrison Public School	Kirsten Thatcher	Georgetown
Highgate Public School	Andrea Yeung/Ken Leang	Markham
Kindree Public School	Kevin Corcoran	Mississauga
Adelaide McLaughlin Public School	Neffisa Sutherland	Oshawa
Orchard Park Public School	Leigh Kennedy	Burlington
St. Andrew Catholic School	Kevin Shannon	Nepean
St. Francis Catholic Elementary	Tom Adams	Windsor
St. Isidore Catholic Elementary	Steven Truchan	Kanata
St. Mark Catholic High School	Dianne Marleau	Manotick
Sherwood Mills Public School	Keith Shepherd	Mississauga
University of Windsor	Josh Leeman	Windsor

3RD YEAR RECIPIENTS

Good Shepherd Catholic School	Sean Crookshank	Ottawa
James R. Henderson	Marie Kimmerer	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	Wilma McCleery	Ottawa
Thousand Island Elementary School	Lisa Chitty	Lansdowne

4TH YEAR RECIPIENTS

All Saints High School	Karen Timmons	Kanata
Columbia International College	Anna Shkolnik	Hamilton
River Oaks Public School	Gord Ferguson	Oakville
Sacred Heart Catholic High School	Ron Lakusiak	Stittsville

5TH YEAR RECIPIENTS

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/Andrei Kowaluk	Mississauga
CH Norton Public School	Milena Trojanovic	Burlington
University of Guelph	Grachella Garcia	Guelph

6TH YEAR RECIPIENTS

Century Montessori School	Debbie Holder	Toronto
H.B. Beal Secondary School	Dave Inglis	London
Immaculata High School	Neil Purves	Ottawa
Robert Little Public School	Marie Burland	Acton
St. Joseph Catholic High School	Carol Young	Nepean
St. Paul High School	Kendra Read	Ottawa
Trent University	Alyssa Heffernan	Peterborough

7TH YEAR RECIPIENTS

Chelmsford Public School	Cindy Blanchard	Chelmsford
Laurentian University	Dorothy Pitzel	Sudbury
Morton Way Public School	Kirstin Schwass	Brampton

8TH YEAR RECIPIENTS

Henry Munro Middle School	Brad Strong/Paul ApSimon/ Sue Roberts	Gloucester
Tomken Road Middle School	Murray Speers	Mississauga

**5th time
winner!**

Immaculata High School

Ottawa

Contact: Neil Purves
Principal: Thomas D'Amico

The intramural program at Immaculata High School has a long history of student organization and participation with involvement from the Recreation/Fitness Leadership class, the Athletic Council and the Live-it-up school group. For the intramurals, groups of 6-8 high school and intermediate students sign up for activities such as ultimate frisbee, indoor soccer, dodgeball, ball hockey, 3-on-3 basketball, ping pong tournaments. In addition, this year there were over 350 participants at the Jump for Heart and Hoops for Heart fundraiser event. The highlight of the program this year was the addition of dodgeball and the first ever ping pong tournament that was hugely successful and entertaining.



St. Paul High School

Ottawa

Contact: Kendra Read
Principal: William Barrett

"Flexibility" is what makes the intramural program at St. Paul's unique – each year students are surveyed to gather input about which leagues should be offered. This year, Crash Mat Baseball was a very successful addition to the program! Each morning students hustle to the gym to check the results from the previous day and to check out the schedule for that day. The Beach Volleyball afternoon is also something that the school community looks forward to. In addition to the Beach Volleyball Day, all the high school students strive to be crowned LEAGUE CHAMPION as that earns them the right to play "The Teachers" as well as a pizza lunch prize. The PLF4C leadership class helps take charge of the leagues in addition to promoting and volunteering at the St. Paul Blood Donor Clinics and helping out at other special events such as the All Catholic Ontario Volleyball Tournament and various elementary athletic events.

**6th time
winner!**

Mohawk College

Hamilton

Contact: Matthew Schnarr
Manager: Laurie Cahill

**1st
time
winner!**

Mohawk College's Campus Recreation Program includes intramurals, extramurals and special event programming. The highlight of Mohawk's program is Mountaineer Day – where teams of eight students participate in activities such as line dancing, a hay bail hoist, tug of war, relay races, wing fling, a scarecrow hang, the slimy sling and the county fair pie eating contest. At the end of the night, points are tallied and the winners are given t-shirts. Each team walks away with a unique prize and pizza is had by all.



Lindsay Collegiate & Vocational Institute

Lindsay

Contact: Mary Cossarin
Principal: Gregory Ingram

**1st
time
winner!**

In the spring of 2007, students were invited to join the "Spartan Intramural Council" and the program at L.C.V.I was born! Six sports were offered this year that ran Monday-Friday and included indoor soccer, floor hockey, volleyball, dodgeball, basketball and "ultimate" football. On average, there are at least 50 students in the gym each day. One of the highlights of the program was the Community Living Team that participated in indoor soccer and floor hockey. It was great to see the way their opponents treated them and they even made it to the championship game in indoor soccer! This new program benefits from the involvement of students who read announcements each morning, set-up and take down equipment, score keep, referee and record results on the bulletin board. The intramural program has helped change the culture of the school with the gym now serving as a vibrant place full of students participating each day.

1st
time
winner!

Trenton Christian School

Trenton

Contact: Dave Bevaart
Principal: Ed Petrusma

Trenton Christian School takes a three-tiered approach to physical education. Everyone is included in P.E. classes, those who choose to can be involved in intramurals and those who have a lot of ability can be chosen for school teams as well. Intramurals are offered three times per week at lunch recess for all Grade 4-8 students in soccer, volleyball, 4-on-4 and Indian basketball, and



badminton. 90% of the students participated in soccer and volleyball

this year! In order to make sure everything runs smoothly, the athletic council, comprised of 10 Grade 7-8 students, organize equipment, scorekeep, referee, make the teams and schedules and also help out wherever needed. They are supplied with their own whistle and are taught the rules and referee tips before each event begins.

1st
time
winner!

Nationview Public School

South Mountain

Contact: Robert Matheson
Principal: S. K. Elliott

All of the primary students at Nationview Public School are on an intramural team that participates once a week in co-operative games that include parachute games, rubber chicken games and games played with gator-skin balls. Junior and intermediate intramurals are more sports related and include opportunities to participate in soccer, volleyball and basketball teams. With a change to allow the intermediates to create and submit their own teams, attendance has greatly increased and the program has been very successful. The Nationview Sports and Athletic Council was also newly formed this year for students to get involved in helping to plan and organize intramurals and special events.



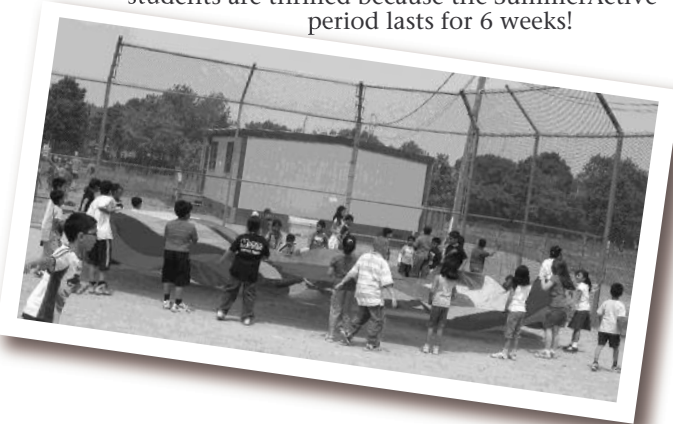
Morton Way Public School

Brampton

Contact: Kirstin Schwass
Principal: Steve Hunt

7th
time
winner!

If you ask the students of Morton Way what their favourite event is, most would say "Morton Way's SummerActive Playground." The staff members would likely agree. Three lunch hours per week, the playground erupts into activity with sound and colour. Parachutes billow and hula-hoops spin while skipping ropes turn. There are numerous activities in which to partake and students supervise the activities. With so many activities offered, there is always something for everyone and the students are thrilled because the SummerActive period lasts for 6 weeks!



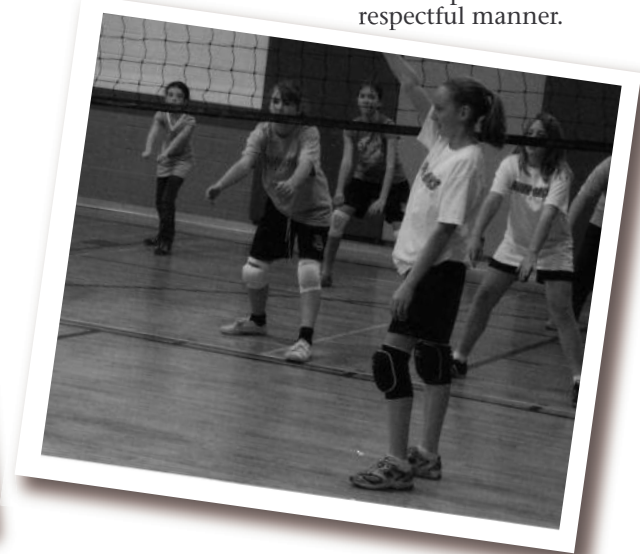
River Oaks Public School

Oakville

Contact: Gord Ferguson
Principal: Alka Sahai

4th
time
winner!

The intramural program at River Oaks Public School is run for the students by the students from September through to June. The activities are chosen by the students and organized by the River Oaks Leadership Council. Activities run year-round and consist of volleyball, dodgeball, basketball, badminton, touch football and soccer. Whatever the program is, there is always a final with a huge spectator turnout that has the top grade 8 team facing the teachers team and at the end of the year a trophy is presented to the "winner" of the most events. Throughout the year the gym is rarely empty and spectators are encouraged to come and cheer on teams in a positive and respectful manner.



INNOVATIVE INTRAMURAL IDEAS!

Meadowvale Village Public School

The highlight of the intramural program this year at Meadowvale Village Public School was the introduction of the Yoga Program. The school council helped to purchase the mats and a yoga club was developed that provided a great, non-competitive alternative for students.

Silverheights Public School

The intramural program at Silverheights Public School promotes the inclusiveness of sport. Silverheights has many English Language Learners and these students, as well as those with behavioural challenges, can engage in a sport and experience success and encouragement from peers far beyond the language or behavioural barriers they experience in the classroom.

St. James Catholic School

After being introduced to cup stacking, the Grade 6 immersion students were hooked. Two students decided to start up a cup stacking club after researching the activity on the internet and viewing the CD. They purchased the cup stacking activity at their own expense, and following this initiative, a proposal to the school principal resulted in purchasing \$500 worth of cups for the school!

J. S. Stellar Leadership Academy

The Sports Club at J. S. Stellar Leadership Academy facilitated Fitness February Challenges this year and had students record their healthy and not so healthy habits, set personal goals and participate in fitness challenges to beat their personal best all to get fit while having fun!

Good Shepherd Elementary School

Students from grades 2-6 who have signed up for the Gymnastics Club are given the opportunity to practice in a fun and safe environment, no matter what their level of ability is. It is exciting to see students who have successfully completed moves for the first time and during performances in front of the school in the Gymnastics Show.

Courtice North Public School

Halloween circuits are always a favourite annual activity. The intermediate students create games with the help of the teachers and classes come to the gym and go through the circuits with spooky music playing. The great event is followed up by a big "Monster Mash" dance.

Chelmsford Public School

The entire school takes part in the Juggling for Success Program. In the 10 minutes before the end of the day, the entire school juggles and the Master Juggler students travel to the classrooms to do training and testing for entry into the club which requires passing the Master Scarf Juggling Level.

Captain Michael VandenBos Public School

Last November was the first Family Fitness Night at Captain Michael VandenBos Public School. This event was run to reach out to the school community. Many students from the Junior Fitness Club, PROPS (Peers Running Organized Play Stations) group and Athletic Council ran several activities throughout the evening that families could choose to participate in, including: Family Yoga, Folkdance, Healthy Eating Demonstrations, Core Workout Made Easy, and many more.

H. B. Beal Secondary School

For the second year in a row, H. B. Beal joined the downtown Y.M.C.A. to participate in the Y.M.C.A. Fitness Blast – the largest "aerobics" class. Staff and students in the Grades 10 and 11 physical education programs organized the event on behalf of the school with the primary goal of achieving 100% participation of the targeted classes.

Trent University

The Campus Recreation program at Trent University is based upon player participation and fair play. It is therefore fitting that their motto is "Everyone plays... everyone wins!". One of the highlights of this year's intramural program at Trent University was the co-ed basketball tournaments. Based on the great success of the fall tournament, a winter tournament was organized – everyone plays... everyone wins!

Laurentian University

A highlight of the program at Laurentian University is honouring the students who make the program possible at the Appreciation Night Event. All convenors, referees, scorekeepers and sports representatives are invited to a night dedicated to fun and a chance for everyone to be rewarded for their hard work. Prizes are handed out and each convenor is presented with a certificate of achievement for their contributions to the program.

continued on p.8

HELEN DETWILER SCHOOL

Hamilton

In the past three and a half years, Helen Detwiler has overcome numerous obstacles in order to offer the following intramurals: football, flag football, soccer, baseball, volleyball, basketball, hockey, low organizational games, juggling, badminton and a skipping club. In addition, this year a ring toss intramural was established with 100% of the grade five students involved! The options are important, as one student put it, "I like intramurals because they have a wide variety of sports and everyone gets to play."

The league formats for the intramural program vary by sport; this year, for soccer, baseball, ring toss and volleyball both after school and lunchtime drop-in sessions were offered with different teams created each day. Since some students monitor lunchrooms and cannot play at lunch or take the school bus home and therefore cannot play after school, the skipping club was offered during recess to ensure everyone had a chance to participate in an intramural. The Detwiler Hockey League (DHL) is a draft of all players with assigned captains and co-captains. This successful league ended with a spectacular final of The Dairyets vs. The All Stars. The spring basketball league took a unique scoring approach with grade six players receiving 3 points for scoring, grade seven players scoring 2 and grade eight players 1 point. This approach has been found to encourage inclusion and teamwork.

Since the program at Helen Detwiler strives to promote inclusion, acceptance, participation and fun, everyone is always welcome. Both teachers and students participate – together and individually. Teachers play with the students and also have a separate intramural night as well. The students see staff of all skill levels as



joining in to be active and playing for fun. In addition, a staff team faces the intramural hockey champions from each division. Supply teachers, clerical and cleaning staff are invited to join for all events. Spectators are also encouraged and parents are welcome to come and watch their children participate. If someone is too shy to join alone – a buddy system is utilized as a safety net. Score is rarely kept, and if it is, the competition is friendly. Hand shakes or high fives are exchanged at the end of each activity.



The Laugh Olympics at Helen Detwiler has been a standout addition to the intramural program this year and has added a unique variety to a sport-focused program. The Laugh Olympics are based on crazy games that require little skill. Games include a root beer chug, a blind banana-eating contest, a slippery soap relay, flip cup, a balloon toss with a twist and a cutlery concert (to name a few!). Points are awarded for enthusiasm, sportsmanship and participation.

In order to run so successfully, the intramural program is dependant on the efforts of a council of grade eight students who help survey and plan the intramurals. An even larger group of grade eight students act as captains and co-captains of the hockey and basketball leagues. In addition, teams are required to set-up and clean-up their games, student volunteers score keep and referee/coach when needed and grade eight students play with the younger grades in order to help with rules, refereeing and skill level.

Since the start up of the program in 2004, nearly every student has participated in at least one activity. CIRA Ontario congratulates the students and staff of Helen Detwiler on their first Outstanding Intramural Achievement Award for their successful and inclusive program!



Brisdale Public School

The grade 2's at Brisdale Public School enjoy playing Scooter Board Pinball – a version of Scooter Board Soccer, except instead of having a goalie, teams try to knock down the other teams bowling pins to score points!

St. Francis Catholic School

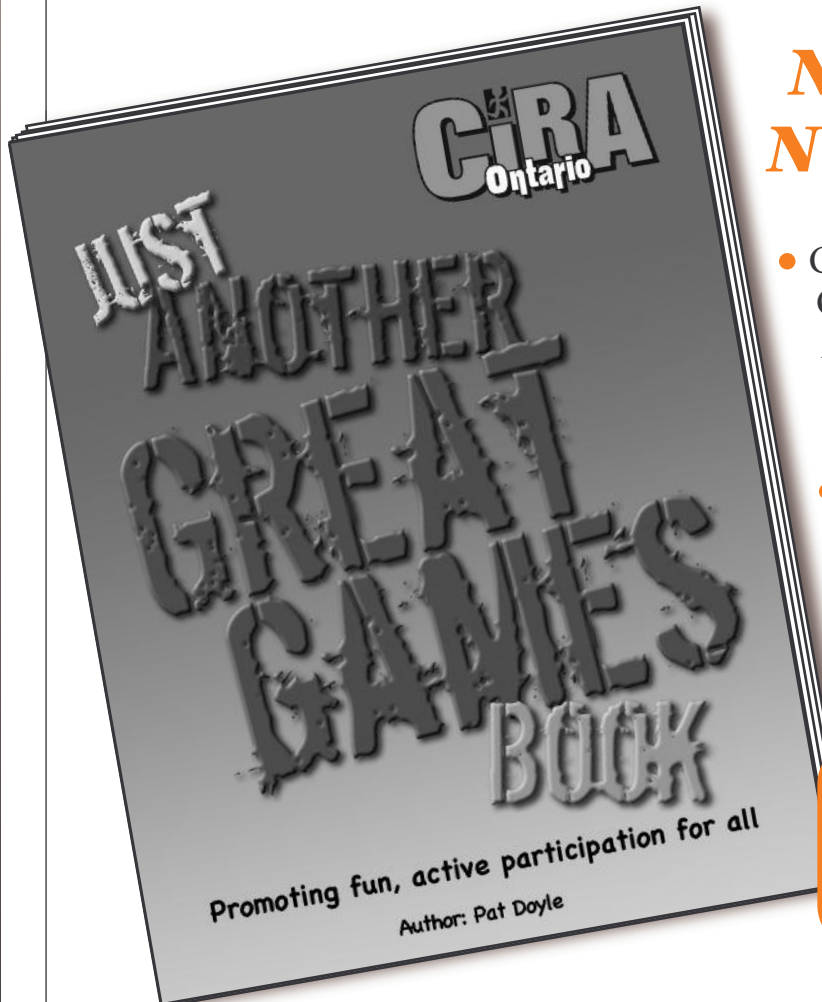
The House League intramural season begins in September with a kick-off assembly. This major event signifies the beginning of the House League season because every student is placed on a team for the school year. The program comprises of six sports and teams accumulate points for teamwork, sportsmanship, participation, and wearing their House League T-shirts. This system has a positive philosophy that the entire staff encompasses school wide and rewards students for positive behaviour both in and out of the classroom.

James R. Henderson Public School

In addition to lunchtime activities, the Athletic Nations members helped to organize and run the "TOP THE TOWER" whole-school walking program. Classes were encouraged to climb the CN Tower by walking over one million steps per class. Pedometers were borrowed for four weeks to help keep track of all those steps!

Brock University, Recreation Services

This past year Brock turned two sports, co-ed dodgeball and co-ed indoor soccer, which used to be tournament sports into successful leagues. Brock continues to expand their intramural program by forming new leagues for the students of the University to enjoy!



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