

INPUT

Promoting fun, active participation for all!

June 2006

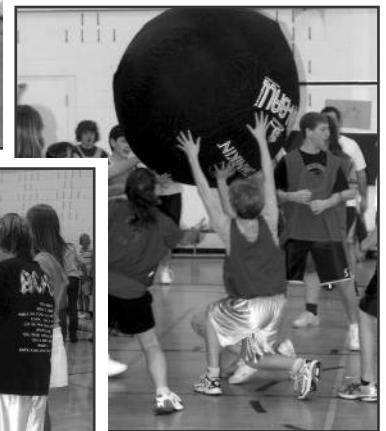
INSIDE INPUT

Five Time Winners

Morton Way Public School	2
Laurentian University	2
Virgil Public School	2
John English Junior Middle School	3
James R. Henderson	3
Dr. G.J. MacGillivray Public School	3
John XXIII Catholic School	3
Ecole St-Jean-Baptiste	3
Heritage Glen	3
West Oak Public School	3
C.H. Norton	3
Robert Little Public School	3
River Oaks Public School	4
Thousand Islands Elementary School	4
Linklater Public School	4
H.B. Beal Secondary School	4
Columbia International College	5
Greenbank Middle School	5
Century Montessori School	5
D. Roy Kennedy Public School	5
Henry Munro Middle School	6
A. Lorne Cassidy Elementary	6
St. Marguerite d'Youville	6
St. Brigid Catholic School	6
All Saints Catholic High School	6
The Woodlands School	7
Shelter Bay Public School	7
King's Masting Public School	7
McCrimmon Middle School	7
Osprey Woods Public School	7
Immaculata High School	8
Meadowdale Village Public School	8
St. John the Apostle School	8
St. Patrick's Intermediate School	8
Sacred Heart Catholic High School	8
Convent Glen Catholic School	8
Dr. F.J. McDonald Catholic	9
St. Mark High School	9
St. Joseph Catholic High School	9
St. Elizabeth Ann Seton School	9
Good Shepherd Catholic School	10
Lisgar Middle School	10
Tomken Road Middle School	10
St. Paul Catholic High School	11
St. Catherine Catholic School	11
Holy Cross Catholic School	11
Laurier Brantford	11
University of Guelph	12
Trent University	12

– Special Edition –

OUTSTANDING INTRAMURAL RECREATION AWARDS 2005-06



A. Lyone Cassidy Elementary School

Stittsville

See their story on page 6



Active Learning for Healthy Living

Morton Way Public School

Brampton

Kirstin Schwass

Principal – Steve Hurt

5th time
winner!

At Morton Way Public School the goal is to involve as many students as possible in the physical activity program. In order to do that various programs are offered from floor hockey to beach volleyball to participation in numerous special events such as the Terry Fox Walk, Jump Rope for Heart, International Walk to School Day, Earth Week, Active Assemblies, Summer Active playground, Fitness Fridays, SpecTAGular, MOGA Madness, cross country running, swimming lessons and it all culminates with Play All Day at Morton Way. Through the purchase of additional playground equipment over the past few years; six hockey nets, five basketball nets (at various heights to ensure success), five schlockey arenas, skipping ropes and caribou skipping ropes, are a regular fixture at Morton Way recesses.

Grade 5 PALs (Peers are Leaders) are responsible for taking out playground equipment for Fitness Fridays as well as for the Summer Active playground days where they supervise the use of the equipment and encourage fair play. A Walk to School Committee of students is responsible for distributing Walking Wednesday surveys, tabulating, posting and announcing the weekly results. On rainy days, the students help to lead routines in the gym as well for Active Assemblies.

The Morton Way Walk to School program continues to be a great success. Children are learning to be active daily and to incorporate physical activity into their daily lives. Each Wednesday, students are encouraged to walk to school as well as during International Walk to School Week, Earth Week and Environment Week. On these days, parents and staff meet students at various locations throughout the Morton Way community and children are lead safely and happily into school. Each student has an IWALK Club Card and after every 10 walks to school, the student is rewarded with a golden shoe sticker. After 50 walks the student is presented with a coloured chain and foot charm. Foot charms can be continually added with each 50 walk. Students wear their “feet” with pride – they are learning to take advantage of exercise opportunities and at the same time get recognition for their efforts.

Laurentian University

Sudbury

Dorothy Pitzel

Supervisor – Ron Larwood

5th time
winner!

The Intramural program at Laurentian University is designed to contribute to both the health and fitness of participants in a recreational setting and the opportunity to relax from

academic pressures. Eighteen different sports are offered throughout the year including soccer, badminton, kayaking, cross-country skiing, ultimate Frisbee, tennis, water basketball and innertube waterpolo.

With the exception of one person, Intramurals at Laurentian are run entirely by students. Two fourth year student mentors, one working as an Administrative

Assistant and one as Head Convener, lead over 200 students. Unique to Laurentian is the Program Organization course, which is a second year Bachelor of Physical Education and Health requirement. The course requires students to run an Intramural event for a graded mark.



Laurentian's Appreciation Night is the highlight of the program. Conveners, referees, scorekeepers and sports representatives honour those who make the program possible. The Greek themed night is dedicated to fun, with food provided and special guests invited.

Virgil Public School

Virgil

Mike Bolibrack

Principal – Bruce Pratt

Virgil Public School offers house league programs to all students from Grade 1-8. Variety is the key to maximum participation. Activities include volleyball, soccer, basketball, football, rugby, and slo-pitch with some sports being modified to attract as many students as possible - flag rugby, soccer baseball, and beach volleyball. When no programs are offered the gym is open for free play. With 90% of the students participating on a regular basis, the Virgil Vikings are an Intramural force to be reckoned with!

Students from Grades 4-8 have the opportunity to become “gym rats” and are responsible for set up, take down and refereeing. Students apply for positions and are asked to give reasons as to why they should be hired. No valuable student is turned away. Since the students are in charge, the teachers love having to only “show up” for supervision.

Each student at Virgil is part of the “Vikings” from the time they start Grade 1. Each team is named after a Viking i.e. Olaf, Leif, Eric with siblings matched to help the younger students. Attendance is taken at all Intramural games to encourage higher participation.

John English Junior Middle School

Toronto

Nicki Keenslide / Mark Poyser

Principal – David Tomlin

At John English Junior Middle School a Grade 8 leadership team is responsible for the Intramural program. They begin training in September and are responsible for running Intramurals from October until June for Grades 2-8. These students write permission letters, organize teacher supervisors and make all schedules. They are also responsible for leading the school in Jump Rope for Heart, Halloween Haunted House, March Break Spirit Week and Kindergarten/ Grade 1 Play Day. Beach ball, wall soccer, floor hockey, co-op games and European handball were just some of the programs offered this year.

James R. Henderson

Kingston

Marie Kimmerer / Lara Paterson

Principal – Randy Edgeworth

The Student Leadership Council at James R. Henderson School is responsible for the Intramural program creating teams, designating coaches and referees, publicizing events and securing staff supervision. Senior students acting as Fit Break leaders participate in on-going training, liaise with teachers and lead the primary students in fun and active games. Since they are given so much responsibility, the Council has become a very popular program.

Programs such as flag tag, 3-on-3 basketball, scooter dodgeball and a skipping club are run on a rotating basis. The program highlight is a new Fit Break. Three times per week, Fit Break leaders lead students in a variety of fun games that promote healthy and active living. These leaders also help run cooperative activities in limited spaces for the primary students.

Dr. G.J. MacGillivray Public School

Courtice

Jennifer Keller

Principal – Sharon Trbovich

3rd time
winner!

All students at Dr. G.J. MacGillivray Public School are encouraged to participate in Intramurals. The program becomes more unique as more students become involved. The Leadership Council has grown over 100% in the past two years and now includes twenty-five student leaders.

The program runs during lunch hour for junior and intermediate students and during afternoon recess for primary students. Organized team sports and low organizational games are offered which contributes to 80% school involvement. Highlighting the MacGillivray program this year was the 2006 Olympics. Existing Olympic sports were revamped to be accommodated in the gym. Trivia and an Olympic hallway highlighting the accomplishments of Canadian athletes kept the students excited and interested.

John XXIII Catholic School

Kingston

MaryLou Hamilton

Principal – Mary Lou Hamilton

Intermediate students at John XXIII Catholic School play a large role in the Intramural program. Teacher supervisors are required but this is a “cushy” job as the students do such a great job of running the show.

Intramurals run every day during the lunch hour with each day being designated to a different age group. Activities include basketball, volleyball, scooter board tag, king’s court, soccer dodgeball, European handball, and the very popular outdoor flag football. Ping-pong is offered during inclement weather. Competitive sports take a back seat to the noon hour Intramural program. Seeing large numbers of students of various ages actively participating is the highlight of the program!

Ecole St-Jean-Baptiste

Amherstburg

Russ Minnis

Principal – Mario Poitras

The Intramural program at Ecole St-Jean-Baptiste runs from September until June and offers soccer 1-2-3, rope climbing, lacrosse and track and field. Each grade receives a minimum of two months of Intramurals. All Intramural players receive participation awards as well as Esprit St-Jean certificates. The program reinforces fair play, teamwork, participation and leadership. Highlighting the Ecole St-Jean-Baptiste program is “Attaque St-Jean” - an invented game that mixes basketball, dodgeball, handball, and bowling into one. Since there are five ways to score points, all players, despite their various levels of ability can contribute equally.

Students are extensively used in leading intramurals acting as coaches, referees, captains, and scorekeepers. Captains are encouraged to ensure teammates know when they play, guide their younger teammates, develop strategy and ensure fair play.

Heritage Glen

Oakville

Ian Christie

Principal – Peter Marshall

4th time
winner!

Over thirty Grade 8 students at Heritage Glen meet monthly to plan and organize one Intramural per term. This year they organized touch football, badminton and soccer with games played on Tuesdays and Thursdays. With very little teacher

involvement the Athletic Council are responsible for creating schedules, officiating games and maintaining the physical education equipment. Student leaders are also involved with the implementation of quality daily fitness by teaching their fellow students new fitness routines. During the Winter Olympics, the Council helped organize spirit activities for the younger grades.

West Oak Public School

Oakville

Gillian Mauro

Principal – Gillian Mauro

4th time
winner!

West Oak Public School’s Intramural program runs daily from September until June during lunch recess. The Athletic Council (three-five students per grade) meets on the first Monday of each month to learn new games. Activities include Skittles, Indiana Jones and the Temple of Doom, 2-Ball, Bombardment and Space Invaders. The Athletic Council is responsible for set up, organizing students into teams, explaining rules, refereeing and clean up.

While younger students at West Oak enjoy playing Skittles the older students love 2 - Ball. All students feel the highlight of the program is the opportunity to be on a team and have fun playing with their friends.

C.H. Norton

Burlington

Milena Trojanovic

Principal – Pat Blake

3rd time
winner!

With over twelve Intramural programs running throughout the year at C.H. Norton, strong student leadership is required. Students organize teams, help with sign up, encourage participation by younger students and assist staff with refereeing. The strong foundation of leaders is the key the C.H. Norton’s success.

An environment of fun and excitement is created, as a great degree of skill is not required for the majority of activities, except of course for a winning spirit! Activities include beach ball volleyball, scooter hockey, Rudolph relays, badminton, Olympic challenges, Uncrate the Sun and basketball. Enthusiasm of staff organizers rubs off on the students and supports participation.

Two activities highlighted the past year at C.H. Norton – an “Olympic Challenge” with such events as cross country scooping, bean bag curling, biathlon, dog sleigh, hockey bowl, uphill huff and puff, slalom skipping and ski-less ski jump and “Rudolph Relays” with teams such as the Melting Icicles, Reindeer Droppings and Santa’s Elves competing to fill Santa’s sack of stuff as well as being involved in a paper snowball fight after “paper-skating” across the gym.



Robert Little Public School

Acton

Marie Burland

Principal – Leona Skanes

4th time
winner!

Robert Little students make the Intramural program unique, as they are Cooperative Imaginative Respectful and Active. Over forty-four Grade 4 and 5 students trained as Quality Daily Fitness leaders lead routines in classrooms and act as PROPS leaders helping run games and activities outside.

continued...

Robert Little offers skating trips; winter and spring play days, TV Turnoff Family Fun Night, Canada Fit week, Terry Fox Run, active assemblies, volleyball, basketball, cross country, track and field, and Walking Wednesdays. Highlighting the program this year was an invitation to a Community Open House in Georgetown, "Move for Health" for the QDF leaders to demonstrate QDF routines. In addition, the "Everybody Dance Club" performed at the grand opening of the Staying Alive Fitness Centre, where they performed a lively rendition of "Stayin' Alive" and "The Best You Can Be".

River Oaks Public School

Oakville

Peter Stratford

Principal – Alka Sahai

3rd time winner!



At River Oaks Public School, the River Oaks Leadership Council (ROLC) consists of seventy-five Grade 7 & 8 students who are selected by completing an application form and having a short interview with three staff members. Throughout September and early October, the students are put through a variety of tasks such as team building, problem solving, media training and conflict resolution to prepare for the challenges ahead. There are five areas within the ROLC - QDF, media, Intramurals, themes and assemblies and community outreach. Every two months,

students sign up for different areas. Leaders are responsible for everything from chairperson, spirit team, assembly crew, equipment manager, warm up and cool down crew, survey team (conduct surveys to assess student interests), dance coordinators, media videographers, photographer and class ambassadors.

ROLC members feel Welcome Week activities and Halloween Hoot 'n' Nanny are the program highlights. Both events maximize participation by including age appropriate activities.

Thousand Islands Elementary School

Lansdowne

Bruce Paul

Principal – Patricia Shewchuk

Thousand Islands Elementary School primary students participate in newcombball and basketball. Zone playing has been a contributing factor to an overwhelming turnout as it encourages students who may not necessarily perform well to still participate.

Student leaders take on such challenges as captaincy, warm up activities, music selection, game organization, officiating and assisting with teaching various dances as part of the school's QDPE. High student participation, as well as the performance level of all participants highlighted the Thousand Island program this year.

Linklater Public School

Gananoque

Pam Truesdale / Diane Norris / Dion Running

Principal – Cathy Sawyer-Griffin

Intramurals at Linklater Public School are divided into three categories. Primary students participate in soccer baseball, soccer, newcombball, wall ball, low organizational games, scooter floor hockey and t-ball. Junior students play soccer, newcombball, basketball, broomball/floor hockey and softball/flag football,

while the intermediate students are offered flag football, soccer, volleyball, dodgeball, basketball, badminton, floor hockey and softball. Students are trained as referees, scorekeepers and timekeepers and are also selected as captains of teams on a rotational basis and help organize primary play day and teach games on the playground.

Fitness Fridays highlights Linklater's program. The whole school is involved for 30 minutes in activities such as tag games, Rock Paper Scissors activities, dances and pavement games. The activities promote and emphasize enjoyment and participation. Another highlight is the annual Folkfest held at the local high school featuring teachers and students demonstrating various dances they have learned throughout the year to a public audience.

H. B. Beal Secondary School

London

Dave Inglis

Principal - Paul Tufts

4th time winner!

H.B. Beal Secondary School has a diverse program, which actively seeks new opportunities to enhance the educational experience of the ELS students and to accommodate the needs and desires of the staff and students with regards to gym usage and activity choices. Each year old favourite activities expand while new activities offer exciting opportunities for growth. Cup stacking and a tug of war tournament were added to the program this year as well as participation in the national Terry Fox Run. Cooperation between staff and students with regards to Intramurals helps to produce a "feel good attitude" and triggers a positive sense of belonging for many students. Staff regularly enters a team allowing a venue for staff and students to interact, to each other's benefit.



Throughout the school year, students have the opportunity to participate in floor hockey, indoor soccer, ice hockey, recreational badminton, dodgeball, indoor touch football, spring league basketball, as well as numerous open gyms and self directed activities. Grade 12 Recreation Leadership students also help organize a "Spring Fling" which brings together the local feeder schools to participate in a "Gym Riot".

The highlight of the program continues to be the Floor Hockey league. The final games between the staff and students provided a large audience with the teachers prevailing in a best of three series and keeping their undefeated status for another year. Finally, the positive working relationship between H.B. Beal and their community has developed to the point where Beal's students have become very effective role models to the various feeder schools and the students from these schools view Beal as a positive and rewarding place to learn.

Columbia International College

Hamilton

Freddy Velazpeuz

Principal – Anna Shkolnik

Columbia Crew, as the student leadership group is known at Columbia International College, are responsible for developing and implementing several school wide activities, scorekeeping, refereeing, games monitors, activity supervisors and promotions. Since Columbia is a boarding school for secondary students, with over 53 countries represented, this group must keep in mind the various activities that will attract the many different cultures. The Crew members receive training for each activity as well as training in general topics such as first aid, conflict resolution, group dynamics and leadership skills.

A weekly drop in program is run year round and is known as the Regular Sport and Recreational Activity Program. This program helps to address physical, recreational and leisure needs of all Columbia students. Such things as squash, recreational basketball, table tennis, badminton, volleyball, karate-do, female circuit training, floor hockey, indoor cricket, and indoor soccer are offered in an open gym format. Many of the same activities are also offered as Intramural events.

Highlighting the Columbia International College program is the “Columbia International Games Day” where zero experience is required by participants. The goal of the day is to celebrate the diversity and multiculturalism of the 53 cultures represented at the school. Games, music, food and traditional dress of all countries allow for students and staff alike to compare similarities and differences to each other’s culture.

Greenbank Middle School

Nepean

Michelle Boucher / Mark Hooper

Principal – Bruce Kondric

The Greenbank Middle School Gatoraid is twelve dedicated students chosen for the Athletic Council through an application process. These students decide what Intramural activities will be offered, create schedules and rules, referee and keep statistics.

Intramurals are offered on a year round daily basis and include soccer, 3 on 3 basketball, volleyball, kinball, badminton, ultimate and wheelchair basketball. Special activity days such as Zany Animal Games, Greenbank Winter Olympics, Terry Fox Run and Gator Trek Club are offered at various times throughout the year. Fitness Fridays was offered for the second year and has become quite a hit. Tae-Bo, Pilates, hit the spot abs and dance routines are some of the workouts offered each Friday. Every student has an equal opportunity to be successful in the points participation program.

Greenbank’s special activity days are a major highlight of the program. These activities promote school spirit and a sense of camaraderie within the school’s four Habitats. Each year the “Gator Bowl” is awarded to the Habitat that has accumulated the most points throughout the year. The presentation of this award brings closure to the school year’s activities but also piques interest and anticipation for the following year. Students say it best: “Our school has the most awesome intramurals. There is an amazing variety of sports and activities. We get introduced to new sports and we get to share those experiences with friends. It is a non-competitive environment where everyone can go and have fun and finally, “I love being a Gatoraid because I get a chance to learn the rules of an assortment of sports and

help people under these sports more. The Greenbank sports program offers the best opportunities to hang out with friends, while exercising in a fun way.”

Century Montessori School

Toronto

Debbie Holder

Principal – Marcel Pereira

4th time winner!

Students at Century Montessori School earn community hours by helping with Intramural. Students are trained in leadership qualities and expectations and are critiqued for improvement. New at the school this year was a PROPS program, which had Grade 4 & 5 leaders run recreational games at lunch hour. The Century Montessori program has found that although not all students may be athletic, they may make great student leaders.

Intramurals are run in six-week units from September until June, before and after school and at lunch recess. The programs compliment the current curriculum and are offered with numerous variations and modifications for maximum involvement. Outdoor activities such as basketball, volleyball, badminton and soccer as well as indoor activities like basketball, mats and gymnastics help round out a program also filled with special days such as the Winter Olympics, fall relay, Spring Sprint and play day.

Century Montessori continues to flavour the entire program with fitness, well-being and healthy lifestyles. With derivative sports the rules are bent to modify for success and fun with lots of opportunities for non-athletes to join in and have fun.

D. Roy Kennedy Public School

Ottawa

Michael Spence

Principal – Rita Cardarelli

The House League program at D. Roy Kennedy Public School is neverending and has offered over 100 different events in the past. As of the end of January of this year, almost 60 various activities were held. Events ranging from touch football, tetherball, arm wrestling, tug of war, soccer, juggling, volleyball, hackey sack and air hockey to continuous skipping, one minute skipping, homework helper club, limbo, human checkers, basketball, scatterball and musical mats are offered to attract students’ interests.

A student President and Vice President are chosen by the supervising teacher and are responsible for organizing referees, setting up equipment and relaying information to each team. Ten captains are also chosen and are responsible for “drafting” teams and then meeting with them and continually encouraging participation in various events. Conveners help the Presidents by assigning referees, scorekeepers and setting up of equipment.

The highlight of the program is seeing the camaraderie that occurs amongst the students. With students comments such as “I believe that house leagues and sports are a very important aspect of a kid’s life, not only does it keep them active and healthy but it’s really an enjoyable way to spend your lunch hour with friend and teammates” and “House league sports are very important for our school, not only do they build team players and healthy students, but they build friendships and they influence students to participate in and around the school, making everyone’s time at D.R.K. a great time.”, you know the students appreciate and enjoy what they are doing.

Henry Munro Middle School

Gloucester

Brad Strong / Paul ApSimon

Principal – Hanif Jamal

6th time
winner!

The Henry Munro Middle School Intramural program is led by a group of Grade 8 students known as “The Lion’s Pride”. Staff works with this group to plan, implement, promote and evaluate the Intramural program to include clubs, leagues and special event days. These students also implement any fund raising programs, which may be required to help support the program.

Special events have included the Terry Fox Run, Fun in the Sun Volleyball Tournament, and Hoops for Heart. Track and field, volleyball and softball for homeroom classrooms have attracted large numbers. The program also offered badminton, wrestling, free throw, volleyball, basketball, ice skating, pick-up soccer and fitness club. The events and programs are enjoyed so much that once they move onto high school, the students return during our special events in great numbers to volunteer their time to help the event run smoothly.

The Dance Revolution has been a great addition and success story at Henry Munro. A Sony Playstation 2, a great thing to a middle schooler, is attached to a multimedia projector in the gym and the game is projected onto a large screen. The game requires players to mirror the dance moves while standing on a dance pad, which records their movements. While only two players are able to use the dance pads at a time, fellow students follow along and practice the moves while waiting their turn.

A. Lorne Cassidy Elementary School

Stittsville

Todd Thompson

Principal – Jill Cutler

At A. Lorne Cassidy Elementary School the emphasis is on participation and not competition. Students are made to feel confident in participating and a great sense of team is felt amongst the classes. The “Mighty Ducks” are a group of ten Athletic Council reps selected by application to develop and organize a program that is conducive to this atmosphere. The student leaders are focused on the principles of fair play and sportsmanship and are given training on being role models not only in the Intramural program, but with programs throughout the school.

Intermediate and junior students get the gym two days per week while the final day is allocated to the whole school for a drop in skipping program. Activities include volleyball, bordenball, scooter board hockey, kinball, beach volleyball and ultimate

Frisbee. These sports are managed, refereed and set up by the Mighty Ducks.

How the students participate in Intramurals at A. Lorne Cassidy is the highlight of the program. Intermediate classes participate as a group and are not divided into a house system – every class is a team. Teams are recognized not just for winning but also for participation. Junior class numbers dictate a drop-in program but the number of

drop-in students shows a very high interest for Intramurals. Finally, all Intermediate students have a 15-minute health break each morning in the gym. Active games either in large or small groups, or fitness activities led by individuals at the front of the gym have had positive feedback from the teachers regarding the students’ behaviour and focus after the health break.

St. Marguerite d’Youville

Ottawa

Jennifer O’Connor

Principal – Sam Coletti

St. Marguerite d’Youville’s Intramural program strives to provide a safe, non-competitive environment for everyone. Grade 6 student leaders work with the primary grades to encourage participation and run skills mini-groups. Teams are composed of students of varying abilities with teams playing each other approximately ten times. Each school term brings a different Intramural sport. Three of six school cycle days involve Intramurals which provides ample opportunity for participation.

Although soccer and basketball are two of the most popular sports at St. Marguerite, students are always excited when a new game is introduced. This year, ultimate football was added too much enthusiasm and anticipation.

St. Brigid Catholic School

Ottawa

John Fahey

Principal – Geoff Burrige

At St. Brigid Catholic School Intramurals are offered from September – June. Five sports run on a six-week period and are designed to compliment the interscholastic team sports that run concurrently. Activities include relax running game, mini volleyball, 3-on-2 basketball, badminton followed by indoor ultimate. Participation points are awarded as well as points for wins, loses and ties. After round robin play in each sport, the top three teams play in the final with the winning team immortalized on the “Wall of Fame” with their picture!!

Students are relied upon to captain teams, encourage students to participate, scorekeep and referee. Intramurals at this inner city school provides students with an opportunity to play organized sports where they may otherwise be unable and helps teach winning and losing.

All Saints Catholic High School

Kanata

Karen Timmons

Principal – Joseph Mullally

All Saints Catholic High School offers a lunch time Intramural program with activities including floor hockey, basketball, dodgeball and badminton. More than 2/3 of the school takes part in Intramurals where friendly competition and enthusiasm are encouraged for a positive learning environment. Students are very involved in the day-to-day operation of the program doing such things as equipment set up, team creation, refereeing and supervising. Interaction between students and staff helps to develop a special rapport that translates positively into the classroom. After competing against the teachers, students see the teachers in a new, better light.



The Woodlands School

Mississauga

Georgie Haswell

Principal – Jeanne Gray

Volleyball, basketball, floor hockey, soccer, badminton and dodgeball are the programs offered at The Woodlands School. A round robin format is used so each team play each other at least once, playoffs and a championship follow. Teachers are invited to participate and generally enter their own team or join in with the students. As the school is Grade 7–12, the Grades 7, 8 & 9 students play together and the Grades 10–12.

The Athletic Council assumes a vital leadership role managing the entire operation under the supervision of a staff member. They receive team entries, organize tournaments, officiate, scorekeep, set up and take down equipment and advertise and promote the programs being offered. The most popular activities are floor hockey and volleyball, with basketball following close by.

Shelter Bay Public School

Mississauga

Peter Kwasney

Principal – Mr. Robert Clark

At Shelter Bay Public students participate in pinball, soccer, hip hop dance club, bucket drumming club, flag football, floor hockey, volleyball, skipping club and 3 on-3 basketball. A Fun Run Club begins in late April and runs through the end of May, followed by play day, track and field, tennis and yoga. Several theme days round out Shelter Bay's activities including Jump Rope for Heart, Laps for Lungs, and Act Now...Be The Best You Can Be!, which promotes the importance of healthy activity, healthy attitude, healthy air and healthy appetites. A successful family night was held during Turn off the TV week where students and parents participated in a variety of active games and enjoyed displays offered by Peel Health showing the importance of healthy and active living.

A number of junior and even some primary students have been able to take advantage of the leadership opportunities offered through the Intramural program. Students referee, scorekeep, handle equipment and act as playground Activity Leaders teaching games during two balanced day recesses. Junior classes have "Internal Champions" who lead morning exercises and make presentations during Act Now assemblies. Highlighting the program for the primary ages is team pinball while the junior students prefer soccer. Both events attract high participation, which in turn means the students are being active and having fun.

King's Masting Public School

Mississauga

Karen Waller

Principal – Deborah Muma

King's Masting Public School's program is unique in its creativity, varied activities, minimal teacher commitment, activity levels and high enthusiasm. Junior program leaders are trained in conflict resolution, leading games, leadership skills and inclusion for all. They are responsible for choosing the activities as well as providing feedback and evaluation. Grade 4 & 5 Playground Activity Leaders (PALS) lead noon hour sports and games helping on a rotating basis.

Four lunch hours per week are dedicated to such activities as skills development, cooperative games, hockey, soccer, relays, traditional playground games, juggling, flag football, and cross-country. These activities attract various skill levels and the students have a blast! A school wide picnic is held in

June to celebrate PALS. Many local "celebrities" join in the fun, conga line and dancing. Other Peel Board schools are modeling the program and a workshop, in combination with Peel Health, was held at the school in February.

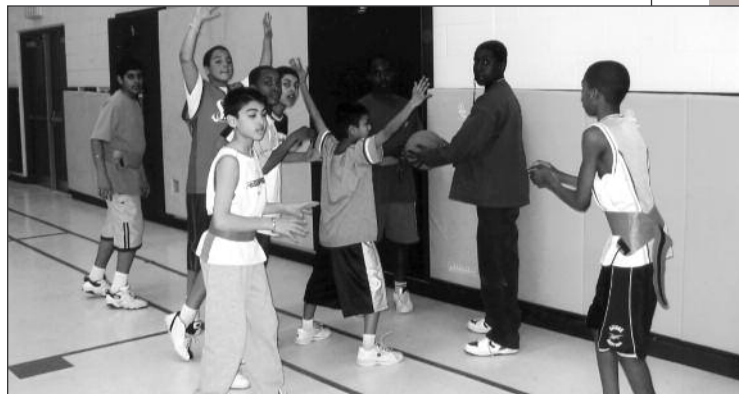
McCrimmon Middle School

Brampton

Carol Cooper

Principal –Trudy Barnard

4th time
winner!



With a fairly new Athletic Council, just in its third year of existence, McCrimmon Middle School now relies heavily on these dedicated students for help with their Intramural program. These students help organize league play, referee, coach and timekeep as well help run the Grade 6 girls basketball tournament. Intramurals would not exist without these hard working student leaders.

The focus at McCrimmon is on providing programming and activities for all students, regardless of ability. A noon hour program is offered with benchball, volleyball, basketball, floor hockey, badminton, dodgeball and free drop-in. Students also participated in the Terry Fox Run in conjunction with a neighbouring middle school and high school coop students have offered the female students a hip hop class to encourage female participation.

Winterpalooza highlighted McCrimmon's Intramurals this past year. It was held over a two week period with students signing up to participate in skiing, bowling, mini putt, wall climbing, skating and indoor beach volleyball.

Osprey Woods Public School

Mississauga

Fanitsa Housdon

Principal – Frank Trachsler

The Osprey Woods Public School program is run with a focus on fun and staying active with fair play and sports etiquette also emphasized. Approximately 95% of students and staff are involved in Intramurals throughout the year. Students are able to participate in a different activity each term. Activities include tag games, parachute club, skipping club, line soccer, indoor soccer, flag football, team ball, floor hockey, 2 Ball NBA challenge, and newcombball. School wide events held are the Terry Fox Run, play day and Jump Rope for Heart.

The Student Athletic Council consists of twenty-six Grade 5 students, while the Playground Activity Leaders are fifty-two strong. Students feel the highlight of the program is that each recess period the gym is used for extracurricular activities. Students are able to be active and have fun all at the same time.

Immaculata High School

Ottawa

Lisa Carroll

Principal – Thomas D’Amico

4th time
winner!

The Leadership Phys Ed class, along with volunteers of the Athletic Council is responsible for the Intramural program at Immaculata High School. They work in pairs to organize the activities and oversee the assigned jobs.



The program runs during the lunch times with each session running 35 minutes. Floor hockey, 4 on 4 basketball handball, volleyball, touch football and ultimate Frisbee were offered this year as well as special events such as a 3 point competition and throwing contest and a girls basketball

challenge “The Clear and Clean Friends Challenge”. Activities are determined by the students and when the weather cooperates, games are moved outdoors for some “fun in the sun”. Students from the “Education for Community Living” class are always asked to join in and very often submit their own team.

The competitiveness and camaraderie between teachers and students attracts a high interest with the students. Since the teachers often compete, students come out in large numbers to join in the fun. Most Intramurals end in an “all star team” challenging the teachers, which draws large audiences and builds school spirit.

Meadowvale Village Public School

Mississauga

Darcie Frankie / Lina Partington

Principal – Linda Nicholson

3rd time
winner!

Each year Meadowvale Village Public School strives to introduce new and exciting Intramurals. This year students have been able to participate in soccer, beach volleyball, floor hockey, skipping club, dodgeball, quidditch, indoor super soccer, skipping club, hula hoop club, blastball and adventure, rhythmic gymnastics and parachute clubs. Each grade is offered five different activities throughout the year with these activities offered four out of five days. Grade 5 student leaders help by refereeing, time keeping, scorekeeping and setting up and taking down the equipment. The Student Parliament (peer elected students) help to decide which Intramural activities are offered.

This year’s Intramural highlight was an assembly held by the Grade 5 rhythmic gymnastics club, which included both boys and girls. This helped to promote a non-conventional Intramural to our students and was very well received.

St. John the Apostle School

Nepean

Wilma McCleary

Principal – Nuala Durkin

At St. John the Apostle School little emphasis is put on the score. Students are exposed to new experiences and sports they may not be familiar with such as Gaelic football. Students participate in school wide events such as the Jump Rope for Heart, Spectacular, daily fitness breaks and aerobic workouts. Students also have the opportunity to participate in traditional games like soccer, basketball, ultimate Frisbee, newcombball

with non-traditional games added in for variety like scooterboard quidditch, blanket chickenball and various versions of dodgeball. By giving students fitness logs to complete at home, the active lifestyle program continues from school into the home.

Grade 6 students referee, monitor equipment, acts as team captains and fit break leaders. Fit break leaders develop the fit break schedule and lead aerobics in the classroom. Activities, which bring the school together highlights St. John the Apostle’s program. Students enjoy Jump Rope for Heart and whole school aerobics as it creates an atmosphere of camaraderie and school spirit.

St. Patrick’s Intermediate School

Ottawa

Pat McKinnon

Principal – Gerry Mikalauskas

The “Homebase Cup” at St. Patrick’s Intermediate School is the name of the Intramural program. It is offered each day either in the gym or outdoors as weather permits. The Grade 7 and 8 students compete against each other throughout the year with points awarded for participation and performance. At the end of each organized activity, the point leaders are announced during a school assembly. This has created friendly rivalries between the “home bases” with teachers getting involved. This has allowed students to see their teachers in a different, relaxed setting other than the classroom. Some teachers have even gone so far as to design t-shirts for their “home base” team! The Cup is presented at the year-end Athletic Assembly.

Volleyball, basketball, badminton, cone ball, scooter handball and ultimate football are some of the sports offered. A large majority of students participate in Intramurals at St. Patrick’s. Students are responsible for the majority of the program with teachers needed just to supervise. Students set up, organize the teams and referee and scorekeep and anything else that needs to be done.

Sacred Heart Catholic High School

Stittsville

Ron Lakusiak

Principal – Val McGillis

With a student body approaching 2,000, Sacred Heart Catholic High School relies on its Athletic Leadership students to plan, schedule, officiate, coach, post results and promote the program. With help from homeroom volunteers, the Athletic Leadership classes provide the manpower to run the Intramural program. Former Athletic Leadership students routinely volunteer their time to maintain the program.

Sacred Heart runs a multi grade program, which includes both lunch time tournaments and leagues. Fitfest, although traditionally a school wide event, has had to be scaled back to include selected grade levels due to the large school population. Fitfest does, however, remain the highlight of Sacred Heart’s program.

Convent Glen Catholic School

Orleans

Christopher Wakefield

Principal – Mrs. Pat Morden-Kelly

Intramurals run daily at Convent Glen Catholic School using a tournament format. Intramurals mirror the school sports program so when teams are practicing Intramurals are running concurrently. Over thirty Grade 6 students play a major role in organizing the Intramural program. They

referee, coach, act as captains, scorekeep, report scores and track results. The highlight of the program is watching Grade 6 students act as coaches for the younger grades. Most take their job seriously, talking strategy and positioning and even carry clipboards and pace along the sidelines. The younger students definitely look up to their fellow students!

Dr. F.J. McDonald Catholic

Jodi Jonescu
Principal – Brian Kelly

The concept of fair play, sportsmanship and fun, as opposed to winning is the foundation of the Intramural program at Dr. F.J. McDonald Catholic School. Primary and junior divisions play on alternate days with the gym divided so two games can be played simultaneously. Intramurals are designed to provide opportunities for all students to participate regardless of skill or fitness level. Watching the students grow personally, acquire new leadership skills and become active is rewarding. The focus on having fun and being active will hopefully carry over into the students' adult lives. Activities include soccer, ultimate handball, dodgeball and stones.

The Intramural program at McDonald is run by leadership students. They set up and take down all equipment, referee, scorekeep, assist with scheduling and make daily announcements regarding the day's play. These students also teach the rules to each new sport and assist the supervising teacher on the awarding sportsmanship points.

St. Mark High School

Manotick
Dianne Marleau
Principal – J. Veryard

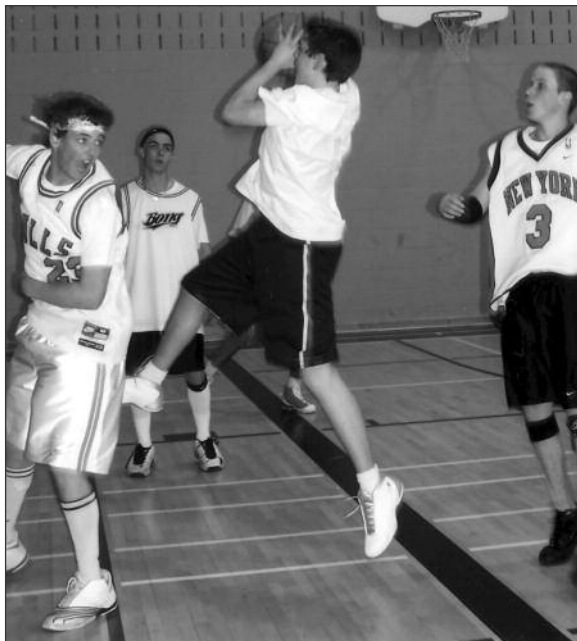
At St. Mark High School a thirteen member Athletic Council led by and Intramural Sports Coordinator, is responsible for all aspects of the program. Six sports, including soccer, floor hockey, football, badminton and basketball are run during lunch hour. Special events have included wheelchair basketball, foosball tournaments, hacky sack competitions, Clean and Clear Challenge, Old Spice and Juicy Fruit Challenge, a charity basketball game featuring senior girls and female police officers as well as a week long Winterfest. During Winterfest a different activity was held each day, including a modified biathlon and triathlon.

Intramural champions are honoured with prizes including chocolate, movie tickets and championship t-shirts. The program provides everyone, regardless of skill level, the opportunity to join in and have fun, whether by playing or by cheering on fellow classmates. The school spirit that is evident at St. Mark's is a highlight of the Intramural program.

St. Joseph Catholic High School

Nepean
Carol Young
Principal – Greg Mullen

The Recreation Leadership Course at St. Joseph Catholic High School is consists of fifteen students whose main responsibility is to run the Intramural sports program. They meet and plan the entire year in the fall with four major leagues, floor hockey, dodgeball, coed volleyball and indoor soccer, lasting two months each. A table tennis and doubles badminton tournament is also held as well as various special events. A lot of responsibility is put on these students to help promote involvement from those who may not otherwise participate.



The Leadership students are responsible for team sign up, advertising, team captains' meeting, rules, referee clinics, duty schedules, statistics, announcements, playoff schedules and awards. These students do a great job of attracting large numbers of students, both as participants and spectators, which keep the students in one area, out of halls. Administration loves this!!! Because of the wonderful job the leadership students do with the intramural program, students meet new people and gain new friendships.

The highlight of this year's program was the 4th Annual Hoops for Heart Event. At the high school level, students enjoy the opportunity to get a day off school and are able to do so by pledging a minimum of \$15 to participate in a 3-on-3 basketball tournament, which includes boys, girls and teachers. The event is run during the school day. At the grade 7 and 8 level, the highlight is a "Shoot-Out" contest.

St. Elizabeth Ann Seton School

Nepean
Debbie Conte
Principal – Jean Marie Stewart

At St. Elizabeth Ann Seton School Intramurals are offered at lunch time four days a cycle with each sport running four cycles before switching to a new activity. Students are able to participate in takeover, newcombball, volleyball, garbageball, basketball, dodgeball, continuous soccer, indoor micro soccer and soccer baseball. The program allows students the opportunity to develop skills in a variety of sports they may not normally get a chance to play. The program also allows for new friendships to develop from the mixing up of the teams.

Grade 6 students are trained to run the Intramural program with teacher supervision. This provides opportunity to develop leadership skills as well as to be role models for the younger grade students. A minimum of four students per event per day is required.

Students at St. Elizabeth Ann Seton love the monthly Awards Assemblies as winning teams from each Intramural are announced as well as the Grade 6 volunteers who assisted in the program. At the same time, the next Intramural activity is introduced. The students love being recognized for participation in front of their peers.

**4th time
winner!**

Good Shepherd Catholic School

Ottawa

Sean Crookshank

Principal – Gloria Horan

The gymnasium at Good Shepherd Catholic School is in use every lunch hour as well as three days per week for after school programs. All students are given an opportunity to participate in activities at least once during the week. Good Shepherd Catholic offers guard the pin, newcombball, noodle hockey, mass soccer, basketball and after school drama, hip-hop club and gymnastics clubs. Primary students participate in "Fun and Games" which is a six-station program run by Grade 6 students. Each station features games such as bowling, beanbag toss and soccer shooting.

Grade 6 students are relied upon to be activity leaders for the primary grades and Grade 5 & 6 students are playground leaders in two-month rotations. Student leaders must also help with refereeing and activity set up. Finally, grade six students assist in they gymnastics club with the primary students by leading stretches.

Highlighting the program is the smiles and looks of satisfaction from all participating students. Watching Grade 6 students helping a primary student and seeing smiles all round, teacher and participant brings nothing but satisfaction to all those who's hard work make Intramurals possible. Finally, when one sees a normally shy student participate as a game official, one knows that Intramural participation is a huge part of the students' lives and personal growth.

Lisgar Middle School

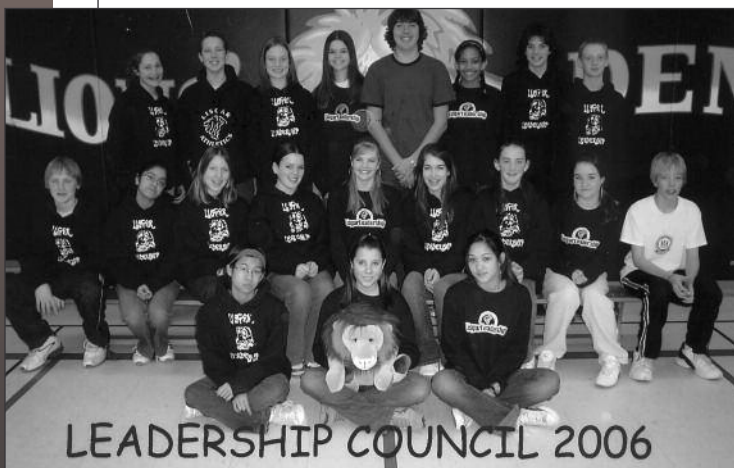
Mississauga

Andy Raithby

Principal – Nancy Donnelly

6th time winner!

The Lisgar Middle School Lions run an Intramural program that is dependant upon the Leadership Council, which has been chosen by staff. These students play a vital role in running the majority of events at Lisgar including spirit days, Intra-murals, fundraisers, clothing orders and anything else the school organizes. When not leading an activity, students on the Leadership Council can be seen enthusiastically participating in events.



While following the philosophy of "Something for Everyone", the Intramural program strives to involve the whole student body and this is done by have a wide variety of activities to choose from. Not only are there traditional sports such as volleyball, floor hockey, NBA 2-ball and

badminton offered but also activities such as tug of war, cup stacking, ultimate superstars and a spirit week.

The gym is rockin' for the students' two favourite events of the year – Class Volleyball and Tug of War. The Class Volleyball Tournament involves each class playing a complete grade schedule (teachers included) to determine the ultimate champion. Even if the students are not playing, a strong loud and supportive, group of spectators is on hand. The Tug of War challenge has students facing each other in class-on-class competition to determine the strongest, not only physically but also through teamwork and cooperation.

Tomken Road Middle School

Mississauga

Murray Speers

Principal – Diane Gordon

6th time winner!



From September until June, at lunch time and after school, Tomken Road Middle School students have the opportunity to participate in Intramurals including indoor soccer, flag football, volleyball, 3 on 3 basketball, T.B.H.L. handball and 3-pitch baseball. In addition numerous clubs give students another chance to become active and involved such as games, ultimate, rackets, basketball shooters, ringette, roadrunners and handball clubs. To round out the Tomken program, special events such as the Terry Fox Run, 12th Annual Fall Classic, table tennis tournament, Gatorade/NBA 2-ball, TBHL Showdown Series, Jump Rope for Heart as well as three Athletics Awards Assemblies are also run throughout the year.

Students play a major role at Tomken with the forty strong Athletic Council leading the way. The students are designated an area of responsibility at the beginning of the year with some of their jobs being keeping track of athletic points, bulletin boards, equipment room, garbage disposal, laundry, lost and found, mats, PA/stereo system, photography and stage. Any student is welcome to volunteer their time by helping with score keeping or refereeing. As Felicia Gow, Grade 7 student says "At Tomken, we encourage school spirit, fair play, great sportsmanship, student leadership, inclusion and participation for all. This makes Tomken's athletic program very unique and successful!"

Although lots of hard work is put into the planning and organizing of three separate events for each of the Grade 6, 7, 8 students unanimously agree the most exciting, competitive and exhilarating event is the Track and Field Meet. Throughout the day, students participate in 4 x 100 relays, 100m, 200m, 400m and field events long jump, triple jump and high jump.

St. Paul Catholic High School

Ottawa

Kendra Read

Principal – Eugene Milito

**4th time
winner!**

The Intramural program at St. Paul Catholic High School is run primarily by students enrolled in the Recreational and Fitness Leadership course. The program is young but growing with student participants increasing each year. Not only do they have a place to be active at lunchtime and an outlet to release some energy but they are also gaining valuable leadership skills. As Hanna Browne states, “I participate in Intramural activities because it’s very social and it’s very fun to play sports and activities with friends and new students. Intramurals aren’t only fun, but they also help me keep fit”.



Five Intramural leagues are offered throughout the year – indoor soccer, floor hockey, dodgeball, volleyball and 3-on-3 basketball. These leagues are run either as a round robin or as a double elimination tournament. A Turkey Trot, Reindeer Run, March Madness, Rock Paper Scissors elimination and flag football are just some of the special events held.

One highlight of the St. Paul program is the school wide spirit building beach volleyball tournament held each September. Also popular is the high participation rates in both floor hockey and 3 on 3 basketball leagues which attracts between 15 and 20 high spirited teams. The students also love not only becoming “champion” of the league but the right to play the teachers’ team for the title of ultimate champion!!



St. Catherine Catholic School

Metcalfe

Christienne Bartoszewicz

Principal – Anna Yates

St. Catherine School has an active gym that is in use each lunch hour throughout the school year. With active teachers and parents, students become motivated to participate in Intramurals and become part of the “community”. Activities include volleyball, basketball, gymnastics, dance club, floor hockey and track and field as well as over eighteen special event days. Some of the special activities include Terry Fox Run, ice skating, ski trip, curling and volleyball workshops and a dance showcase. On National Children’s Day a daylong newcombball tournament was held with all Grades from K-6 involved for an hour. Being a student leader at St. Catherine School means being involved as a dance leader, Intramural referee, peer mediator, team captain, class monitor, kindergarten helper or spring fling helper.

St. Catherine is known as the “School that Dances”. Each day the whole school meets in the gym for a 15 minute Dancersize session led by the Grade 6 students. Teachers, guests and the principal also attend and participate. This program is in its fifth year with school spirit and a sense of community building each year. It energizes everyone and provides leadership opportunities, creativity and interaction between all the students.

Holy Cross Catholic School

Ottawa

Sonia Rankin

Principal – Susan Thibault

Although a small school, Holy Cross Catholic School students are all invited to participate in the Intramural program which promotes inclusion of everyone. Scores are not recorded and the games are non competitive to keep the focus on having fun, staying fit and building interpersonal skills. Students are involved in cooperative games during recess in the primary division and junior students participate in soccer, newcombball, basketball, ultimate Frisbee and a track and field day. The highlight of the Intramural program at Holy Cross is 3 on 3 Basketball. Held during in March, this one-week competition coincides with the “March Madness” basketball tournament.

Junior students at Holy Cross Catholic School assist in the primary Intramural program acting as referees and equipment managers as well as acting as captains and co-captains. These students help to encourage participation amongst their teammates.

Laurier Brantford

Brantford

Greg Stewart

Supervisor – Ingrid Hanrath

Wilfrid Laurier University’s Brantford Campus is in a unique position in that it is a satellite campus to Wilfrid Laurier University. Although most programming differs, recreation does not. All of the Intramural leagues are coed and the students on campus are very receptive to new ideas. As a fairly new satellite, the creation of an Intramural program, with a Coordinator of Recreation/Programs just being hired in August, has brought the campus closer and has far exceeded initial expectations.

CIRA Ontario Executive

President: John Byl
Vice President: Andy Raithby
Vice President: Herwig Baldauf
Vice President: Myra Stephen
Vice President: Kirstin Schwass
Vice President: Alf Grigg
Vice President: Grachella Garcia
Staff: Pat Doyle
Office Assistant: Kelly Hare

INPUT is a quarterly publication produced by CIRA Ontario.

Editor: Michelle Harkness

CIRA Ontario

PO Box 2034
Hamilton, ON
L8N 3T2

Phone: 905-575-2083

Fax: 905-575-2202

E-Mail: office@ciraontario.com

Web Site:

www.ciraontario.com

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.

Nestlé



Good Food,
Good Life

Student leadership is responsible for the recreation programs success. With three league coordinators, seven league conveners and thirteen league officials, as well as newly formed committees and positions created for 2006, the Intramural program at Laurier Brantford is thriving. Activities such as basketball, volleyball, indoor and outdoor soccer, softball, ice hockey, dodgeball and numerous sport related bus trips and a brand new athletic fitness facility offering recreational and fitness programs, students have lots of choices to become involved and they do!

The Laurier Brantford campus program was highlighted by the 3rd Annual Big Brothers/Big Sisters of Brantford & District Hockey classic charity event. With special guests including Walter Gretzky, Dave Levac (MPP) and Mayor Mike Hancock, Laurier, along with Mohawk College, helped to raise nearly \$2000 for this special organization.



University of Guelph

Guelph

Grachella Garcia

Supervisor – Karen Lee

3rd time winner!

Fourteen different sports are offered through the University of Guelph's Intramural program with all but three of these sports offered year round. Competitive, fun level, women, coed and men's divisions are offered for most sports. Competitive teams play six games per semester plus playoffs while fun teams play eight games with no playoffs. Intramural tournaments are also offered at the end of each season for further playing time. Money is raised at each of these tournaments and once again this year two families were adopted at Christmas with the money raised.

Five students are hired to be assistant coordinators on a two-semester contract and they oversee two – four sports. They also help train and schedule student referees and monitors for their respective sports. Five student peer helpers volunteer on a regular basis and are responsible for helping the coordinators with their sports as well as plan and organize special events. Over 80 students are also employed as referees and monitors. The Intramural Athletics Association also has over 20 members.

Once again the Annual Frosh Week Intramural Challenge, open only to first year students,

highlighted the University of Guelph program. First year students get an opportunity to participate in five different sports, register early for intramurals, meet other students, get information about the program and the department of athletics, receive a free visor and most importantly a free hot dog!! Over 500 first year students participated this year. The University of Guelph also hosted the CIRA Ontario post secondary conference this past fall and was a huge success with over 70 students and intramural staff from various colleges and universities attending.

As Bradley Dunbar, President of Off-Campus University Students states "I personally do not think I would be where I am today if it had not been for the Intramural program. As an off-campus student, especially one in first year, it is always harder to meet new people and feel connected to the University. It was my involvement in Intramurals that eased this transition.... the program keeps me sane, and wanting to come to school everyday."

Trent University

Peterborough

Sue Robinson

Athletic Director - Bill Byrick

4th time winner!

Trent University models itself after the British Collegial design so each student remains affiliated with their "College" throughout their time at University this includes the Campus Recreation program where students are awarded participation points towards their College for the chance to win the coveted "Grail". The Grail is awarded to the top point getting College at the year-end Athletics Awards Ceremony. The Grail represents Trent's commitment to Intramurals, fair play and keeping students active, which in turn contributes to a true sense of community.

Campus Recreation at Trent is entirely student driven, carried out and developed. They are involved in the decision-making process at all level and student leaders even sit on the Athletic Advisory Committee, which approves the annual operating budget. Students also act as captains, assist in rule changes, develop protocol sport, convene and referee.

In addition to daylong tournaments, clinics, and a fitness program, Trent offered twenty-seven structured programs. They include such activities as beach volleyball, 3-pitch, men's and women's football, men's and women's basketball, snow ultimate Frisbee, 3 on 3 basketball for men and women, outdoor recreation soccer, outdoor competitive soccer, outdoor ultimate Frisbee, water polo, hockey, indoor men's and women's soccer, innertube ultimate and volleyball. Over 300 people participated in the Fitness program this year.

The Campus Rec Downhill Ski & Snowboarding trip highlights the Trent program once again. The program has become so popular an additional trip was added. A bus was filled for each trip, with fun games and trivia and Campus Rec prizes awarded to help pass the time away.