

INPUT

Fun Active Participation For All

CIRA Ontario

June 2005

INSIDE INPUT



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Post Secondary Intramural Award

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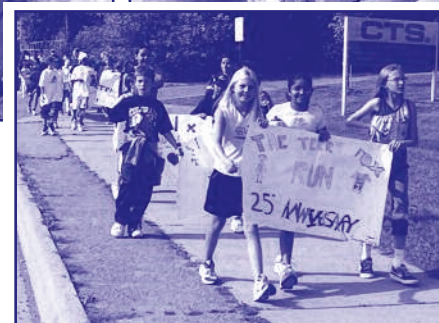
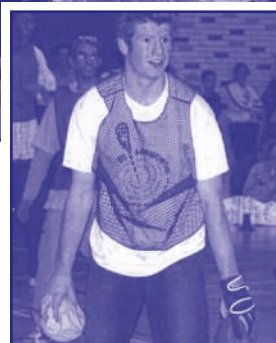
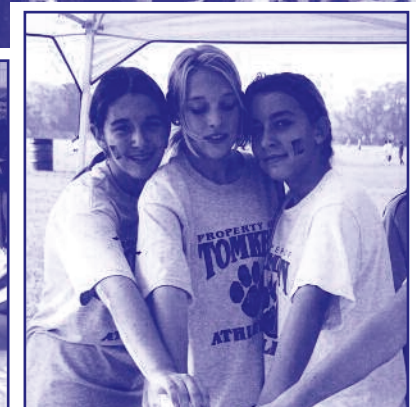
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– Special Edition –

RECOGNIZING OUR OUTSTANDING INTRAMURAL AWARD WINNERS



OUTSTANDING INTRAMURAL AWARD WINNERS

Tomken Road Middle School

Mississauga
Murray Speers
Diane Gordon, Principal

Tomken Road Middle School continues to run a strong Intramural program. Led by teacher Murray Speers, students at Tomken are encouraged to participate in fair play while participating in intramural leagues, recreation clubs and special events. All recreation clubs are co-ed and meet mornings before school. Clubs start in September and end in June and include ultimate, ice hockey, rackets, basketball



beginning to what will become an annual event. The twelfth "Annual Tomken Fall Classic" is another highlight in Tomken's busy year. This is a fun day with students and teachers participating in six different races separated by grade and gender.

As one student at Tomken says "The chance to get involved is unlimited; every student has the opportunity to get involved and get some physical movement – along with loads of fun!" What a great testimonial.

Henry Munro Middle School

Gloucester
Brad Strong & Paul Apsimon
Colin Benson, Principal

Intramurals at Henry Munro offer not only leagues but also drop in activities and special event days. Numerous activities are offered and include team sports like soccer and individual opportunities such as fitness day. This year Henry Munro has offered Home Room Beach Volleyball, arena skating days, a school wide track meet, Home Room Softball, Homeroom Volleyball, Hoops for Heart, Fun in the Sun and a lunch hour drop in program.

Student leaders at Henry Munro must complete an application form, with references, to be considered. Mentoring occurs between high-risk students and students with more developed leadership skills occur. Students plan the Intramural program and that includes organization, implementation, refereeing and evaluation of each intramural activity.

Henry Munro's newly formed "Lions' Pride Student Leadership Group" highlights their Intramural program. Set up based on the CIRA's Student Leadership Development Program, the group quickly formed in September with the first task of giving themselves a name. The school mascot is incorporated into the name. Leaders and participants alike have benefited from this group taking on the administrating, scheduling, officiating and publicizing of all intramural events this group of students has taken on.

Lisgar Public School

Mississauga
Andy Raithby
Nancy Donnelly, Principal

Lisgar's philosophy of "Something for Everyone" continues to shine for this five-time winner. Lisgar's Leadership Council, consisting of twenty-five Grade 8 students is the real driver behind the Intramural and special events calendar. These students are selected in Grade 7 to lead the Lisgar Lions. This student driven, student run and student enjoyed program is helped by the number and variety of activities offered. Not only do participants want to win, more importantly, they want to play.

The highlight of Lisgar's program this year was a Tug of War. Homeroom teachers created teams of ten (five boys/five girls) and they pulled in a single elimination winner take all challenge. The noise and excitement level created by participants and spectators alike was truly deafening. This was definitely the favourite activity in a hugely popular Intramural program.

shooters, ringette, roadrunners, and handball. Co-ed indoor soccer, co-ed flag football, co-ed volleyball, 3 on 3 basketball, T.G.H.L. and 3-pitch baseball are some of the intramurals offered. Special events include a Terry Fox Run, 11th Fall Classic, Athletic Awards Assemblies, CN Tower Stair Climb, table tennis tournament; Gatorade/NBA 2-ball, T.B.H.L. Showdown Series, Jump Rope for Heart and the

Grade 6, 7 and 8 track and field meets.

Athletic Council is responsible for making all the special events happen as well as setting up for Athletic Assemblies. Athletic Council members are also responsible for score keeping and refereeing within their own grades as well as help coach the younger grade teams. Each member is also assigned a specific task such as updating athletic points, bulletin boards, equipment room upkeep, laundry, lost and found, garbage disposal, mats, p.a./stereo system, pictures, stage and tab handout at the athletic assemblies.

Highlighting Tomken's year is the first annual Terry Fox Run. Students ran the course, and after finishing donated a "Toonie for Terry" raising over \$1000. What a great



POST SECONDARY OUTSTANDING INTRAMURAL AWARD WINNERS

University of Windsor

Windsor

Tony Nurse

Sandra Ondracka, Campus Recreation Coordinator

At the University of Windsor, Intramurals are offered both competitively and recreationally. Sports such as basketball, soccer, volleyball, floor hockey, ice hockey, softball, table tennis, inner-tube waterpolo, indoor soccer, ultimate frisbee, flag football, badminton and curling are offered. Each week one intramural team is recognized as well as a player of the month. These "winners" receive their pictures on a recognition wall as well as pizza gift certificates. At the year-end sports banquet trophies, team photos and championship t-shirts are awarded to each Intramural championship team. The University of Windsor also recognizes a Male and Female Recreational Athlete of the Year. This award is given to the students who display the most sportsmanship, demonstrates leadership and above average level of participation in recreation programs.

Students at the University of Windsor play a very active role in the Intramural program. They include officiating (requiring attendance in class and on court/field training and are evaluated 3 times per year), sport managers who run the leagues, assist in scheduling, discipline and league operations as well as a tournament coordinator who assists in running tournaments including marketing, tournament set-up, operations and dealing with issues which may arise. New this year at Windsor was a Residence Council, which consisted of residence representatives, and the R.A. Community Development. This newly formed council was responsible for assisting in marketing within their residence house all information regarding intramurals as well as team sign ups.

Also new at the University of Windsor this year was the "Power Ranking". Competitive leagues are rated based on winning percentage, win/losses and sportsmanship which helps reflect that sportsmanship is the primary focus of Intramurals at Windsor. An increase in the number of participants this year reflected the interest this has generated.

University of Windsor's Ice Hockey All-Star Game and Skills competition highlights the program. Trophies are awarded to each event winner using skills such as breakaway shootout, rapid fire, fastest skater, target shooting and the hardest shot (with a radar gun monitoring). The All-Star hockey team consists of players chosen by their peers, officials and sport managers that make this team special

Trent University

Peterborough

Sue Robinson

Bill Byrick, Director of Athletics

3rd time
winner!

Trent University's Recreation program is based upon getting people active and involved. Fifty-six programs were offered this year. Programs were offered in different formats such as learn to clinics, one-day/one night tournaments, leagues and

trips. Maximum use of the outdoors takes place so whenever possible Trent gets outside to get active. Trent's motto of "Everybody Plays...Everybody Wins" was created to emphasize participation.

Sports such as beach volleyball, 3-pitch, soccer, both snow and outdoor ultimate Frisbee, downhill skiing, water polo, hockey, football, badminton, soccer, volleyball and innertube ultimate were complimented by clinics such as hip hop, belly dancing, Latin dancing, fencing, ballet and taekwando.

Trent's student leadership continues to be the strength of their program. Team captains must attend a mandatory meeting where fair play is the focus. Students are hired to become the Campus Recreation Convenors for each program. They help to set the guidelines and rules for all the programs. Volunteer Athletic Reps are required to promote the Intramural program. Students on the Athletic Advisory Committee are given a great leadership opportunity by helping to review and approve the annual budget.

Trent's second annual ski and snowboard downhill night once again was one of the program highlights. Two large buses were filled with participants from all years represented. This program has become such a success that it will be back next year but in an expanded form. "How to Clinics" were another highlight. International students were called upon for their expertise in belly dancing and Latin dancing. They were both full to capacity and were used as a springboard to an expanded Fitness program.

University of Guelph

Guelph

Grachella Garcia

Karen Lee, Acting Manager On-Campus Programs

2nd time
winner!

Not only do Intramurals at the University of Guelph offer sports to their students but they also offer special events such as the Frosh Week Intramural Challenge, dodgeball, volleyball and soccer tournaments, Peer Helper Unit Food Bank Challenge and a United Way Loonie and Adopt-a-Family challenges. Traditional sports offered include 3-pitch, lobbball, beach volleyball, volleyball, soccer, basketball, hockey, football, floor hockey, ice hockey, ultimate Frisbee, tennis, badminton, waterpolo and tennis. Team of the Week and Team of the Month are presented to those with both outstanding performances and good sportsmanship ratings. Intramurals are offered all year round and translate into a high level of participation.

University of Guelph student leaders play a large role in the Intramural program. Five student assistant Intramural coordinators oversee two - three sports each. They are responsible for training and scheduling as well as evaluating referees and office related duties. Three to four peer helpers also help in keeping track of statistics, eligibility and special events. They also chair the Protest and Appeals Committee in conjunction with the Intramural Athletic Association.

The University of Guelph also has over 100 student referees, monitors and scorekeepers helping with the supervision of all Intramural sports.

The University of Guelph's Frosh Week Event once again kick started the Intramural program off with a bang. This event involves all the Intramural staff running around campus to attract participants and giving them a free visor. Teams are then created, based on the visor colours, and they participate in 6 different sports in a short period of time. Sportsmanship and spirit are rewarded and then all participants receive a BBQ lunch. New friendships are formed and Intramurals are introduced to these first year students. At this time, all participants receive registration forms and dates outlining the programs. Also highlighting the program was a United Way Loonie Challenge where Sunday Intramural participants were encouraged to bring a loonie for the United Way in exchange for door prize draw tickets. Finally, a dodgeball and soccer tournament was organized just in time for Christmas. Over \$600 was raised by the participants and allowed them to adopt a needy family at Merry Christmas.

Laurentian University



Sudbury
Dorothy Pitzel
Ron Larwood, Chair

Laurentian University's Intramural Program is designed to contribute to the health and fitness of participants in a recreational setting to relax from academic pressures. It provides an opportunity for all members of the Laurentian University community to participate in recreational programs. The program emphasizes participation and sportsmanship but do reward victors with an award system. Some of the sports offered are basketball, badminton, soccer, 3 on 3 basketball and volleyball in addition to bowling, ultimate frisbee, cross country skiing, massage clinic, kayaking, water basketball and innertube waterpolo. Programs are offered to address the many skill levels and personal interests with male, female and coed leagues offered.

Intramurals at Laurentian are run by students for students. There are two fourth year student mentors, approximately 53 student convenors, 108 officials and 50 volunteers per year. The Intramural Coordinator is the only person in a permanent position for the program and only 1/3 of that job description relates to Intramural Sports. The program becomes dynamic in terms of serving the needs and wants of the user groups through the hands on practice of the students.

This year's highlight was the "Student User Survey" launched by one student leader. Input to develop the survey was done by second year sport specific convenors, fourth year assistant student convenor and all intramural participants. As residences on campus were designated for first year students only with all other students needing to find off campus housing, the impact on the Intramural program needed to be determined. This survey helped not only to the benefit of Laurentian's Intramural program but also to the student leader who was able to use the results in other campus courses and the other students who gained exposure to data collection procedures. Results showed that relative to the proximity of participants, we gained a margin of first year students while maintaining the senior students for whom transportation became a challenge.

Brock University

St. Catharines

Les Gilson

Karen McAllister-Kenny, Athletics and Services Supervisor

Brock's student driven Intramural program runs five nights a week with each league running for seven weeks. Teams are graded on the basis of sportsmanship for each night of play, which leads them to the "Spirit of Competition" initiative. Teams can also improve upon their league standings by participating in canned food drives held three times per year. With the exception of the Intramural Coordinator, Brock University's intramural program is entirely student led. Group leaders are responsible for directing, supervising and ongoing liaison with a specific group of sport convenors. Convenors are responsible for all aspects of a specific sport including safety, scheduling, supervising and managing. Officials' Coordinators are responsible for recruiting, training, evaluating and scheduling of all the league officials. As you can see without the 300 students involved in the programs Intramurals at Brock would not happen.

Brock's Walker Complex, Brock's new \$12 million state-of-the-art facilities athletic complex enables Brock to run programs while simultaneously allowing for open gym times for general student recreation.

Volleyball, badminton, ultimate frisbee and basketball leagues are run on four full-size basketball courts. Our two other full size gyms hold indoor soccer and ball hockey leagues. Intramurals are given exclusive use of four multipurpose outdoor fields and it is on these that Brock offers soccer, flag football, outdoor ultimate frisbee and slo-pitch leagues. The university pool provides a venue for underwater hockey and innertube waterpolo. Also highlighting Brock's intramural program is an on campus arena which offers men's and women's hockey five nights a week as well as co-ed broomball for two nights. A record 38 hockey teams played this year, adding four hours of ice time from 11pm to 3am.



Active Learning for Healthy Living

ELEMENTARY AND SECONDARY OUTSTANDING INTRAMURAL AWARD WINNERS

All Saints High School

Kanata

Karen Timmons

Joan Clark, Principal

The Intramural program at All Saints High School is student driven. Students from either the Athletic Council or the Leadership class are responsible for choosing and implementing the entire program.

The Intramural program is popular for participants and spectators alike. Students sign up individually for the events and teams are created by mixing students by grade level and athletic abilities. All Saints offers such sports as dodgeball, floor hockey, volleyball and 3 on 3 basketball with an emphasis on participation and fair play. Each winning team gets their team picture displayed outside of the gym along side plaques honouring each league.

A couple of events highlight All Saints High School's Intramural program. The students look forward to games set up with a neighbouring high school. These games help to build school spirit and a friendly rivalry between the two schools. A second highlight of the program is a very popular teacher team that competes in each league. Students love to play against the teachers and this gives them a chance to see teachers at a different level.

Century Montessori School

Richmond Hill

Debbie Holder

Marcel Pereira, Principal

*3rd time
winner!*

From September to June, Intramurals at Century Montessori are offered before and after school and at lunch recess. The programs compliment the current curriculum sport or activity. For example, when it is volleyball season, a 1-2-3-catch volley Intramural is offered. Modifications and variations are continually made to activities to encourage involvement from anyone. Some of the programs offered are a fitness club, skipping teams, Winter Olympics, play day, fall relay, spring sprint, walking/learn to run club, terminator fitness and scarf juggling. A second small gym added to the school's facilities has doubled the amount of activity occurring at Century Montessori on any given day. "It is great to see the kids make being fit fun".

Student leaders at Century Montessori are respected role models to both students and staff. Senior students earn their community hours by volunteering to assist with the program. Since there is always something to do helping hands are everywhere. What is most rewarding is seeing the non-athletic students acting as student leaders.

The highlight at Century Montessori is the numerous unique derivative sports with their rules bent to allow for success and fun for everyone. There are lots of opportunities for athletes and non-athletes alike to join in. At Century Montessori, fitness, well being and healthy lifestyles continue to flavour the entire program.

John XXIII Catholic School

Kingston

Mary Lou Hamilton, Principal

Student leaders at John XXIII Catholic School are integral to the Intramural program. Staff are only there to supervise. The Intramural program runs during the lunch hour with each grade having the use of the gym on a different day. Sports such as volleyball, basketball and indoor soccer are offered. 75% of the students participate in the program..

Osprey Woods Public School

Mississauga

Fanitsa Housdon

Frank Trachsler, Principal

*3rd time
winner!*

Osprey Woods thriving Intramural program is a continued success because of the Grade 5 Students' Athletics Council. Although staff supervision is present, the SAC provides the leadership and is responsible for putting everything together. Intramurals run before and after school as well as at lunch recess. Some of the activities include skipping, parachute and games clubs for the younger grades to line soccer, teamball, floor hockey, flag football and 2 ball for the older grades. Students are encouraged to participate and in doing so earn themselves "Winnit Seals".

The Student Athletic Council is a selection of Grade 5 students chosen based on their leadership qualities, teacher recommendations and via a completed application form. These hard working students are rewarded at the end of the school year with a trip to Playdium, which is sponsored by the principal.

The highlight of Osprey Woods' year is the 2 ball NBA Challenge. Four basketball nets are utilized, music is played and students are given one-minute sessions to get as many points as possible. Approximately 80 students can play over one lunch recess so you can imagine the excitement generated as each team tries to improve upon their "personal best".

Stanley Park Senior Public School

Kitchener

Jeff Bumstead

Helmut Tinnes, Principal

Stanley Park offers a large variety of activities to provide for the varying interest of the students. Activities include flag football, soccer, volleyball, basketball, 3-on-3 basketball, tennis, badminton, low organizational games – gator gang activities, dance competitions, gymnastics, floor hockey, 3 pitch and lacrosse. The student population at Stanley Park assumes the majority leadership for the program.

The dance competition is a real highlight for the students where classes compete against each other. The

Gator Gang Games, Track and Field Challenge Day and the Oddball Olympics also are activities the students look forward to each year. The Oddball Olympics start off the school year bringing each homeroom to compete against each other in a variety of activities

Thousand Islands Elementary School

Lisa Chitty
Patricia Shewchuk, Principal

Intramurals at Thousand Islands are offered at lunch for junior and intermediate students while primary students enjoy their program during the morning recess break. Scooterboard, cooperative games and dance classes are some of the activities enjoyed by primary students while Junior and intermediate students participate in volleyball, newcombball, basketball/biddyball and dodgeball activities. The entire school participates in Quality Daily Physical Education activities.

The Thousand Islands Student Council Athletic Representatives are responsible for organizing the teams, creating the schedules, etc. They pass along their enthusiasm and this translates into students becoming more involved. Refereeing and scorekeeping are also part of the students' responsibilities.

The highlight of Thousand Islands' program is the focus on being active and having ALL students enjoy the Intramural program. One student at Thousand Islands says *"Intramurals use team work, leadership, heart and commitment to complete something that has a lot of work put into it by the Athletic Reps"* while another says *"we have learned new skills, had fun, made new friends"*.

Chelmsford Public School

Chelmsford
Erica Carlson
Monique Filo, Principal

Students play an integral role at Chelmsford Public School. They not only referee but also are also responsible for teaching and supervising in some unique programs such as juggling, gymnastics and skipping. They also supervise during the "Dragon Recess Challenge" which is a walking/running activity held during recess. Students are encouraged at the beginning of the year to run/walk around a 200km area while earning tokens to put on their shoes.

Chelmsford Public School is always full of activity and offers both traditional and unique activities. The school year starts off with a School Spirit Week, followed by soccer, beachball volleyball, cross-country skiing, volleyball, basketball, skipping clubs, gymnastics club, track and field, dance club, juggling and the "Dragonfire team".

No other school in either their board or region offers a skipping club, Juggling for Success or Happy Exercises. These activities could not happen without the support and participation of all staff at Chelmsford. They encourage participation and pride themselves on the strong mentoring program between junior and primary students. The staff recognizes the student's dedication and positive attitude.

Cherrytree Public School

Brampton
Julie Skene
Shelley Borthwick, Principal

The Intramural program at Cherrytree Public School offers dodgeball, cross country, hand hockey, floor hockey, basketball, flag football, cross country, soccer and low organizational games for primary grades. Cherrytree's program stresses fair play so the focus is therefore not on winning and losing but instead on fun and increasing fitness levels. Students are responsible for refereeing and acting as playground leaders. As Cherrytree students are offered a limited amount of physical education minutes, everyone is eager to sign up for Intramural. This translates into 90% participation.

Columbia International College

Hamilton
Freddy Velazquez
Anna Shkolnik, Principal

Being the largest international boarding school in Ontario, with over 46 countries represented, Columbia International College has a large task at hand to accommodate everyone. Students at Columbia are actively involved in assisting the Athletic Department with regards to planning, scorekeeping, setting up of activities, refereeing, games monitoring and trip chaperons. These students, known as the "Columbia Crew" are trained not only in leadership skills but also in conflict resolution and first aid.

Columbia's program is based on six areas of programming:

Regular Sports and Recreational Activities – presented as clubs or drop-in activities. They include swimming, basketball, co-ed volleyball, squash, table tennis, female circuit training, badminton, floor hockey, break dancing, indoor and outdoor soccer, tennis and an Outdoor Adventure Club.

XPA2Z (After 4 Program) – this is a compulsory program for all students 16 years of age and younger. It focuses on improving individual well-being and quality of life through physical activity. Students must attend a session one hour per week where new and different physical activities are introduced. Students help decide on which activities they wish to learn about and the teacher in turn implements them. Some of the activities introduced at this program have been basketball, soccer, volleyball, lacrosse, martial arts and swimming.

Special Events – are broken down into two different streams – in house tournaments and recreation-participation events. Examples of the tournaments offered are basketball, soccer, table tennis, badminton, Hoops for Heart and 3 on 3 basketball. Skiing trips, Wonderland trips, Columbia Games Day, International Games Day are only of the special events offered.

Student's Assistance – through this program Columbia students are encouraged to pursue their abilities through the establishment of a relationship with a coach/team or community service that best suits their needs. Student performances are followed up and tracked. Examples of student specialties this school year are ballet, tennis, badminton, basketball, ice hockey and track and field.

Columbia Crew – Leadership in Athletics – this program promotes the leadership roles students take in both recreational and sports activities.

Residence Activity Program – this drop in program offers the students in residence, of which there is a large number, to participate, build relationships, school spirit and a sense of belonging. These are all very important in our environment where children are far away from their homes at such a young age. Pizza parties, cookie making, movie day, open swimming, tennis and basketball are just some of the programs available.

Highlighting Columbia's program is the annual "Columbia Games Day". This event encourages participation and a sense of belonging at the beginning of the school year. No special skills are required and activities promote teamwork, cooperation and creativity. Each student received participation tickets. Although students participate individually, tickets are added with the residence averaging the largest number of participation winning "Columbia Games Day".

Convent Glen Catholic School

Orleans

Chris Wakefield

Pat Morden-Kelly, Principal

The Intramural program at Convent Glen relies heavily on the leadership of the Grade 6 students. They are responsible for coaching, being captains for younger grades, refereeing, scorekeeping and organizing the gym for each activity.

Each child at Convent Glen participates in the Intramural program which includes soccer, volleyball, basketball, European handball, scooterball, ultimate, dodgeball and touch football. Intramurals are run four days per week at lunch hour. The students are the highlight of the Intramural program at Convent Glen. Without the leadership and guidance of the Grade 6 students the program would not be as successful.

Greenbank Middle School

Nepean

Mark Hooper & Michelle Boucher

Dorothy Bake, Principal

2nd time winner!

Intramurals are offered throughout the year on a daily basis at Greenbank Middle School. Students participated in soccer, 3 on 3 basketball, 4 on 4 volleyball, free throw basketball, kinball, ultimate, touch football and beach volleyball this year. Students also participate in special activity days such as Zany Animal Games and Crazy Colour Olympics. A walking/running club - the Gator Trek Club meet in the gym and using pedometers, registered as many steps as possible. New this year was Fitness Friday. Each Friday tae-bo, pilates, "Hit the Spot Abs etc provided for a great workout for the students. This activity has been a huge hit!!

Twelve students, through an application process, are chosen to become part of the Athletic Council. These dedicated students assist wherever and whenever they are needed in the gym. They decide upon which Intramural activities will be played, organize sign ups, create schedules and rules, referee and keep statistics.

Once again, the Greenbank Gator Habitat House System was the highlight of the program. All students are divided into four gator habitats. Students individually accumulate

points based on not only Intramural participation and refereeing but also for trying out for a team, not just making a team. The overall winning habitat gets their name on the Gator Bowl. All students have an equal opportunity to become successful in this program.

H.B. Beal Secondary School

London

Dave Inglis

Paul Tufts, Principal

3rd time winner!

Open gym starts off H.B. Beal's Intramural program and helps to identify eager participants and target their interests. H.B. Beal then offers co-ed volleyball, an open weight room with fitness based activities, indoor soccer, floor hockey, recreational badminton, a "Spring Fling" and Hoops for Heart basketball Skills and Drills Week. New to the program this year was indoor touch football and 3 on 3 ice hockey. All activities are modified to promote a competitive yet fun way to create maximum participation. Students are always encouraging their peers to participate.

The Intramural Committee has student representation from all grades that meet regularly to discuss plans for the year. They must analyze strengths and weaknesses of the events and decide what programs will be offered. These students staff sign-up days, schedule, assign officials, make teams, referee, scorekeep and promote programs. Recreation and Fitness Leadership students are given the opportunity to organize large and smaller scale events not only within the school but also in the community. Maximum participation, fun and fitness are the key components of the program. A pleasant surprise to Intramurals at H.B. Beal is the growing number of requests from groups coming forward with not only ideas but also a promise to commit time.

The Intramural floor hockey league at H.B. Beal continues to be the most anticipated event. It has grown considerably and the appearance of a staff team (principal included) in the finals brings a gym full of spectators. Both staff and students love the atmosphere and the fun that is generated and it also gives the students a chance to see a different and more personable side of the teachers. This event is a great school bonding experience.

H.B. Beal has been developing a relationship with the local elementary feeder schools. These schools are given the opportunity to participate in a more structured Intramural program than they may receive at their own school. This has given H.B. Beal students great leadership roles and an opportunity to implement their main ideas. This is a wonderful win-win situation.

As one staff member at H.B. Beal writes, "An intramural program is an integral part of the positive atmosphere of the school. It encourages participation, an active lifestyle, sportsmanship and provides staff and students a unique opportunity to interact at a different level."

Heritage Glen Public School

Oakville

Ian Christie

Rob Eatough, Principal

3rd time winner!

Heritage Glen provides a variety of Intramural activities including volleyball, basketball, a one day ski trip and a Grade 6 volleyball tournament. This tournament attracts 16 teams and is now held over two nights with over 20

Athletic Council members helping out. The Student Athletic Council consists of 2 Co-Presidents, 8 Executive and over seventy-five other members. They meet monthly while the Executive meets weekly. They are responsible for planning and organizing all activities and events and deciding upon the team makeup, i.e. some teams are coed while others are separated into all male or all female teams to make competition more enjoyable and also to encourage a comfort zone for more people to sign up.

The highlight of Heritage Glen's program is the *Teacher vs Student* game which is played at the end of each Intramural program. The champion from each intramural program plays a fun and relaxing game against the teachers

Immaculata High School

Ottawa

Lisa Carroll

Tom D'Amico, Principal

3rd time winner!

At Immaculata High School, all Intramural activities are run during the lunch hour. A variety of activities are offered such as 3 on 3 basketball, floor hockey, handball, volleyball, touch football, ultimate frisbee and Gaelic football.

New this year is the creation of an Athletics Council which helped run the intramural program at Immaculata. These students volunteer to do everything from announcements, developing the type of program, scheduling, equipment set up, refereeing and picture taking.

Numerous activities are offered for various age groups and for both genders. Students provide great feedback as to what they would prefer to play and this is taken greatly into consideration. Creativity and enthusiasm brings out lots of students for the "love of the game"

Not only do students play Intramurals at Immaculata High School but many teachers also participate and enter their own teams. This has helped to develop a great camaraderie amongst the teachers and students alike. An All Star team is usually chosen at the end of each Intramural session and challenges the teachers to a game that always draws large audiences and encourages great school spirit.

King's Masting Public School

Mississauga

Karen Waller

Debbie Muma, Principal

A Playground Activity Leaders' program (PALS) runs twice weekly and is organized with the help of twenty-two Grade 4 & 5 students. The games and activities vary and all are pre-taught in gym classes. Intramurals run during the lunch hour and include soccer, flag football, benchball and skipping. A fitness club and "Walking Wednesday" run throughout the year.

The Playground Leaders at King's Masting help select, lead and referee games as well as teach in a weekly gym class. These students also provide activity announcements including daily health tips. Gym and hall "graffiti" posters help to promote the "PALS" recess program.

"Walking Wednesday" is the highlight of the program at King's Masting. This is a weekly school and community walk that ends with apples and drinks.

Robert Little Public School

Acton

Marie Burland

Leona Skanes, Principal

3rd time winner!

Robert Little's school year begins with World Smile Day, with a theme of "Do an Act of Kindness", followed by International Walk to School Day, Everybody Dance Club, Peers Running Organized Play Stations, Quality Daily Fitness, ski/snowboard trips, winter fun play day, skating trips, TV Turnoff week and Family Fun Night, volleyball, cross country, relay and track and field.

PROPS leaders are responsible for leading games and activities during nutrition breaks while Quality Daily Fitness leaders are responsible for leading daily fitness breaks as well as announcing the daily routines over the PA system. The Everybody Dance Club members have started developing their own routines and then teaching them to the balance of the group. What leaders!!

The highlight of the program continues to be the Everybody Dance Club. It is in its third year and attracts enthusiastic students enjoying success and notoriety by participating in six major events, summer time included. The Club has been featured in local papers, which greatly boosts school spirit. Also highlighting Robert Little's year was the contribution of ten of Robert Little's QDF leaders performing on CIRA Ontario's newest resource "Everybody Move". These students combined with the talent of seven seniors provided an awesome, intergenerational performance



Dr. G. J. MacGillivray Public School

Courtice

Jennifer Keller

Sharon Trbovich, Principal

2nd time
winner!

The Intramural program at Dr. G.J. MacGillivray runs all week at lunchtime with a junior, intermediate and kindergarten program as well as a PROPS program. Activities include indoor soccer, dodgeball, flag football, basketball, skipping, floor hockey, volleyball, Survivor, lacrosse, ultimate frisbee, fitness challenge, t-ball, badminton as well as the Hoops for Heart, Jump Rope for Heart and a Terry Fox Run. The focus is active participation and active living.

The entire Intramural program is run by students. Twenty students make up the Athletic Council and they all have very defined roles to help the Intramural program run efficiently with very little teacher input. They also are in charge of bulletin board displays that highlight topics such as healthy eating, smoking, etc.

The highlight of the program at MacGillivray is the fact that activities and games are organized for every age in the school, from Grade 1-8. All students are given the opportunity to participate in the wide variety of activities and sports no matter what their athletic ability

McCrimmon Middle School

Brampton

Carol Cooper

Jake Johnston, Principal

2nd time
winner!

Volleyball, indoor soccer, basketball, floor hockey, table tennis, Girls in Motion club, volleyball and basketball clinics are offered to McCrimmon students during their lunch break. This year, in conjunction with the Brampton Parks & Recreation department, students were offered a Friday after school basketball and What's Cooking drop in program. Clinics are offered to everyone, regardless of ability. In addition to the above-mentioned programs, McCrimmon students participate in the Terry Fox Walk and a Winter Ski Day.

McCrimmon's phys-ed philosophy is to promote more participation, not elitism at the middle school level. As a new school, we continue to develop a strong Intramural based program. Activities are offered to all, regardless of ability. The introduction of table tennis and a fitness room has encouraged more students with different interests to participate.

In its second year of operation, the Student Athletic Council continues to run the Intramural program. These students are responsible for organizing, coaching and officiating all intramurals.

Highlighting the program at McCrimmon this year was the Terry Fox Walk. McCrimmon twinned with a school in our area and had over 2000 students complete the walk

Meadowvale Village Public School

Mississauga

Darcie Frankie & Lina Partington

Linda Nicholson, Principal

2nd time
winner!

This year the Intramural program at Meadowvale Village had to take place outside because the gym was being used for classrooms until mid January. Each grade level was

offered some type of program that is age appropriate. Activities included parachute, skipping, hiking, aerobics dance, running and fitness challenge clubs as well Quidditch, kinball, Basketeer, soccer baseball and Kings Court. New to Meadowvale Village this year was the Bhangra Dance Club.

Grade 5 students help to organize and run all activities. They perform such tasks as equipment maintenance, handing out of equipment, equipment take down, score keeping, running intramurals, demonstration of events, morning announcements, posters, assisting younger students and assemblies.

The Bhangra Dance Club was introduced this year at Meadowvale Village and was based on the growing Indian and Punjab population in the school. All students were encouraged to join and they very much enjoyed this form of dance. This new club became the highlight of our school year.

Morton Way Public School

Brampton

Kirstin Schwass

Mirella Aglio, Principal

5th time
winner!

Morton Way's goal is to involve as many students as possible in their physical activity program. Therefore, the school participates in the Terry Fox Walk, Jump Rope for Heart, and Move for Health Day, International Walk to School Day and Week, TV Turn Off Week and Nutrition Month. Students are also encouraged to walk not only on Wednesdays but also for Earth Week and Environment Week. Students also participate in Fitness Fridays, SummerActive Playground, swimming lessons, beachball volleyball, and cross-country running and during rainy and cold weather indoor aerobics fills the gym.

"Peers are Leaders" are grade 5 students who are responsible for taking equipment out for Fitness Fridays and Summer Active Playground days as well as supervise using the equipment. They also encourage fair play. These students lead, on a daily basis, the playground activities such as hula hoops, noodle hockey, soccer, four square, dancing, skipping, schlockey, parachutes, ball hockey, basketball, scoops and balls etc. The emphasis at Morton Way is fun and fitness rather than skill and competition.

Highlighting Morton Way's school year is the cross-country training program. Training occurs three days a week and all Grade 3, 4 and 5 students are encouraged to participate regardless of ability. Oh yes, the fastest six boys and girls from each grade level get to compete in the Conestoga Cross County meet but the real winners are participating and having fun.

Northlake Woods Public School

Waterloo

Merrill Pierce

Brad Robertson, Principal

The Grade 7-8 student leadership team at Northlake Woods Public School plans and runs noon hour intramurals four days a week. These students help referee and supervise intramurals as well as run special events. Students are able to choose from soccer, flag football, volleyball, floor hockey; ultimate frisbee and two hand touch rugby. Creative scheduling helps put everything into place.

In the past Northlake Woods had very little activity. With something going on in the gym area most times of the day, students are excited to be participating in everything offered. They students truly enjoy being active. What has been particularly special is seeing Grade 7-8 girls having a large participation rate in the girl's floor hockey league. This age is usually difficult to get moving but not this group

CH Norton

Burlington

2nd time winner!

Mel Trojanovic and Les Gilson

Pat Blake, Principal

CH Norton's Intramurals begin with "drop-in" volleyball and basketball followed by NBA 2-ball, NHL (Norton Hockey League), Uncrate the Sun and end with a primary Games Club which features tag games, cooperative games and speedball. Each program provides opportunities for everyone including special needs students. Fair play and sportsmanship are strongly encouraged with the shaking of hands occurring after each game.

The Athletic Council Executive is comprised of Grade 8 students who had been selected the previous spring to attend the OELC camp. Two elected student representatives from Grades 4-8 are added to council once school begins. These students meet monthly and have input into activity planning and promotion as well as assist with job allocation, equipment set up, team and scoring management.

Uncrate the Sun was once again CH Norton's highlight of the year. The whole school participated in fun filled, laughter induced challenges. Students and staff were put onto teams to challenge each other. Another program highlight is "Summer Active" where all students are collectively involved to celebrate physical activity and the arrival of warm weather

Parkdale Junior/Senior Public School

Toronto

Michael Kanalec & Jane Cawthorne

Ernie Boulton, Principal

Both the junior and senior divisions of Parkdale School offer activities for their students. A huge hit on the primary/junior side this year was cupstacking. It was offered both after school and during lunch hour. Students timed each other and the older kids helped the younger ones with the patterns involved in cupstacking. This activity encouraged lots of students to participate with cooperation happening amongst all involved. Parents came out regularly to support their children.

On the senior side, three major intramurals occur throughout the year. Fall brings coed volleyball, winter boys and girls cosom hockey and in spring 3 on 3 basketball. Each of these sports is built around fair play, participation and a comfort ability level. Students at Parkdale have lots of responsibilities during intramurals. They are responsible for coaching, team sign ups, crew set up, scorers, timekeepers, videographers and weekly sports reports on the "Parkdale Live Show".

At the Intermediate Athletics Awards Assembly one of the championship games is played. The students find this to be very exciting and really look forward to this. This game highlights Parkdale's program.

Rhema Christian School

Peterborough

Peter Oussoren

Ray Hendriks, Principal

Intramurals at Rhema Christian School are divided by grade. The younger grades are offered newcomb ball, bucket ball, indoor soccer-baseball and mini-stick hockey. Older grade students are offered indoor soccer, European handball, mini-stick hockey, basketball and rock, paper, scissors. In past years other activities have been offered including beachball volleyball, floor hockey, indoor soccer, badminton and Sepak Takraw but in order to keep participation high Rhema changes their program yearly to fit the students' needs. Everyone who wants to play gets to play.

Grade 8 students are responsible for the majority of the leadership including coaching, organizing teams, refereeing and keeping stats. Grade 7 students assist the Grade 8 students and Grade 4 students are encouraged to take on leadership roles in the primary grades.

Intramurals bring a high level of excitement at Rhema, especially in the younger students. The older grades continue to amaze in how they are able to rise to the leadership challenge. They are great at refereeing, coaching, being captains, and dealing with younger students as well as the special needs students

River Oaks Public School

Oakville

Peter Stratford

Alka Sahai, Principal

2nd time winner!

River Oaks Public School runs their Intramurals each day during lunch hour. Leaders from the River Oaks Leadership Council (selected by an application and interview process and then trained in five different areas-QDF, media, intramurals, themes and assemblies and community outreach) are responsible for the planning and running of Intramurals for the different divisions within the school. Team leaders switch divisions each term to ensure they are planning events for all students within the school.

The school's community outreach had the school raising significant money for the Terry Fox Run and the Tsunami Relief Campaign. Students create a yearly DVD, which is sold at the end of the year. Recognition assemblies are held each month and are primarily responsible for the positive school climate.

Although numerous fun and zany activities occur, Welcome Week and the Halloween Hoot 'n' Nanny are the most popular and best attended.

St. Joseph Catholic High School

Nepean

Carol Young

Greg Mullen, Principal

3rd time winner!

St. Joseph's runs a Recreation Leadership course and it is from this class that students are responsible for the organization of all lunchtime Intramural activities. This year the fifteen students organized floor hockey, coed volleyball, indoor soccer as well as table tennis and badminton tournaments. They also run pep rallies to promote school spirit, organize the year-end Athletics Banquet, referee at

elementary school tournaments as well as complete five hours of volunteer work within the community.

Highlighting St. Joseph's Intramural program again this year was the Hoops for Heart event which takes place over two days. Grades 7 and 8 students participate in a "shoot-out" contest while the high school students participate in a 3 on 3 basketball tournament. In order to get "time off" to participate, each student had to pledge a minimum of \$15. The leadership students organize the whole event and invite Carlton University Ravens men's basketball team to help launch the event.

St. Paul High School

Ottawa

Kendra Read

Eugene Milito, Principal

3rd time winner!

Intramurals at St. Paul High School are "second to none". The program is based on student demand and changes from year to year. This year dodgeball, soccer, floor hockey, basketball and volleyball were offered as well as theme days such as beach volleyball, a Turkey Trot and an Ultimate Friday Frisbee tournament.

The Fitness and Leadership class are responsible for organizing, advertising, scheduling, refereeing and setting up for all events. These students also help out with special events through out the year such as the blood donor clinics, track and field days and this year a citywide anti-smoking campaign (Expose).

Highlighting St. Paul's program was the school wide Beach Volleyball tournament. The focus was on spirit with prizes awarded based on costumes and cheering. The event kick starts the year off in great fashion with over 20 courts of teams participating with student DJ's playing music to keep everyone going.

One student at St. Paul writes, "Intramurals bring the school together, allowing for good entertainment and a rush of school spirit. There is no large prize at the end of the competition, maybe just a small pizza lunch, but the point is to have fun!"



Shelter Bay Public School

Mississauga

Peter Kwasney

Rob Clark, Principal

Shelter Bay's Intramural program encourages active participation, fair play and team skill development. Because of the balanced day schedule, students are able to participate in activities during the first and/or second break. The program offers such things as soccer, flag football, volleyball, pinball league, three on three basketball, floor hockey and scoot and shoot basketball.

All students at Shelter Bay School, from primary to junior, take part in leadership roles by doing everything from scorekeeping, refereeing and equipment management to set up and dismantling of equipment, equipment bin distribution at break times and coaching. Junior students lead the morning exercises, make health related announcements and act as Playground Activity Leaders.

Team Pinball and the Shelter Bay Soccer league highlight the school year

Dr. Emily Stowe Public School

Courtice

Diahne Dunlop

Margaret Fler, Principal

2nd time winner!

Intramurals at Dr. Emily Stowe run during in morning, during recesses, at lunch and afternoon school. The primary ages are offered various low organization games, a skipping club and the Run Across Canada program. Recreation leaders help to run the primary group. The junior/intermediate program offers everything from polish baseball, sideline soccer, 4 corner soccer, record days, chicken in a basket, ultimate frisbee, flag football, capture the flag, kanga ball, bombardier side-line basketball and European handball – wow!

Students are responsible for refereeing, scorekeeping, volunteering for large school events such as the Move to the Moon Challenge, acting as primary Intramural leaders and recreation leaders at recess.

Dr. Emily Stowe's daily phys-ed break with all classes participating and music playing highlights the program. A variety of music is played during these breaks and is chosen by the recreation leaders to match the various abilities and diverse backgrounds of our student population

Virgil Public School

Virgil

Mike Bolibrack

Wayne Chamberlain, Principal

The Virgil Viking Intramural program begins the moment a student is enrolled at Virgil Public School when each student is assigned to a house league team. There are primary, junior and intermediate divisions and if possible siblings are placed together to help make the transition to school easier. Students are offered a variety of activities including student favourites as well as class sport specifics (basketball, volleyball, soccer).

Each new activity has a new team captain assigned. Normally, an intermediate student is responsible for handing out equipment, rallying the troops, explaining rules and enforcing cooperative play.

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

Nestlé



Good Food,
Good Life

Highlighting Virgil's program is that something goes on at Virgil Public every recess with each division assigned a recess. All students receive an opportunity to have fun, stay active and be involved be it as a player, referee or a team captain. The key to our program is involving ALL – EVERYONE!

Vista Heights Public School

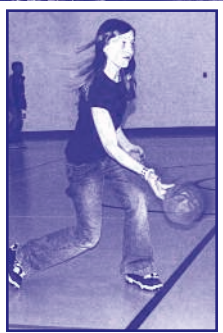
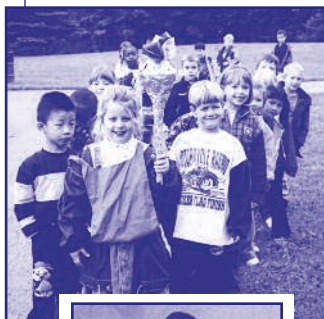
Mississauga

Mike Arthur

Judi Denison, Principal

2nd time winner!

The basis of Vista Heights' Intramural program is maximum participation, choice, fair play and fun. The Student Athletic Council, consisting of Grade 6 students facilitates the smooth running of the activities. Minimal teacher supervision is required as the students virtually run everything.



The Intramural program offers a wide range of activities and all are co-educational. Vista Heights starts of their Intramural program with soccer and flag football, followed by floor hockey, European handball, volleyball and basketball and finishing off with soccer and track and field. Skiing/snowboarding and skating are also offered to the older grades as



weather permits with swimming offered to the primary grades. Vista Heights also runs a daily physical education program for three minutes each day with SAC member in each class leading their group through the various cardio and muscle stretching activities.

An "all-star" team is picked at the end of each intramural program to challenge a group of wily teachers to a fun game to complete each intramural season. For the

first time, an inter-school Basketeer program was introduced. This format allowed for total participation by all and incorporated equal participation scoring in that every player on the floor must score before another can score again

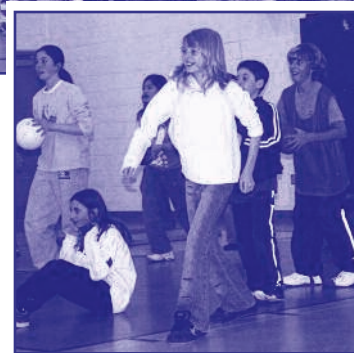
West Oak Public School

Oakville

Gillian Mauro

Marleen Warne, Principal

2nd time winner!



West Oak Intramurals are run daily with each grade playing on a specific day. The Intramurals are chosen for maximum participation and fun. Lots of low organization/cooperative games are offered such as skittles, mat ball, dodgeball, tag games, 2ball, Quidditch and Indiana Jones and the Temple of Doom. The highlight of the program depends on the level. The primary students love the tag games, the juniors dodgeball and Quidditch and the intermediate students look forward to 2-ball and dodgeball.

The Student Athletic Council, comprised of Grade 4-8 students run the Intramural program at West Oak. Everything from the activity, advertising, equipment set up, refereeing and clean up is done by the students while teacher supervision allows for the programs to be run year round. **C**

*Have a
Safe and
Happy
Summer!*