

University NEWSBEAT

By the Communications Department, S 802 Ross, 667-3441

Tenth anniversary of programme

Sports Seminars support fitness, amateur sport

Amateur sport and physical fitness make sense — just ask John Dobbie, administrator of York University's Sport Seminars.

The Seminars are an educative sports body which rivals private enterprise in the increasingly popular promotion of physical fitness and amateur sport in Canada.

Each year, York's Department of Physical Education and Athletics, in conjunction with various provincial sports governing bodies, offers a series of seminars for all

levels of coaches and athletes.

Since their inception ten years ago, the seminars have attracted sports associations and individual participants from across North America and have given the University an international reputation as one of the few educative bodies to champion amateur sport in Canada.

EARLY SUCCESS

York's involvement with amateur sport began in August 1966 when the Ontario Gymnastics Association approached Dr. Bryce

Taylor, Director of the Athletic Department at York, with the aim of initiating a jointly sponsored gymnastic school. The school, now known as a seminar, was an immediate success, paving the way for further participation by athletic bodies.

From the modest beginnings of one gymnastic seminar and 180 participants, the programme kept expanding each year both in the number of seminars offered and in the number of participating coaches and athletes. Last year, 500

coaches and 1,000 athletes from high schools, public schools, universities, coaching associations, YM and YWCA's, and community colleges across Canada and the U.S. gathered at York to participate in 10 seminars and three training camps comprising nine sports.

In gymnastics alone, 5,260 coaches and gymnasts have taken part in the seminars between 1966 and 1975. The mailing list for the seminars has passed the 40,000 mark. And, since its inception, the seminar programme has been entirely self-supporting.

The seminars are designed to provide participants with the opportunity to acquire specific knowledge of the theory and practice of a particular activity, the fitness and conditioning methods, the development of skills and techniques and the effective care and prevention of injuries to athletes.

FOSTER ATHLETICS

The overall aim of the seminars is to foster amateur sports and athletics across Canada. York University provides the athletic facilities and administrative assistance through Mr. Dobbie and his staff. The sport governing bodies provide the technical knowledge and expertise.

In addition, each sport seminar has its own committee which reviews the content and direction which the seminar will take in its particular sport.

Starting April 9 and ending in October 1976, the Seminar Programme will offer 123 seminars and three training camps in 16 different sports. The line-up is impressive, with seminars in figure skating, synchronized swimming, volleyball, modern rhythmic gymnastics, football, field hockey, contemporary dance, lacrosse, tennis, badminton, basketball, gymnastics, hockey goaltending, plus seminars in the art and science

of coaching and a new seminar designed to upgrade the standards of physical education in elementary schools.

COACHING

Coaching is a serious business at York. Courses are taught in the art of proper coaching. The subject is approached in terms of the different levels of coaching from rookie status to international and Olympic contenders.

Coaching seminars emphasize theory and practice, safety techniques, body mechanics, and, of course, the psychology of coaching.

Athletes participating in the various seminars receive individualized attention. Through a planned co-ordination of resources — leadership, discussions, films, instructorial aid and physical participation — the athlete gains an understanding of the requirements for success at the competitive and recreational levels.

The Sports Seminars are staffed by high-calibre coaches, many with international coaching and/or playing experience.

"We try to expose the participating coaches and athletes to top-class coaches from various parts of the world and Canada," Mr. Dobbie says. This year, coaches have been drawn from Canada, U.S.A., England, Rumania, and West Germany.

BROAD APPROACH

"Philosophies of coaching and approaches to sport differ from country to country," Mr. Dobbie points out, "and we try to expose the participants to these differences, rather than giving them just one national view."

For further information concerning the seminars and complete brochures contact John Dobbie in the Physical Education Department Office (3rd. Floor, Tait McKenzie Building) or call 667-3529.



Participants in a seminar on Modern Rhythmic Gymnastics.

Youth Connection hopes to bridge cultural barriers

"York University is a cultural oasis in the otherwise bleak landscape of northwest Toronto."

That statement, which would be debated by few, if any, comes to us from a proposal to establish the York Youth Connection.

The York Youth Connection is a non-profit organization, comprising both University and community members, which will attempt to improve inter-cultural communications in the University's surrounding community.

Ward Three, bounded by Steeles Avenue on the north, Sheppard Avenue on the South, Black Creek on the East and Highway 400 on the West, has experienced a population explosion in the last 10 years, largely as the result of an influx of new Canadians.

Since 1966, the population of the area has more than tripled and over 50 per cent of the people are not of English origin.

The density per dwelling unit is much higher than North York averages, and the average family income well below.

The York Youth Connection has applied for a Wintario grant which will allow it to reach the young people in this area with an innovative summer programme.

More than 5,000 young people between the ages of 12 and 16 reside in the area — generally, they are too young for summer employment and there are at present no summer programmes to meet their needs.

The Youth Connection will establish a pilot project which will operate for four weeks during the month of July and will involve 100 young people from the community.

There will be emphasis on training in English as a Second Language and English as a Special Dialect, and an English programme geared to pronunciation problems.

There will also be language instruction to allow individuals whose mother tongue is not English to maintain and develop their own language and identity.

The session will devote part of the time to the development of fine arts skills in music, film, visual art, dance and theatre. This will culminate in a display of work and a performance to which parents and the community will be invited.

Physical education is included in the programme with as many

outdoor activities as possible being scheduled.

Visits to the observatory at York and field trips to study plant and animal life in Black Creek will be included in the environmental studies aspect of the programme.

York University has provided facilities and personnel to cover a little over half of the programme's requirements. The York Youth Connection has submitted an application to Wintario for the remainder of the funding.

The Youth Connection is now looking for someone to assume the position of Coordinator of the programme.

Erik Dzennis photo



Participants of the Field Hockey Seminar take their game seriously.

Garney Henley to serve on panel

Seminar develops coaching skills

The annual Art and Science of Coaching seminar will be held at York University from April 9-11, 1976. The Department of Physical Education offers this seminar as an outgrowth of its Summer Sports Seminar Programme providing an opportunity for professional and amateur coaches of all sports to develop knowledge and skills in the many areas of coaching.

The theme of this year's seminar is Motivation. Eight practical sessions will be devoted to a discussion of this common problem area in the coaching field.

Dr. Bruce Ogilvie, Professor of Psychology, California State University, will deliver the opening address on Friday, April 9 at 7:15 p.m. Dr. Ogilvie, founder of the Athletic Motivation Institution, and prolific writer for medical psychological, and physical education journals, has lectured throughout the world on the Clinical Aspects of Sports Psychology. In addition, Dr. Ogilvie acts as a consultant to the NBA and NFL leagues.

Lecture presentations include Motivating the Coaster, The

Application of Motivation, Reinforcement Behaviour Modification and a field case study supporting a lecture entitled Social Factors Motivating the Athlete.

Of particular interest is a panel discussion to be held on Saturday, April 10 at 3:15 p.m. featuring top coaches. Panel participants include Dr. Bruce Ogilvie, Garney Henley, former Hamilton Tiger Cat and 1974 Schenley Award Winner (recently appointed assistant coach of the Ti Cats) and Marina van der Merwe, York faculty member and coach of the Ontario Women's Field Hockey Team.

Early registration

Early Registration for upper year students in the Faculty of Arts and the Faculty of Fine Arts will take place Monday through Wednesday, April 12 to 14.

Fourth year students may register for classes on Monday, April 12, with third and second year registration on April 13 and 14, respectively.

Early registration allows the student the maximum flexibility in completing his or her timetable before courses begin to fill up.