

FarmHouse International Fraternity

Athletic/Intramural Chairman Resource



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- I. Introduction
- II. Responsibilities
 - a. Athletic/Intramural Chairman
 - b. Team Captains
 - c. Spectators
- III. Operations
 - a. Selecting Intramural Teams
 - b. Scheduling & Announcements
 - c. Publicizing Results
 - d. Staying Organized
 - e. Physical Development Activities
- IV. Additional Resources
 - a. Safety
 - b. “On & Off the Field” Leadership
 - c. Best Practices for Physical Development
 - d. Exercise as “Medicine”

THE CHAPTER AWARD OF EXCELLENCE

The FarmHouse International Fraternity has established the Chapter Award of Excellence as our minimum standards program. It is designed to recognize Chapters that are operating at the performance level outlined in our By-Laws, policies, and handbooks. The criteria for the Chapter Award of Excellence are built upon basic expected performance in the various areas of chapter operations. As an officer of your Chapter, the criteria within your responsibility are identified in the box that follows.

12. Physical Development (4 points)

_____ 75% of members participated in an intramural sport or a chapter sponsored physical development event.
(1 point)
(Attachment #14 - include list of sports and participants)

_____ The chapter participated in at least 2 intramural athletic activities as a chapter this calendar year.
(2 points)
Sport: _____ *Date:* _____
Sport: _____ *Date:* _____

_____ The chapter is submitting a 2005-06 Chapter Programming Award application for physical development.
(1 point)

I. INTRODUCTION

For FarmHouse, physical development is one of the 4-Fold pillars of Building Men. It is essential for a member's well-being that he eats well balanced meals, have an adequate amount of rest, keep a positive emotional status, and receive a proper amount of exercise. Exercise provides an excellent outlet to reduce stress and promotes overall physical health. These days, nearly all FarmHouse members actively participate and compete in their campus' intramural sports program.

Successful chapters have found that athletic competition can promote chapter unity, enhance the chapter's reputation, and serve as an tremendous recruitment tool. And individual brothers have reflected that the athletic field is a great environment to develop teamwork and leadership skills. The Athletic/Intramural Chairman's duty is to motivate the chapter members to stay physically fit by developing an effective, fun, and competitive program that channels enthusiasm in positive directions. While not necessary, it is helpful if the Athletic/Intramural Chairman is an athlete himself and is willing to sacrifice his time to make things run as smooth as possible.

II. RESPONSIBILITIES

Athletic/Intramural Chairman

The Athletic/Intramural Chairman's job is to coordinate physical development initiatives as well as all chapter athletic teams. Announcements should be made at chapter meetings, dinner, and posted well in advance so that people can plan their schedules accordingly. Ideally the Athletic/Intramural Chairman is responsible for the following:

- Assembles chapter teams for the various intramural sports competitions and registers these teams with the IFC or Intramural Board.
- Organizes tryouts and/or practice sessions.
- Ensures that all members of the chapter are aware of the date, time, and location of all intramural athletic contests, including managing postponements.
- Encourages the men in the chapter and new member class to take part in all intramural sports or support the brothers that will be actively participating.
- Keeps in close contact with the director of intramural athletics for the university.
- Encourages and develops the atmosphere for winning teams.
- Ensures that referees and officials are supplied for events.
- Brings written team rosters and sign up sheets to all events, complete with brothers' phone numbers and alternate players in addition to the starting players.
- Ensures the appropriate equipment is available for the competition
- Represents the chapter in all matters pertaining to intramural competition.
- Keeps written and photographic record (in conjunction with the Historian) of chapter Intramural happenings.
- Brings copies of rules and regulations of games, or appropriate intramural handbook.
- Coordinates appropriate T-shirt sign up and distribution, or uniform regulations for competition.
- Promotes/coordinates ideas and programs that develop the overall physical health of the brotherhood

The chairman may also work in cooperation with the Community Service/Philanthropy Chairman when organizing athletic teams for other fraternities' and sororities' events that involve sports contests.

Team Captains

The Chairman may appoint captains for various teams or, alternatively, have each team elect them. Most likely, the Athletic/Intramural Chairman will not be able to attend every function and/or may not have the skills to participate on every team. Therefore, it is important that each Team Captain be aware of the Chairman's overall responsibilities at athletic contests and fulfills those duties in his absence. This includes ensuring team members know the schedule, obtaining equipment, and officially representing the chapter at any competition.

Spectators

Ideally, everyone in the chapter will attend Intramural events even if they are not participating. Sometimes this may not be possible – whether due to the nature of the venue or people's schedules. If the Chairman is not participating, it is his responsibility to ensure the members behave in an appropriate manner and engage in supportive, but not negative conduct. Channel the group's enthusiasm in a positive manner and diffuse any potential sources of conflict with opposing fans. If the Chairman is participating, he must make sure another member; preferably someone on the Executive Committee assumes this responsibility.

III. OPERATIONS

Selecting Intramural Teams

The ideal is for all members of the chapter to participate, but should it become necessary, the Athletic/Intramural Chairman and team captain will have to determine the composition of all rosters. This should be done through open tryouts if there is more interest than any sport's roster can accommodate. (Some schools may also allow the chapter to register more than one team – offer this as an option to the chapter whenever possible). Given the challenging schedule of college, rosters should be extensive and any alternates should also practice with the team. Brothers should not feel excluded and if a team does require tryouts, the evaluation should be based on skill. Once the team is selected, the Chairman must let the Team Captain manage issues such as playing time, substitutions, etc. It is important to utilize the talents of all members – men in the new class may be very talented in a particular sport. You should become aware of this during the recruitment process and encourage their participation. There should always be enough brothers available as alternates so that forfeiting competition due to lack of participation is never an occurrence.

Scheduling & Announcements

The chairman is responsible for obtaining the full event schedule from the IFC and/or Department of Intramural Athletics. He must keep the chapter informed of any changes to the schedule, postponements, etc. The schedule should be provided to the chapter at the beginning of the semester, posted on the chapter website, and reviewed with each team captain. At every chapter meeting, your report should include the week's upcoming schedule. This announcement should indicate any concerns about participation, venue changes from the master schedule, and where the chapter is in the standings for those events and overall. Sending an e-mail or text message update once per week can be very useful. If there is a cancellation, need to reschedule, or team members will be unable to participate. A way must also be organized to ensure adequate representation.

Publicizing Results

You must make sure that the Director of Administration and the Historian have all the information that they need regarding Intramural team and individual accomplishments. Work with them to ensure that appropriate coverage is also in all campus publications. Write a synopsis of each season that highlights outstanding contributors, games, plays, etc. and include in the chapter history.

Staying Organized

The Athletic/Intramural Chairman should keep all schedules, name lists, rulebooks, registration and financial information in one binder for quick reference. Maintaining an "Intramural Board" is also helpful to make sure all chapter members are aware of upcoming activities. The board may take the form of a dry erase board, a cork board, or even a web-based "board". Important information such as the team's name, the opponent, the time, the location, and any other comments about practice, equipment, etc. should be listed on the board. The board may also list upcoming events and provide sign up sheets so time at chapter meetings is not spent on identifying team members. Also the chairman may wish to create a "Player's Information Sheet" with contact information, school ID number, Social Security numbers, health concerns, previous participation, class schedules, and skill levels to make his job easier.

Physical Development Activities

Though coordination of intramural activities is a large part of the Athletic/Chairman's position, he also needs to incorporate and encourage physical participation within the chapter. A few successful ideas from other fraternity chapters to do so include the following:

New Members versus Active members

Organize some type of athletic contest between New and Active Members after recruitment week or during a chapter retreat. The Athletic Chairman is responsible for helping maintain an environment where competition is friendly and healthy, where camaraderie among brothers is just as important as the competition itself.

Big/Little Brother contests

Coordinate teams of Big and Little Brothers to compete against each other in a physical challenge or working out in consecutive days before spring break, etc. The winning pair could receive tickets to a University athletic contest or a subscription to *Men's Health* magazine.

Alumni Activities

Coordinate athletic activities with the Director of Alumni Relations and/or the Association to sponsor a Golf tournament, tennis matches, Softball, or Flag Football games. Offering alumni the opportunity to bond with current members through friendly competition has proven to be a successful formula for many chapters.

Partner/Challenge a Sorority

In an extension of New Year's resolutions, partner with a sorority for a workout program and have members compete against the sorority members to work out regularly.

Dance

Dancing – whether jitterbug, swing, two-step, ten-step, Cotton Eyed-Joe, Salsa, ballroom, hip-hop, or contemporary – is a legitimate and satisfying way to pursue both social and physical development. Chapter members can enjoy the fruits of healthy interaction with others while improving their coordination, balance, dexterity, stamina and their self confidence. Plus, it's fun. You might consider planning a 6-week series with a sorority and inviting in an expert instructor to lead.

Health tips

The Chairman could offer a physical health tip of the week about the benefits of exercise and physical fitness verbally at meetings or in email minutes.

Inquire about gym discounts

The Athletic/Intramural Chairman could contact a local gym and see if there reduced rates for joining many members of the chapter at once. Perhaps the brother with the highest grade point average from the year gets a year membership for free with funds from the chapter Scholarship budget.

IV. ADDITIONAL RESOURCES

Safety

Participation in physical activity is easier if the chapter has access to safe, convenient recreation and fitness facilities as well as proper functioning equipment. On campus facilities and sponsored competitions are ideal since the University will provide a standard level of maintenance. The Athletic/Intramural Chairman should also work with the Association to maintain a standard of safety for areas in the house or on the property such as weight room, basketball court, volleyball court, etc. where physical activities may occur. In any situation, common sense should always prevail as to the level of safety provided and concern for the individual should be paramount over competition and winning.

“On & Off the Field” Leadership

- Always have a positive attitude
- Be enthusiastic
- Take control of all negative situations
- Always be aware of your schedule and all of your players
- NEVER argue with officials
- Let your play and the scoreboard do all the talking
- Make sure everyone in the chapter is involved whether as a participant or as a spectator
- Make people excited to succeed
- Keep every one determined and working hard

Best Practices for Physical Development

- Promote Workout partnerships where members hold each other accountable for eating right and working out on a daily basis.
- Use physical activity such as working out together, playing basketball, or running to build brotherhood.
 - Incorporate physical activities such as flag football, capture the flag, and paintball into a house retreat.
 - Designate certain days as “Recreational” nights. Members were encouraged to go to the recreational center with their room or “fraternity family” and compete in a specific sport.
 - Implement a “Sportsmen on Campus” policy to improve the chapter’s relationship with Intramural Department members, referees, and the entire campus community.
 - Encourage every member to be involved in at least two intramural sports.
 - Participate in community service activities such as trail clearing to help build members physically.
 - Encourage members to take weight-training classes.
 - Start a weekend golf league.
 - Maintain a close relationship between the cook and steward in planning meals to ensure that a salad and fresh fruit bar were made available at every meal.
 - Initiate a living area quiet hours policy to reiterate the importance of sleep to physical well being.
 - Hold members financially responsible if they commit to playing on a team but do not attend.
 - Develop an athletic calendar each semester for the actives and the new members.

Exercise as “Medicine”

Exercise is becoming more widely used to prevent and treat the diseases that are most prevalent in the United States: coronary artery disease, stroke, hypertension, diabetes, arthritis, osteoporosis, dyslipidemia, obesity, depression, cancer, and chronic obstructive pulmonary disease. Individuals are encouraged to develop a written exercise “prescription” that is a safe, enjoyable routine. Exercise can prevent or treat many disabling or fatal diseases. Seventy percent of deaths (1.5 million) each year in the United States are from eight killers: heart disease, cancer, stroke, hypertension, chronic obstructive pulmonary disease (COPD), diabetes, and osteoporosis. Other diseases treatable with exercise--obesity, arthritis, depression, and dyslipidemia--contribute considerably to disability and premature death.

When we think of "medicine," we often think of a drug, something to be taken by mouth or injection. Although not "taken" but "done," an exercise prescription is much like a drug prescription. A large and growing body of clinical and epidemiologic evidence supports the concept that specifically prescribed exercise is highly effective as treatment and prevention for the above-cited diseases as well as for health enhancement. The health rewards of exercise extend far beyond its benefits for specific diseases. Exercise reduces blood clotting, enhances self-image, elevates mood, reduces stress, improves appearance, increases energy, and gives the feeling of well-being (probably by stimulating endorphins). It also reinforces other positive life-style changes, such as healthier eating habits and smoking cessation as well as stimulating creative thinking. Furthermore, the ability of exercise to restore function to organs, muscles, joints, and bones is not shared by drugs or surgery. Paradoxically, conventional medical practice favors physical rest and inactivity during recovery from illness.

To be maximally effective for therapy or health enhancement, an exercise “prescription” must fulfill certain basic requirements: It must be a daily activity (7 days a week), it must be fun, not painful or excessively fatiguing, and it must fit an individual's preferences. The selected activities must be readily available, not distant or difficult to reach, and preferably be close to the home or workplace. The clothes, equipment, and/or club membership associated with the activity must be inexpensive. Furthermore the activity must be suitable for lifelong participation. The daily goal is to exercise for at least 30 to 60 minutes (2% to 4% of the day) and to make a conscious effort to do body movement throughout 16 hours of the day (i.e. doing household chores, working, shopping, gardening, running errands, visiting, or socializing in an active manner). Lastly each person should have an individualized lifelong exercise program designed to fit his lifelong situation and preferences.

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