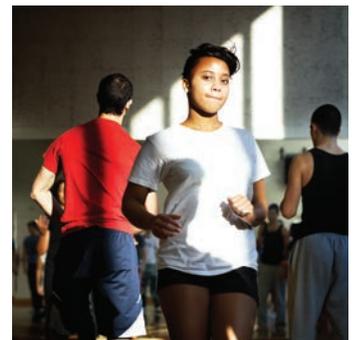


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## CO-CURRICULAR YEAR IN REVIEW





## CO-CURRICULAR YEAR IN REVIEW

an overview of programs, services and equity in support of the 2012-2013 budget



Dean Ira Jacobs

The mission of the Faculty of Kinesiology and Physical Education is to “develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.” We deliver this mission through the synergies that are all resident within the Faculty. The importance of our mission has never been more urgent given what we now know about the personal health and well-being benefits of healthy active living, and the costs of physical inactivity to our personal health and our health care system. The research is unequivocal: those who participate in co-curricular physical activity and sports programs are likely to reap huge benefits for their academic experience, their health, their social networks, and their leadership skills.

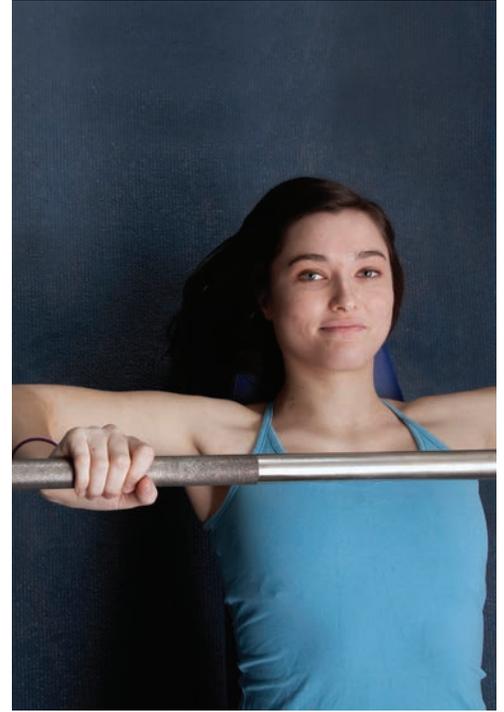
The Faculty is unique among academic divisions in that it seeks to engage every student on our campus in its physical activity programs, in a manner that is consistent with U of T’s tradition of excellence. In doing so, the Faculty is committed to creating and maintaining an inclusive and welcoming environment for the benefit of all. 2011 marked the year in which the University authorized the construction of a major new facility. When completed in 2015, the construction of the Goldring Centre for High Performance Sport will significantly augment the capacity to meet the ever-increasing demand from the St. George campus community for more space for sports and Physical Activity programming.

All registered University of Toronto students who have paid ancillary fees can access and take advantage of the Faculty’s diverse and comprehensive programs as a fundamental component of their educational experience at the University.



Anita Comella, Assistant Dean Co-Curricular Physical Activity and Sport

## PHYSICAL ACTIVITY OVERVIEW



**T**he Physical Activity and Equity portfolio involves a variety of fitness, recreation and sport activities, providing accessible opportunities for all students to engage in healthy active living as a key component of their educational and overall student experience.

Principles of equity play a fundamental role in determining programming, with promotion of opportunities through events and programs targeted at under served audiences. A number of equity-focused outreach initiatives are delivered each year.

Students, staff and faculty members participate in the programming, as well as members from the broader community, including a significant number of children and youth. Activities are delivered in coordination and collaboration with both on and off campus partners.

Physical Activity and Equity staff are involved in various aspects of student life programming, contributing to the Council on Student Experience and the Student Life Professionals network, as well as sharing experiences and networking at both on and off-campus conferences and events, as well as media and various publications.

Students are the first priority audience in scheduling and program development. Programming includes not only registered and drop-in opportunities, but also the opportunity for students to book free and reduced cost space in our facilities at designated times, allowing them to design and deliver their own activities.

Promotion of physical activity opportunities is ongoing throughout the year, and a student-led outreach team of Physical Activity Ambassadors – delivers a peer-to-peer model of promotion and program support throughout the year.

The Faculty has been working hard to strengthen relationships with key groups such as First in Family, First Year Learning Communities, Centre for International Experience, and LGBTQ networks, developing events and activity/info sessions for these specific groups. Enhanced relationships with various University of Toronto partners have also resulted in joint events and partnerships – particularly with Hart House, Food Services and Student Life Health and Wellness.

This year was a time for revitalizing facilities for student wellness, and we worked as effectively as possible with students and members to provide

“I’ve been a member of the AC for eleven years and I participate in drop-in basketball. I enjoy the relaxed nature of the activity; basketball is a mix of familiar faces and fun. There are countless people and personalities whom I have come to know and appreciate in the field house. Caron, Kash, Dun, Rocky... The list goes on. I play pick-up basketball for the camaraderie and competition.”

–Brock D. Bourgase  
Alumni Member

# PHYSICAL ACTIVITY OVERVIEW



quality programming during an exciting field house renovation project and the installation of air conditioning in our strength and conditioning centre, as well as ongoing upgrades to gym and pool spaces. This work was completed to start the fall season and a partnership with Hart House helped to ensure access to spaces and programming while this work was conducted.

## Physical Activity Events and Drop-In Recreation

The Faculty has been working with internal and across campus partners to increase the delivery of broad-based physical activity events for students, staff and faculty. Drop-in recreation programming includes a number of sports and activities offered at scheduled times each week. There are also opportunities for students to access space in the Athletic Centre field house and dance studio, as well as the Varsity Centre dome, free-of-charge, at specific times each week; this offering increased by an additional six hours this fall. The Faculty employs 29 students to monitor drop-in recreation activities and physical activity events.

## Fitness, Instruction & Clubs

Drop-in group fitness programs support healthy physical activity by offering cardiovascular training and strength conditioning classes year-round. Participants are welcome to join classes at any point in the term and explore a variety of class types for cross-training benefits. All fitness levels are welcome.

Registered programs offer high-quality instruction in an inspiring environment and include dance, fitness, sport and martial arts. Instruction programs are designed to progress skill development throughout the term. Registration is required and class sizes are limited to enhance the learning experience. Student Clubs operated by the Faculty include: Ultimate Frisbee, Karate, Kendo, Triathlon, Masters Swimming, and Synchronized Swimming.

This portfolio employs 33 student staff and engages 24 student club leaders.

## 2011 Highlights

New dance workshops include: African Caribbean, Hip Hop, Reggae Dancehall from Jamaica, Yoga Dance, Contemporary Dance and Jazz Pop Fusion. We eliminated social dance classes this fall term and implemented

new dance workshops in an effort to complement the Hart House dance schedule and re-energize the Faculty's dance program. The instructional golf program is now exclusively offered in the winter term in the Varsity Centre dome in partnership with Angus Glen.

Table tennis has been moved to the upper gym to and we have worked with Hart House to provide some additional time at that facility to meet the demand for table tennis.

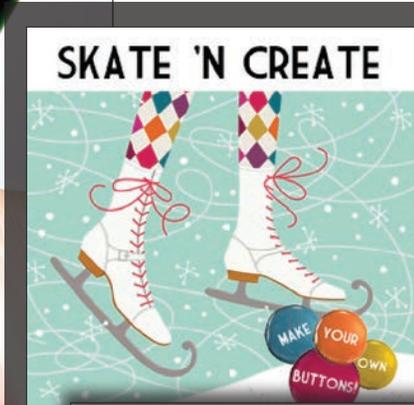
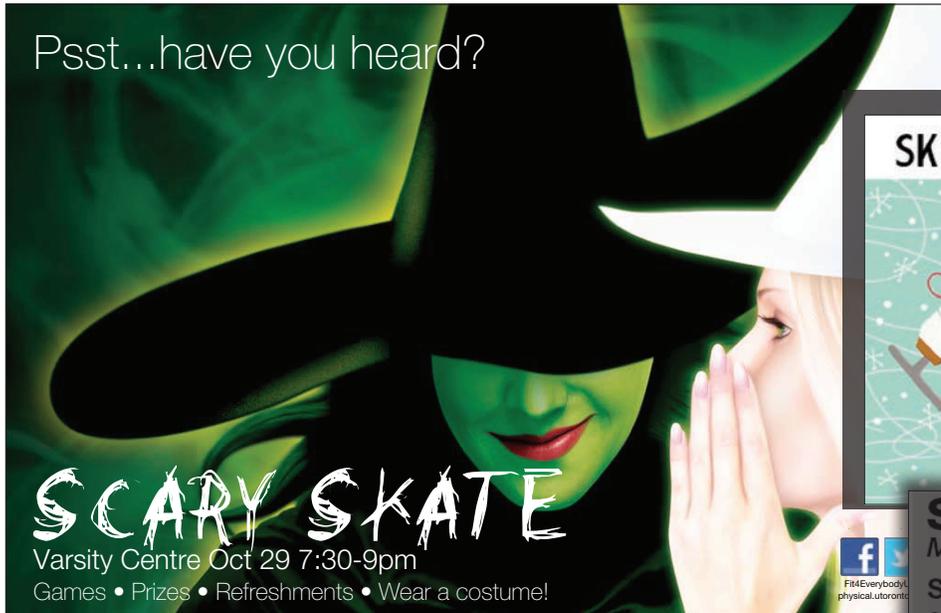
New cross functional collaborations include: International Women's Day Movement and Voice Workshop on Voice Coaching, Nia Fitness, Wen-Do, and Assertiveness Skills in partnership with staff from Student Life and the Office of Status of Women.

We coordinated several demonstrations and outreach classes, as well as club events across campus.

Tri-Campus meetings at all three campuses help fitness staff to identify best practices, share resources, promote programs and strengthen partnerships.

We offered a mind-body fitness training for fitness staff and the greater community.

We supported collaborative Joint Membership Promo Events with Hart House and the Faculty Club.



## Events Included

**Winter Warm Up:** Partnering with Food Services, we provided students and staff with the opportunity to participate in six different physical activities (skating, golf, dodgeball, ultimate, cardio salsa, hip hop), and to experience inexpensive, healthy food choices from different food vendors on campus.

**Skate Date:** With Valentine's Day approaching, we provided students and community an opportunity to pleasure skate after a Varsity Blues hockey game with a backdrop of mood music and lighting. Participants were also able to enjoy hot chocolate and cookies generously donated by Ancillary Services.

**Weigh your Bag:** Physical Activity Ambassadors set up in the Athletic Centre lobby, offering students an opportunity to weigh their bag, while providing some education on proper lifting and carrying technique. Students who provided contact information were given an opportunity to win a personal training session.

**Amazing Race:** Student groups were introduced to the Athletic Centre space by participating in an 'Amazing Race' around the facility. This event was run by the Physical Activity Ambassadors with help

from our facility and main office staff.

**Global Movement Day:** Various student groups were provided space at the Athletic Centre, Hart House and the Multi-Faith Centre to lead other students in a number of different activities, including table tennis, yoga, Nia and a number of different dance styles. Included in this event was an educational piece where students could talk to leaders who are involved with sport and development in the international community.

**Pride Week Zumba Party at Varsity Centre:** The Faculty worked with the Sexual and Gender Diversity Office and Camp U of T staff to engage students, staff and faculty in a Pride dance party at Varsity Centre stadium.

We provided numerous orientation sessions during frosh week, and had a major presence at UTSU Clubs Day (the University of Toronto Student Union-sponsored Frosh week event).

In partnership with the Diversity and Equity portfolio, we conducted focus groups and created a specific activity and info session for students through the Centre for International Experience, with

plans to do these for other student groups.

We provided support for mental health awareness month "human ribbon event" led by Student Life Health and Wellness.

We are providing consistent ongoing promotion at a fixed location in the Sid Smith lobby in partnership with the intercollegiate promotions team.

We supported Food Services with promotion and some programming at the weekly farmers' market and at the Field to Fork Event.

We adjusted women-only times to better serve the female student body and offering new skill clinics where women who are new to the game can build confidence through skill development

We increased drop-in time in sports such as cricket and badminton to better serve interests of international students.

We created new group training opportunities in dedicated facilities.

We developed a highly successful skate loan program to increase access and opportunity for recreational skating at the arena.

# PHYSICAL ACTIVITY OVERVIEW

A number of NEW events were implemented this fall:

**September 16th:** She's Got Game event, where female students received instruction in yoga, Zumba, soccer, flag football and ultimate. Close to 100 female students were present. This was delivered in partnership with the Intramural program.

**October 13th:** An Amazing Chase event was delivered across campus in partnership with the Student Life Health and Wellness Creating a Healthy Campus initiative. The event was developed and supported by our team of student-led Physical Activity Ambassadors

**October 26th:** The Faculty co-hosted Food, Mood and Fitness, \$5 lunch event in partnership with Hart House and Student Life Health Promotion.

**October 29th and December 8th:** Scary Skate and Skate and Create were delivered as the first two recreational skating events offered to students across campus. These boast fun themes, and supporting activities, as well as free skate loan. Targeted outreach was directed at international students, First Year Learning Communities and First in Family students. These events were done in partnership with Hart House and the first also involved the women's Varsity Blues Hockey game, with members of the team staying afterward to help new skaters.

**November 22nd:** A physical activity and information session was held with First Year Learning Communities at the Athletic Centre.

**November 26th:** A 3-on-3 tournament in conjunction with a Varsity Blues Basketball game was held, with the 3-on-3 final played at half time of the Blues game.

**December 2nd:** Hart House Ambassadors and Physical Activity Ambassadors met together to conduct integrated planning on student outreach activities for health and wellness on campus.

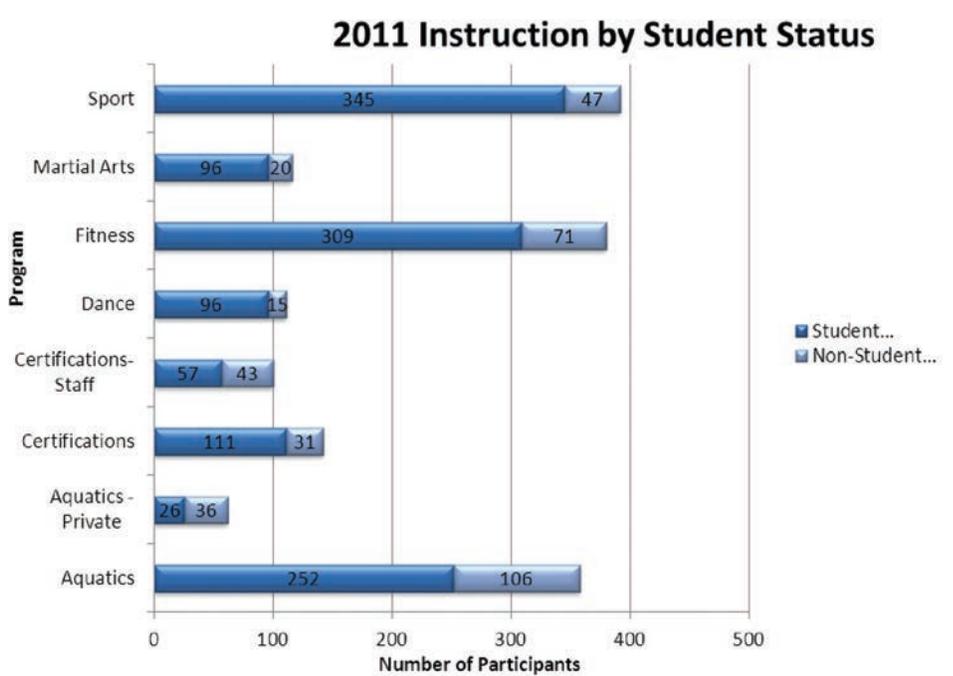


Fig. 1 Student vs non-student participation in register Instructional Classes

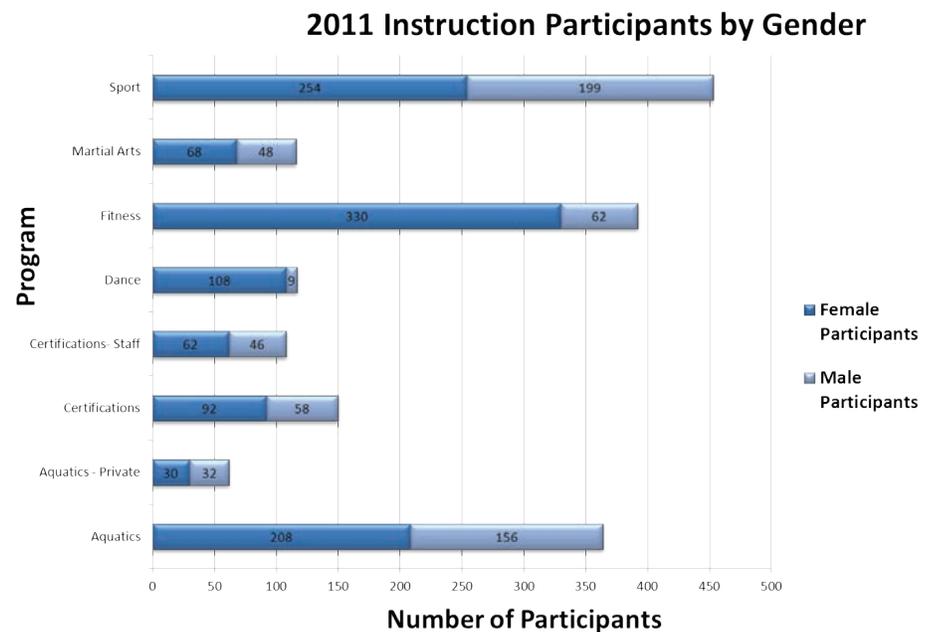


Fig. 2 2011 Instruction participation by gender



**T**he Faculty aspires to be an equitable community, one that is rich with diversity and that respects and protects the rights of all. We are committed to equity and inclusion for all and work to develop fully accessible programs, services and facilities. Diversity and equity is a core area of the Co-Curricular Physical Activity and Sport mandate of the Faculty, and focuses on equity-outreach initiatives for students. Equity initiatives employ two to four students each year and engage a number of student leaders.

## 2011 Highlights

The Faculty received a grant of \$74,000 from the Ministry of Training, Colleges, and Universities to collaborate on Aboriginal Initiatives with First Nations House, OISE/UT, Faculty of Information, Faculty of Social Work, Centre for Aboriginal Studies, and Office of Student Life Leadership Programs to plan, develop, implement and evaluate an Aboriginal Cultural Awareness Orientation workshop and online modules for students, staff and faculty. Additionally, the funds support the continuation of a student recruitment program that creates an opportunity for Aboriginal high school students to experience U of T during March Break 2012.

The Faculty also contributed to Aboriginal cultural awareness training by offering a panel presentation and movie screening during Aboriginal Awareness Week in February 2011. The panel presentation featured three Aboriginal female athletes who spoke about Aboriginal women in sport.

Leadership and wellness development was offered for Aboriginal students through a “Food4Thought” wellness series and the “Two Approaches: One Goal” retreat. Food4Thought provided attendees the opportunity to learn about physical activity, healthy eating and Co-Curricular activities which can engage students in a more active lifestyle. The leadership retreat provided opportunities for Aboriginal students to compare and contrast Western and Aboriginal leadership practices.

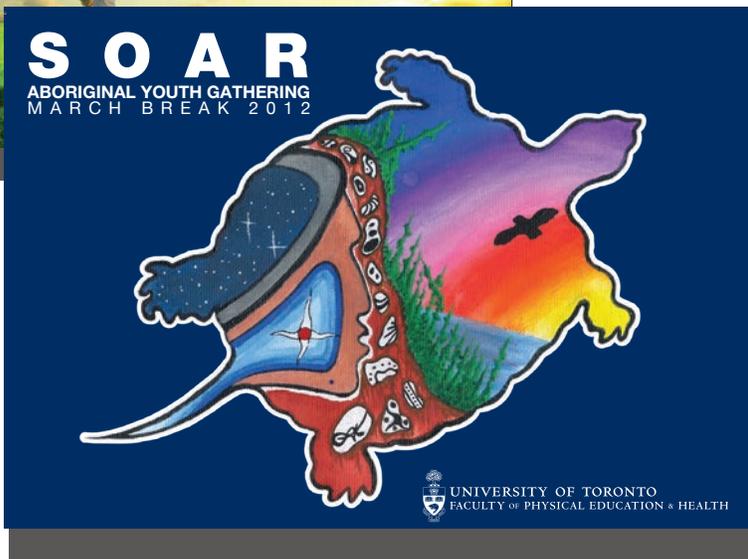
The 2011 March Break program was promoted as “SOAR Aboriginal Youth Gathering.” This 3.5 day program provided academic, physical activity and cultural experiences for high school students: 17 students (14 females and three males) travelled from various communities across Ontario.

The Faculty developed and partnered with the Student Equity Initiatives Implementation Team (SEIIT) - This is a

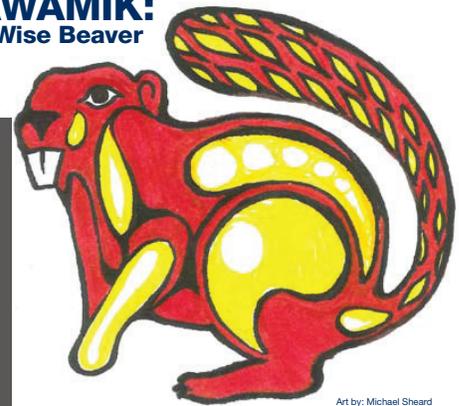
mechanism to foster and support equity initiatives for students led by student-focused ideas and facilitated by student-staff partnerships. SEIIT was formed to provide an opportunity for student leaders to collaborate and receive mentoring for various equity initiatives, in support of the Faculty’s goals of diversity and equity within physical activity.

The Faculty celebrated Black History Month with a lunchtime fundraiser for the U of T summer mentoring program for Black students, and a panel discussion on international development through sport. 120 participants attended the fundraiser and 40 participated in the panel event. An educational display of Black athletes was installed in the Athletic Centre lobby.

The International Women’s Day and 100th Anniversary initiative was a collaborative effort across programs, promotions and campus colleagues, which resulted in a month-long celebration in March 2011. Events included Celebrating Movement and Voice, Breakfast with the Bulletin, women-only soccer and hockey clinics, presentations and learning from the 2010 International Working Group World Conference on Women and Sport, a Paper/Chalk Chase and educational displays.



## NIBWAKAAMIK: Teachings from the Wise Beaver



Art by: Michael Sheard

Meet, discuss and share ideas about how to find balance, wellness and wisdom

“Without a doubt, one of the biggest highlights for me was being given the opportunity to meet and work with the SEIIT Team. Emphasis, from the very beginning, was put on the fact that SEIIT was a student led collaborative effort and that KPE staff would provide direction and support when needed. Although my main focus was on the Aboriginal Initiatives, our frequent sessions around the table provided me with ample opportunity to give my input on other initiatives that I wasn’t directly involved in while learning from those student leaders who were.”

–John Croutch, Arts & Science Student, Aboriginal & Equity Initiatives Student Leader Member of Student Equity Initiatives Implementation Team (SEIIT)

For Mental Health Awareness Week, the Moving Toward Change panel discussion focused on mental illness and suicide among the university-aged population, and on the intersections between mental health and physical activity. The event provided a forum for four speakers to share their experiences of mental illness and/or suicide, and the connections between mental health and physical activity that they’ve observed in their personal experiences. Over 60 people

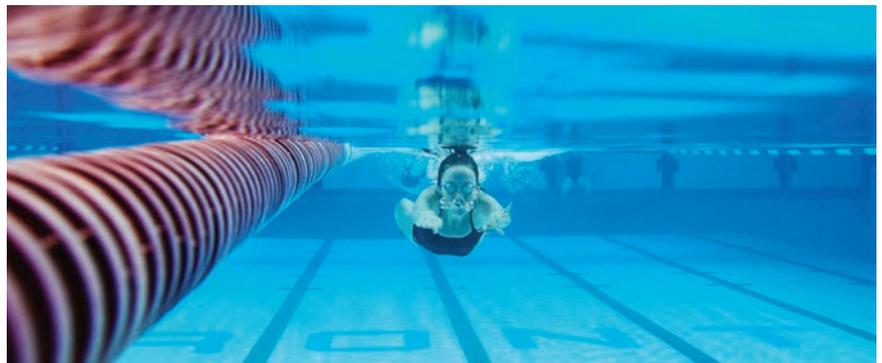
attended the panel discussion.

The Equity Sub-Committee under Physical Education and Health Undergraduate Association planned, organized and delivered the Make Your Mark PHEUA Equity Conference, an equity conference for U of T students. This five-hour mini conference included sessions on Class & Privilege in Sports, Racism in Sports, Sexual & Gender Diversity, as well as the main session on Disability and Ableism

in Sports. Thirty people attended the conference, with 13 students involved in co-facilitating and planning for the event.

A number of presentations and publications were done as part of equity and diversity work, including internal presentations (e.g., Accessibility Services, Grad House, OISE) and external presentations (e.g., International Symposium on Adapted Physical Activity, Pacific Rim Conference on Disabilities, CACUSS).

# AQUATICS OVERVIEW



**T**he aquatics programs include recreational swimming; clubs such as master's swimming, triathlon and synchronized swimming; aquafit; instructional group lessons in swimming and diving; and private swim lessons.

Women-only recreational swims are offered five days a week and there are women-only swim classes offered in Levels 1 through 4. Fourteen student instructors were hired this year for adult classes.

## 2011 Highlights

In the fall of 2011 the continuum of swim classes was revised to make it easier for participants to identify appropriate levels for themselves, have a better record of skills learned and be able to identify next steps at the end of each session. Progress templates / skill checklist have been created for instructors for each level and are being introduced to aquatics staff in training this fall. These will provide more consistent

course curriculum in aquatics classes.

Private swim lessons are being offered in a new format, allowing for simplified and accessible online registration, clear availability for participants and instructor/facility optimization.

A new evening family swim was introduced Wednesdays from 6:30 – 7:30 PM to create an opportunity for families who could not make the afternoon times that have traditionally been offered.

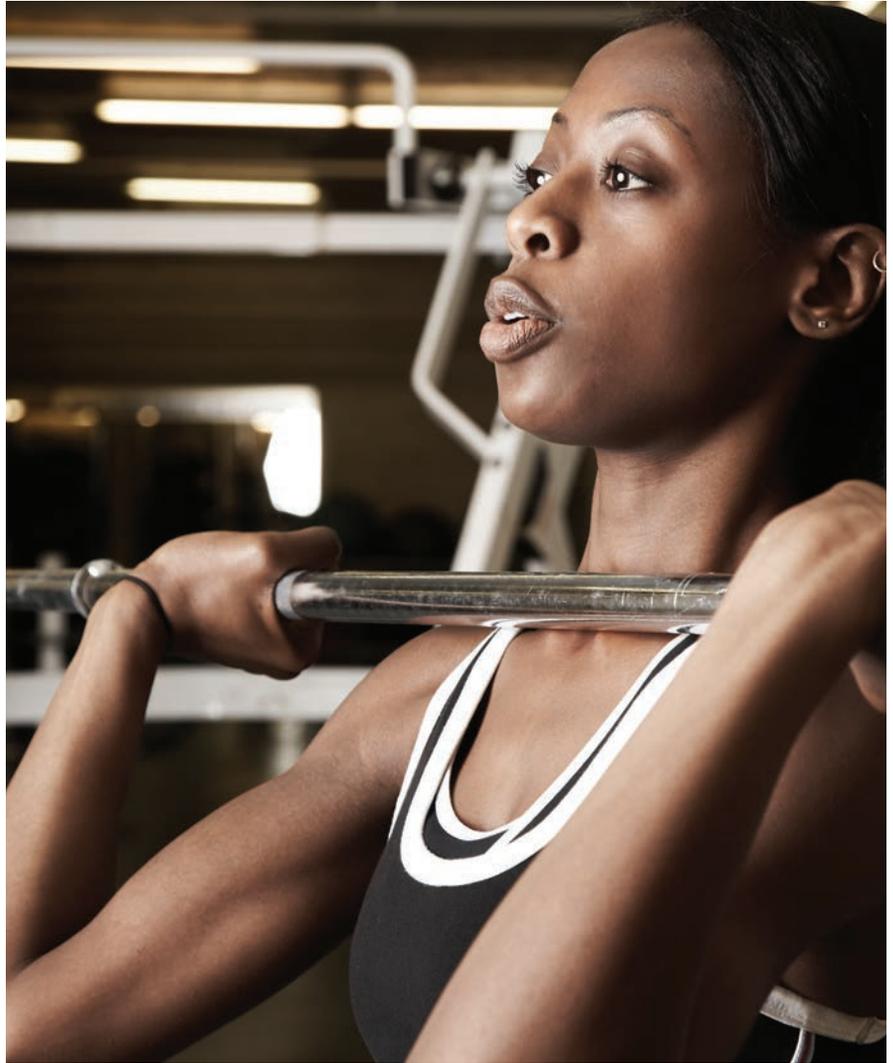
A joint first aid staff training with Hart House has been implemented.

In response to some women who were not able to make the morning women-only swim times, the recreational swim schedule was revised to pilot an hour of women-only swimming on Tuesday evenings.

The women-only instruction program was expanded to include weekend morning timeslots to enhance the opportunities for women who required women-only space but could not make weekday times.

"I wanted to give you feedback on Mandy as an instructor in the first aid course. She was great: enthusiastic, knowledgeable, friendly, efficient, and organized. She was thorough in covering what we needed to know to write the test, and engageable about related material. She accommodated well to having a blind student in the course. Without singling me out unduly, she was always careful to ensure that demonstrations were clear to me, and attentively ready to help if I needed it. Her tendency to teach using a lot of simulated situations was really good at helping me to imagine what real emergencies would be like."

–Christine Malec  
Student Member



**T**he strength and conditioning centre in the Athletic Centre has recently expanded to 9,400 square feet and is now air conditioned. There have been equipment upgrades in the centre and in the field house – specifically highly-popular elliptical and treadmills. Enhancements are in response to increasing demand from users, including those interested in OWL.

A new circuit TRX Core training system was created in January 2011. This circuit teaches participants to use the TRX equipment system. Program hours to support intercollegiate and high performance athletes, as well as Kinesiology and Physical Education practical classes and research are part of the strength and conditioning portfolio.

### 2011 Highlights

Frosh Fit is a new class introduced in 2011. The aim of the class is to provide a motivational small-group training environment, seeking to create good exercise and nutrition habits early on for students so they can maintain these throughout university life and beyond. In the first week of classes, instructors perform fitness testing to create a benchmark for the participants, and at the end of the 12 weeks another fitness test is performed to determine their progress over the class. This class is conducted by a certified trainer & consultation by a certified nutritionist.

A pilot program for OWL-free/quiet times on Fridays from 9:00 – 11:00am and Sundays from 3:00 – 5:00pm has been introduced to address feedback from participants of the strength and conditioning centre who are non-OWL users.

During regular operation hours, the strength and conditioning centre had 250,557 user (includes fall 2010 numbers) in 2011.

The OWL program had 11,366 participants for 2011, with a ratio of 86:14 percent of male to female users.

We also introduced orientations for the circuit machines, TRX and the equipment in the field house. We also offer Weight Training for Women and OWL classes that are fee-based and require registration.

The Circuit 101 Orientation programs in the strength and conditioning centre and the field house attracted 195 participants from January 1, 2011 to September 31 2011. Participants included students, staff, faculty and community members (68% were women and 52% were students).

Programming and equipment offerings include women-only hours on a daily basis.

There is a variety of accessible equipment to serve clients with a disability.

## PERSONAL TRAINING



“Working with Sandra was great. She performed a thorough assessment and developed an individualized workout plan specific to my needs, strengths and deficiencies. She clearly possessed a superior knowledge of the theory behind working out and was able to explain it into practice in a way that helped get me to realize my fitness goals”.

– Andrew Lusting,  
University of Toronto  
Student

### Personal Training and Nutrition

The personal training and nutrition program provides students and members with a safe and successful exercise and nutrition plan that promotes healthy, active living. Members and students are paired up with a trainer according to their fitness goals and level of ability. The majority of our users are students and they seek our programs for different fitness goals, from starting a new workout program to high performance endeavors.

To promote the skills of our trainers and to give members and students the unique opportunity to work in and out of the pool, personal training sessions are offered in the pool. These sessions are aimed at students and members who have an interest in getting more involved in the aquatic programs, as well as at members who seek a combination of weight training and pool training with a certified trainer who can offer both options.

With recent interest in one-on-one squash instruction sessions, squash personal training is a new program that focuses on teaching members the specific skills to play as well as to give tips on how to strengthen their muscles to avoid injuries that come with the game.

There are 14 personal training staff, six of whom are students.

### 2011 Highlights

In 2011, there were a total of 211 participants/clients in the personal training and nutrition program: 137 male and 74 female participants, including six clients with disabilities. The personal training program aims to create affordable pricing for students, and as a result the majority of our users are students. Of those who participated in our personal training program, 92 were students.

Don Training - A fitness and nutrition workshop was offered for Residence Life Staff In-Service Training. The program was targeted to dons and the focus of the workshop was to enhance awareness of the many activities that the Athletic Centre and Varsity Centre has to offer for students, strategies in how to encourage resident students to make healthy choices with their meal plan, and tips on starting an exercise program.

Kinesiology & Physical Education was represented at the Student Life Health and Wellness Nutrition Fair. We created our own display and our focus was on pre-workout and post-workout meals, as well as healthy eating with an emphasis on Canada's Food Guide.

During UTSU Clubs Day personal trainers and Frosh Fit instructors from the Athletic centre shared the stage to demonstrate various program offerings in order to highlight the variety of offerings available to students.

Three certified personal trainers and a certified nutritionist participated in the programming of farmers' markets in fall 2011. Trainers were informing students about the benefits of exercise and gave tips on how to create an exercise program according to their needs and goals. Nutrition questions were answered by our certified nutritionist, and participants were given nutritional tools such as Canada's Food Guide.

Total revenue for the period January 1, 2011 to December 31, 2011 was \$62,584.

The personal training program offers strength training sessions and fitness consultations throughout the year to students registered with Accessibility Services at the St. George Campus. The free strength training sessions were conducted as private and semi-private sessions by KPE PHE350/450Y Leadership placement students and supervised by the personal training and nutrition coordinator. Students registered with Accessibility Services also have the option to purchase personal training sessions and train with a certified personal trainer at a discounted price.

Transition Planning - Accessibility Services: With the support from the assistant manager of Co-Curricular diversity and equity, a workshop was developed for Accessibility Services as a summer transition program for 25 incoming students with learning disabilities, autism, and ADHD. The workshop had a focus on fitness, strategies towards goal-setting and finding time to become more active.

## INTRAMURAL OVERVIEW



U of T Intramurals employ 134 staff, 96 of whom are U of T students. With over 10,000 participants annually, it has been described as the largest single program at the university.

**T**he Intramural program continued to engage large numbers of students in the 2011 winter term. The men's, coed and women's portions of the program were very popular, with participants from the St. George, Mississauga and Scarborough campuses.

Multiple leagues were offered in ice hockey, field hockey, indoor soccer, indoor ultimate, volleyball, basketball, innertube water polo, cricket and lacrosse, most of which filled to capacity. Most sports were offered at a variety of skill levels, allowing everyone from novices to experts to be engaged in an activity.

In all there were 193 men's teams in 22 leagues, 96 coed teams in nine leagues, and 79 women's teams in 10 leagues during the winter term. Helping to run all of the games were 101 men and 39 women employed in part-time positions such as referees, coaches, convenors and game managers.

For the fall term, there were 174 men's teams playing in 16 leagues, 84 coed teams in eight leagues, and 68 women's teams in nine leagues. To date the list of part-time employees included 88 men and 46 women 96 of whom are students.

### 2011 Highlights

The 2010-11 Intramural year culminated with the annual banquet, "Recognize", on March 30 2011, when outstanding individuals and their college/faculty units received awards for their performances during the season. In particular, UTSC and KPE proudly took home several championship banners to commemorate their successes. This was followed by year-end evaluations at which the Intramural Sports Council approved a number of measures designed to renew certain areas of the program. These included expansion of the Tri-Campus leagues, a new entry format for the men's leagues, and providing more practice opportunities for teams.

During the summer Intramurals continued. The coed softball league once again had all available places filled, as 38 teams took to the diamond. The soccer league also had six teams competing. During the summer months planning and consultation continued with UTSC and UTM to put the renewal plan into place. The new Intramural website also came on line in August, providing a more user-

# INTRAMURAL OVERVIEW



friendly tool for getting information to potential players.

As the fall term began, the annual Intramural Workshop was held on Sept. 10 with 34 student leaders from 20 different colleges/faculties attending. By Sept. 23 the outdoor sports were underway, including soccer, flag football, ultimate and rugby.

The Intramural team played a significant role in She's Got Game, an initiative designed to reach out to incoming female students and to give them a better understanding of the opportunities available to them. This followed a survey of female non-users of Intramurals conducted in the spring, which provided some key ideas to engage more women in intramural programming. It was enthusiastically attended by 97 women, and was very well-received. The evaluations included comments such as "That was great!" and "I hope that you do it again."

Pilot format changes to the men's program in fall 2011 achieved one of their primary goals almost immediately. Whereas previously some units had been

unable to enter teams in leagues due to space limitations, now every unit that wanted a team in a sport was guaranteed to have at least one. This resulted in such smaller units such as Architecture, Music, Massey and Wycliffe being able to field teams of their own. This is being evaluated and considered for the women's program in 2012.

Allotment of increased practice times this fall also proved to be a positive change, as teams took advantage of ice time, field time, and a new partnership with Hart House to go into their leagues better prepared than in previous years.

As the fall term progressed, it was apparent that Intramurals continues to play a major role in students' lives outside the classroom at U of T. With over 10,000 participants annually, it has been described as the largest single program at the university. The chart below shows the annual numbers of participants in the Intramural program, and projections indicate that the final tally for 2011-12 will again top the 10,000 player mark.



LEAGUE	2008-2009	2009-2010	2010-2011
CO-ED	2811	2553	2579
MEN	4917	4901	5093
WOMEN	1970	1931	1906
SUMMER	588	634	709
<b>TOTAL</b>	<b>10,286</b>	<b>10,019</b>	<b>10,287</b>

Fig.3 Intramural Student-Athlete Participation

**C**hild and youth programming at the Faculty includes our popular Junior Blues and Camp U of T programs. These programs provide presence in the community for the University, generate revenue for the Faculty, and provide physical activity and skill development opportunities for young people across a wide spectrum of sports and physical activities.

Staff development is an important objective of the children and youth programs. Casual staff receive training, mentoring and front line experience in delivering high quality children's programs. 278 staff work in the children and youth area, over half of whom are U of T students (149 in total), representing a number of different faculties, colleges and divisions across campus. Sixty per cent of staff are female and forty percent are male.

### Junior Blues

Junior Blues participation in 2011 increased to 4,748 participants, a 4% increase over the previous year. The largest gains were made in volleyball, fencing and track and field and smaller increases in aquatics and skating. There were 519 children on waiting lists for 2011.

### 2011 Highlights

The Junior Blues volleyball program piloted in continued to expand in fall 2011. There have also been a series of workshops delivered in elementary schools in partnership with the Varsity Blues women's volleyball team. In fall 2011 the girls house league program was at capacity with a wait list.

Varsity Centre hosted nine days of elementary track and field meets in May and June 2011, culminating in the city finals on June 14. These facility rentals contributed \$12,452 to the Varsity Centre facilities accounts.

The University of Toronto Track and Field Club hosted two additional meets for children and youth. The Hershey Meet and the Toronto Community Housing Meet involved over 300 participants collectively.



Other Toronto District School Board championships hosted as a rental venue included:

- Boys Basketball championship :  
Feb. 24, 2011 \$2,118
- Elementary Hockey championship:  
March 10, 2011 \$1,750
- Girls Basketball championship:  
Nov. 15, 2011 \$1,951

Trailblazers Track and Field event - The first ever-track and field meet for children

with autism was held at Varsity Centre on June 18 as a rental event with support from the U of T Track and Field Club; the event involved more than 80 children and youth. Parents commented on how thrilled they were with the event and how important it was to them and their children to have a positive experience with physical activity.

An enhanced program in gymnastics began as a full-year program in fall 2010. In 2011 a small group was selected to begin training with the University of Toronto Gymnastics Club. This is the first



competitive program for boys since the dissolution of the Varsity Blues and OUA gymnastics program in 1995.

Physical activity options for families have been expanded on elementary school PA days. Nov. 18 offered an aquatics festival in partnership with several rental clubs who use the facilities at the Athletic Centre, a family skate in partnership with the Family Care Office, and a family swim. Dec. 9 included a family volleyball clinic and a family skate. All PA day activities are free for U of T student families, and the family day pass is available for non-members. A Family Day Pass was initiated in 2010.

Staff from the Child and Youth area are engaging with the Playing for Keeps initiative with respect to student volunteer recruitment and youth leadership, as well as engagement in the 2012 Ontario Summer Games and the 2015 Pan American Para Pan Games.

A new membership program was created and offered in fall 2011, targeting teens. The impetus was to offer teens a chance to learn to swim in a safe, encouraging and age appropriate class.

An after school physical activity program with Firgrove Elementary school is being

piloted in coordination with the Centre for Community Partnerships and CLTE for U of T students to volunteer as mentors and leaders of a drop-in physical activity program for a school in the Jane-Finch area.

**Safe Spaces Event** – In partnership with the women's volleyball team and alumni, as well as the Centre for Community Partnerships, the Newcomer Centre of Peel and Schools Without Borders, a community basketball and volleyball event was held on Robert St. field in support of Safe Spaces Nairobi, an initiative targeted at providing educational, leadership, life skill and physical activity development for girls and young women.

The Intro to Track program was piloted in fall 2010 and continued throughout 2011. Following the Long-Term Athlete Development program for Athletics, youth ages 10 to 12 run, jump and throw while experiencing friendly competition. The program has been a large success and also contributed to the success the University of Toronto Track Club had at the 2011 indoor season, where they won three out of five overall banners.

### CAMP U OF T

There were 3,242 participants in Camp U of T this summer; a remarkable 7% increase over the previous year. The increase was despite the decreased facilities available on campus due to the field house and strength and conditioning renovation projects. There were 199 children on wait lists throughout the summer, particularly in programs for younger children, soccer and fencing.

Fourteen volunteers worked at Camp U of T this summer. Each volunteer attended an orientation session and received mentoring and supervision during their time. Volunteers completed 777 hours this summer.

Camp U of T business campers raised \$1,077 for Frontlines Youth Shelter through their freezie sale days.

Funding was provided through the YMCA Summer Jobs Service and the Ontario Ministry of Training, Colleges and Universities. This funding provides a salary top-up of \$2/hour for eligible staff in the Camp U of T program, and generated \$15,000 in income.

"I think camp this year was the most successful year that I have been a part of. I think the training was a great benefit and had a good balance between lecture/training and being able to socialize with our colleagues. I felt that if I had concerns or questions I was completely comfortable approaching the coordinators/directors" – Tim Yu, Assistant Instructor

"My experience at Camp U of T began as a student looking for a fun summer job. It ended with me missing the summer, the extraordinary experiences I had, the incredible people I got to meet, and anxiously waiting for the chance to be a part of it all over again." – Ritika Khanna, Camp Desk

GYMNASTICS "My daughter really seems to have learned new skills, but what stays with me is the impression the staff gave me: welcoming, helpful, informative, interested, caring. Well done! We'll be back!"

ACHIEVE "The camp counsellors were fantastic! The best I have seen. My daughter really loved going and she made some really great new friends"

BEACH VOLLEYBALL "It was a really good experience and I think it should be continued. The staff were really welcoming and inclusive of all children, it made everyone work together. Thank you for the experience."

## 2011 Highlights

The structure of Mini University was revitalized. New initiatives included a one-week film-making camp with Hart House, Robotics and Biomechanics with the Faculty of Applied Science and Engineering, Games and Puzzles, and Sport Performance.

Beach Volleyball – Five weeks of beach volleyball camp were offered at Ashbridges Bay in partnership with the Ontario Volleyball Association. The program was very successful and will continue in 2012.

Varsity Blues teams led eight weeks of programming in Camp U of T. Coaches and senior players led training sessions, curriculum development and a week of programming each sharing their expertise and enthusiasm with the local community. New teams participating in 2011 included women's soccer and women's rugby.

Working in partnership with Camp U of T, Mississauga, five concurrent training sessions were led by a variety of experts, including camp staff, faculty and external recreation providers. The sessions were highly rated in the evaluations, and were an engaging, motivating method of delivering needed information.

Camp U of T has a welcome policy for children who require additional support to

have an enjoyable experience at Camp U of T. The policy clarifies the 1 to 1 supervision model for children, including one assistant instructor who is available free of charge to provide support for children.

To assist with a student project in occupational therapy and physiotherapy, camp staff worked to estimate the number of campers with identified special needs at camp. Over 100 participants indicated a request for accommodation on the registration form with the highest disclosures being ADD/ADHD and Autism Spectrum and smaller percentages

with complex medical concerns, hearing impairments, visual impairments, seizure disorders and Tourette Syndrome. Camp U of T partners with Reach for the Rainbow, a charity supporting integration at camps and into recreational programs to offer 90 minute training session focusing on supporting children with special needs at camp.

Two coordinators /senior staff leaders, were identified to work as resources supporting camp staff with information, tips, techniques for supporting children with disabilities.

Fig. 4 Camp UofT Participants Year over Year

	2011	2010	2005 – 2006
Aquatics	2047	1872	1419
Gymnastics	1312	1420	1469
Skating	660	631	547
Track and Field	289	249	308
Sports	283	209	267
March Break Camps	157	168	87
<b>TOTAL</b>	<b>4,748</b>	<b>4,549</b>	<b>4,097</b>

## INTERCOLLEGIATE OVERVIEW



The University of Toronto offers the largest number of Varsity opportunities for students in the nation, with a total of 44 varsity programs. 844 student athletes are represented on 20 women's, 20 men's and 4 combined teams that are led by 34 head coaches (six female and 28 male) and 117 assistant coaches (47 female and 70 male).

Toronto Varsity Blues had a banner year in 2011, winning six OUA championships in Women's Water-Polo (Fall 2011), men's swimming (winter 2011), field hockey (fall 2011), baseball (fall 2011), men's tennis (fall 2011) and women's fencing (winter 2011). In 2011, three of our coaches won OUA coach of the year honours: baseball coach Jim Sheppard; women's soccer coach Anthony Capotosto and field hockey coach John DeSouza.

Moreover, eight of the 34 Varsity Blues head coaches have national and/

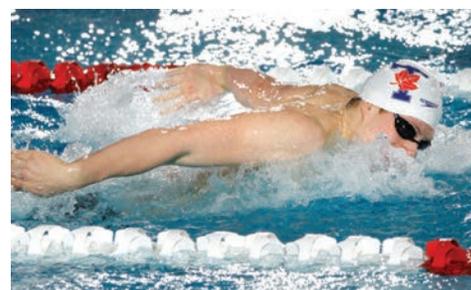
or international coaching profiles. This includes Varsity Blues swim coach Byron MacDonald (Olympic coach, 1992), women's basketball coach Michele Belanger (head coach, FISU Games 1997), men's basketball coach Mike Katz, (Assistant coach, Olympics 2000), women's volleyball coach Kristine Drakich (U19 Team Canada 2006 & 2007), men's volleyball coach John Barrett (2003 Pan Am), field hockey coach John DeSouza (Pan Am Assistant coach, 2007, 2011) and track coach Carl Georgevski (three-time Olympic Jumps Coach, 1988, 1996 and 2000). In addition, many of our coaches have themselves participated on national and international teams. The newest member to the coaching staff, women's hockey coach Vicky Sunohara, represented Canada in the 1998, 2002 and 2006 winter Olympics, winning two Olympic gold medals.

50 of our student-athlete Varsity Blues

take time off the court, field, pool and ice to meet monthly on a student-led Varsity Board to review the Blues program and collectively engage in activities that benefit the program. New this year, Varsity Blues have planned a community service project to give back to the community.

Behind the scenes, the intercollegiate business office manages 44 financial plans, sport and facility schedules, and coordinates all travel. In 2011, the Varsity Blues program once again incorporated diverse revenue streams for funding intercollegiate athletics. Approximately \$900,000 in revenue was generated into team-enhanced spending plans through individual or team fundraising, player fees, donations (Adopt a Blue) and sponsorship initiatives. This allowed for enhanced non-conference play, academic and athletic awards, and enhanced training methods through specialized high performance

# INTERCOLLEGIATE OVERVIEW



strength and conditioning trainers.

With the introduction of the new OUA sport model in 2010, new sport schedules and championship formats have been created. New in 2011 was the introduction of the first CIS women's basketball regional schedule that saw the three regional tournaments occur prior to the CIS final 8. This benefited the Varsity Blues, as the women attended the inaugural regional tournament in the Canada East and won it, moving forward to compete in the CIS championship. Varsity schedules produce both home and away events. With an event management team dedicated to home events, in 2011, a total of 323 off events were planned and scheduled for travel by bus, train or air for all of our teams through the intercollegiate office.

## Athlete Services

The athlete services portfolio within

the intercollegiate office is responsible for a number of 'behind-the-scenes' components to the operation of the Varsity Blues program. This includes maintaining the highest standard of compliance with all national and provincial rules and regulations with respect to registration of all student-athletes, performance enhancement drug education, and the administration of athletic scholarships, as well as all relevant academic performance regulations. Further, the portfolio oversees student-athlete assistance programs, and is the direct link for the coaches to Admissions & Awards with respect to prospective student-athlete recruitment and admission.

A number of significant changes were made for the 2011-12 academic year, including the launch of some major student-athlete driven programs.

1) a more streamlined administrative

approach was introduced providing all coaches and student-athletes more direct lines of communication;

2) a new pilot academic support program has been instituted whereby selected student-athletes registered at UTSC meet regularly with staff at UTSC's Academic Advising & Career Centre and their academic progress is monitored.

3) two new student-athlete-centered programs were launched. The first was first-year orientation sessions for incoming CIS student-athletes to provide them educational material on succeeding at the University of Toronto. Two sessions were provided by staff at the Academic Success Centre on the St. George campus, as well as from a sport nutritionist. The second program is an academic support program that allows student-athletes access to peer tutors, as well as booked space for individual study.



## Student Success Highlights

1) The success of our student-athletes in the classroom is demonstrated through our published graduation rates.

During the four-year period from 2006/07 through 2009/10, our student-athletes boast a 92.1% graduation rate!

2) For the 2011-12 academic year, a total of 419 prospective student-athletes were tracked throughout the admission process, across 29 sports. 264, or 63%, received an offer of admission to one of the University's multi-campus, multi-faculty, academic units. (see Fig.5)

3) The academic performance by our student-athletes is remarkable given the demands of their time both academically and through training and competition. In 2010-2011, the University of Toronto boasted 177 student-athletes who achieved outstanding success and earned the status of CIS Academic All-Canadian, OUA Academic Achievement Award winner or University of Toronto Academic Achievement Award winner.

In 2010-2011, the University of Toronto boasted 177 student-athletes (Fig. 3) who achieved outstanding success and earned the status of CIS Academic All-Canadian, OUA Academic Achievement Award winner or University of Toronto Academic Achievement Award winner.

To honour those student-athletes, a special recognition event, Academic Excellence Breakfast, was held in October.

The success of our student-athletes in the classroom is also demonstrated through our published graduation rates. In fact, during the four-year period from 2006/07 through 2009/10, our student-athletes had a 92.1% graduation rate – an incredible achievement.

In order to have the high achievement results both academically and in competition that have been presented, you must attract quality student-athletes.

The athlete services office, under the guise of the director, intercollegiate and high performance sport, is responsible for being the key connection for the coaches with respect to the admission process at the University of Toronto.

Tremendous leaps in this area have been made over the past few years, with key relationships with senior stakeholders across campus continually being fostered, maintained and enhanced. This has established the groundwork for the current process, which is built upon a mutual understanding of each other.

For the 2011-12 academic year, a total of 419 prospective student-athletes were tracked throughout the admission process, across 29 sports. 264, or 63%, received an offer of admission to one of the University's multi-campus, multi-faculty, academic units.

## 2011 Highlights

The University of Toronto operates the largest intercollegiate program in Canada with 44 teams and 844 student-athletes registered across the entire university.

The academic performance by our student-athletes is remarkable given the demands of their time both academically and through training and competition.

Fig. 5 Student-Athlete Participation by Academic Unit (2011 academic year)

	% of Total	Women	Men	Total
Arts and Science	56.5	200	277	477
APSC	8.6	22	51	73
FPEH	18.6	91	66	157
Other First Entry	1	0	8	8
OISE	2.1	13	5	18
SGS and other Second Entry	13.2	49	62	111
<b>Total</b>	<b>100</b>	<b>375</b>	<b>469</b>	<b>844</b>

## Sports Information

The Varsity Blues website got a much-needed facelift this fall. The new look was launched on September 12, 2011 and gave our site a more modern touch and up-to-date athletic feel. Check us out at [www.varsityblues.ca](http://www.varsityblues.ca).

We also dove into the world of social media and have been abuzz every since.



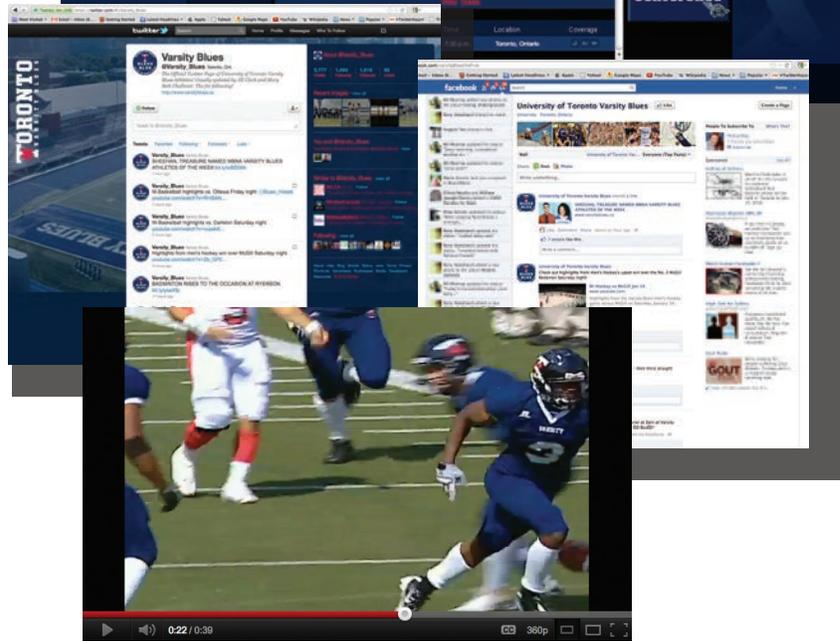
Follow us on Twitter  
 -Varsity\_Blues  
 -#bleedblue #goblues #varsityblues



Like us on Facebook  
 -University of Toronto Varsity Blues



And watch us on YouTube  
 -UofTVarsityBlues



For all the latest and greatest news on your fellow students' athletic achievements, check us out at any of the above. We ARE the home of Varsity Blues athletics!!!



### Marketing/Promotions and Events

Our goal this year was to reach out to all of our students, staff and professors to let you know that as a member of this University, you too, are a Varsity Blue! We all BLEED BLUE!

New this season are targeted game nights for many of our colleges and clubs on campus.

The promotions team is specifically looking to engage on-campus groups, such as South Asian, KIN/PHE, engineers and colleges, with an emphasis on students in residence.

There was an extensive outreach during Orientation Week, including attendance at individual clubs and faculties' club days and a revamped, stronger branding presence during UTSU day.

The Varsity Blues website also boasts a new promotions page entitled FAN zone [http://www.varsityblues.ca/sports/2011/1/9/gen\\_0109113314.aspx?id=419](http://www.varsityblues.ca/sports/2011/1/9/gen_0109113314.aspx?id=419)

This page displays our scheduled promotional activities and game-day

experiences for the intercollegiate season – check it out!

Our department employs a large, and necessary, group of student-staff. Without the 162 student employees, our events would not run. We thank you for your involvement and support of the Varsity Blues program!

### Ticketing

How do you get into the events? Drop by any of our regular-season games and bring your T-card U of T students are FREE! Come on out and support your fellow students

At the Athletic Centre Sports Gym, Varsity Centre, Varsity Arena, or Varsity Pool. All schedules are posted online at [www.varsityblues.ca](http://www.varsityblues.ca).

## HIGH PERFORMANCE OVERVIEW

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University of Toronto's High Performance mandate is to transform the Faculty into a leading centre of healthy sport excellence in Canada and the world, with a world-class training environment and outstanding programs of inter-related coaching development, research, sports medicine, and the training of students in undergraduate, graduate and professional programs of study.

To date under the new agreement the Faculty provides membership access to the University of Toronto to 487 athletes and athletes have used 3,860 training hours in U of T's facilities.

### Ministry of Health Promotion and Sport

Athletes need a strong support system to provide them with the assistance they need to help them reach their full potential. To perform at their peak and get the most out of training, athletes must have access to high quality training facilities where they can partake in intense training under the supervision of their coach. They must also have access to current sport science and sport medicine to keep them performing at their best. MHPS and UofT have entered into an agreement to assist each other in achieving their high performance objectives. MHPS is now into its 2nd year of a 3 year agreement.

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"In both of our years using U of T, the support staff and facilities have been extremely accessible and flexible; this has allowed us to develop our high performance athletes at an optimum level through both training and competitions. U of T Sport Medicine and therapists were an integral factor in us winning gold last year and keeping athletes in the competition as they provided treatment to our players on short notice on multiple occasions."  
—Jodi Gram, Head Coach U-15 Girls Team Ontario, Basketball



## Sport Medicine Services for Ontario Athletes

To date under the new agreement there has been 3208 visits by athletes to the David L. MacIntosh sport clinic. High Performance athletes are finding this service very beneficial.

Provincial Sport Organizations and teams training at U of T received access to field care for camps and training opportunities. With the MHPS program, the MacIntosh Clinic was able to hire additional therapists that are receiving valuable training in the clinic and field and the experience of working with high performance athletes and sport teams invaluable.

## What's New?

The Toronto High Performance Swimming Centre has 11 High Performance swimmers whom are all training for Olympic qualifiers leading into the 2012 Summer Olympics in London. The student athletes on U of T's Swim Team have the advantage of swimming alongside with the High Performance Swim Centre athletes. They have access to top coaches, trainers, nutritionists and sport scientists. The Swim Centre is changing

the culture of U of T's student athletes and is already paying dividends as seen with the results and ranking of the U of T Swim Team. Both Men and Women are currently ranked #2 in the country and this has a lot to do with being able to train with the High Performance Swim Centre athletes. Everyone is realizing the amount of work and resources and commitment that is necessary to succeed at the top of the international scene. Colin Russell a U of T Alumni – swam in two relays that have qualified Canada for the Olympics. Colin has been a star U of T student athlete.

U of T will also be the host venue in August 2012 for the Ontario Summer Games swimming events as well as the the Opening Ceremonies to be held at the Varsity Centre, with hundreds of athletes, coaches and parents in attendance. The faculty will also be the host venue for the 2012 World Deaf Games in July and the 2015 Pan Am Games for field hockey.

The Pavilion strength and conditioning centre has added new high performance equipment that will not only be used by high performance teams and individuals but also the U of T student athletes.

"My recent summer internship at the Canadian Sport Centre of Ontario (C.S.C.O) was one of the most thrilling and educational experience of my life. I couldn't be more thankful to have the opportunity to work with some of the most elite athletes in Canada. In addition, I was surrounded on a daily basis with the brightest minds in their fields at the Centre. There is not a single person there that was not an expert in Biomechanics, Nutrition, Sport Psychology, and Human Physiology. I would highly recommend such a program to ANY student, regardless of future goals and career paths."

–Lydia Schultz Undergraduate Student, Faculty of Kinesiology and Physical Education

# FACILITIES OVERVIEW



## Space Management

Managing as many facilities and people as we do requires a lot of coordination. Without adding to our space inventory, we need to double up whenever we add staff, or convert space for new activity if insufficient space is available. This past year we consolidated and compressed the amount of office space for our aquatic facility staff, IT staff, and AC facility staff and moved a number of program managers and coaching staff to maximize space and function. We also refurbished the student lounge, a favorite space for the Faculty's degree students but also used frequently for athletic team events, staff training, and our ever-popular March break and summer camps.

We have installed digital signage, and continue to work on improving its usage. With new standards for A.O.D.A. Compliance for information and communication being implemented across the province by 2012, much of our signage needs to be replaced and updated.

## Facility Management

Most of our facilities have long lists of deferred maintenance, things we cannot afford to do because there are insufficient funds. In the next five years or so, the pools alone need approximately \$2.5 million for urgent and necessary repairs to prevent risk to pool structure and safety of users.

Infrastructure upgrades, e.g. to air conditioning/heating/ventilation need to be brought into line with current usage levels and user expectations e.g.

How do we address this: by dedicating revenues raised through rentals,

membership sales, services, etc. to a facility renewal fund; As well the Faculty has applied for grants, like RInC, to help us get there (and also sometimes Sustainability funds, asbestos abatement funds, etc.); and also by partnering with U of T Facility and Services, and other departments.

For example at Varsity Centre, through RInC (Recreational Infrastructure Canada grant) the Faculty has:

- Replaced the 3rd (and last of the original units) compressor for the ice plant operations.
- Installed dehumidification for the arena installed
- Installed new rubber flooring is being installed in the arena east corridor and dressing rooms
- Re-furbished the doors housing the Zamboni for better insulation.

The Faculty also hosted more camps at Varsity this year than ever before, including putting basketball camps on the playing court surface in the arena with portable hoops. We hosted a National track and field event in July. With external organizers and we had the first live television coverage of a Varsity Blues football game in 5 years broadcast nationally on The Score network on September 17th 2011.

Our August maintenance period saw both pools drained to install new stainless steel piping in the Varsity Pool lower filter room, repair a stainless steel underwater ledge in Varsity Pool, install a new hydrostatic valves to seal leaking in bottom of Varsity Pool, re-tile a shower

## FACILITIES OVERVIEW



area of the Benson Pool to seal leaks and fix lifted broken tiles, and the Teach Pool wall mural painting was completed by volunteers.

We are now working on installing new pumps in the 50 metre lower filter room to replace current ones which are well past their life expectancy. We are also installing new lockers in family/privacy change rooms to increase number of available lockers.

At the Athletic Centre major projects in past quarter include Field House floor replacement, and equipment upgrades. We also installed air conditioning in the Strength and Conditioning Centre.

The Faculty is now working on further improvements to the Field House including new Fieldhouse divider curtains, and renovating stairwells for equipment storage. We are also expanding our wireless network so students can work/study anywhere in the facility.

### Sustainability

The University's bottled water policy is now in effect at our faculty. The Goldring Centre for High Performance Sport is aiming to meet or exceed LEED silver, and Toronto's green building standards. The Faculty continues to enjoy the benefits of our solar thermal panels, and has adopted a shorter showers campaign.

### Student Access Statistics for the KPE Athletic Centre (January 01, 2011 — December 31, 2011)

	Individual Users			Number of Visits		
	Totals	Female	Male	Totals	Female	Male
StG - Grad Full Time	4,634	2,115	2,519	79,182	27,176	52,006
StG - Grad Part Time	254	126	128	3,598	1,558	2,040
StG - UG Full Time	13,947	6,315	7,629	194,932	66,231	128,688
StG - UG Part Time	2,580	923	1,656	41,568	11,524	30,040
Student - Other	961	530	431	88,543	45,269	43,274
UTM - Grad	80	44	36	1,192	718	474
UTM - UG Full Time	435	179	256	5,049	1,220	3,829
UTM - UG Part Time	93	27	66	884	67	817
UTSc - Grad	51	21	30	888	230	658
UTSc - UG Full Time	701	295	406	5,187	1,705	3,482
UTSc - UG Part Time	175	63	112	1,863	371	1,492
<b>Total</b>	<b>23,911</b>	<b>10,638</b>	<b>13,269</b>	<b>422,886</b>	<b>156,069</b>	<b>266,800</b>



The 2011 year was a busy but productive one for the Centre for Leadership Training and Education (CLTE) staff training, student leadership education and outreach activities. The CLTE plays a key role in designing and implementing education and training for our Faculty's students, staff and faculty members. The training is designed to assist our members to embrace our Faculty's mission, strengthen their knowledge and skills, and work effectively in our sport, recreation and physical activity environments. It also plays a key role in many internal and external educational events for the Faculty.

### General Activities in 2011

One of the largest student employers on campus, the Faculty engaged approximately 650 students (459 in casual positions, 198 in work-study positions) in a variety of roles in 2011. These roles included but are not limited to: research positions, lifeguards, intramural officials, facility staff, program monitors, camp counselors, event support, leadership project development, equity facilitators, and office assistants.

The Centre is also involved in the recruitment of volunteers that play a key role in the Faculty. This past year the Faculty provided more than 500 volunteer leadership opportunities in governance (e.g., the Council of Athletics and Recreation and its various committees), in

running special events (e.g., Alternative Reading Week Days of Service), in a variety of programs and in administrative roles.

To meet its mandate, CLTE organized, led or supported 137 initiatives (training and/or events) throughout 2011. These training sessions and events have resulted in approximately 4,550 student contacts that directly or indirectly enhanced students' experiences. By area of programming, staff training programs reached 914, outreach programs impacted 1,493, and student leadership initiatives provided programming to 2,143 individuals.

Over 450 staff and volunteers participated in some form of in-house accessibility training; 68 staff attended presentations on "Advancing Physical Activity and Equity in the Faculty"; over 500 staff and volunteers participated in area-specific in-services or orientations; 299 staff participated in one of our Faculty's emergency response training workshops; 72 staff and volunteers completed the KPE Leadership Certification. "The CLTE Leadership Weekend taught me a lot about my own development as a leader, but also brought me closer to my Faculty and those individuals who aspire to lead and play a major role in it like I do." [1st year participant of the Leadership Weekend]

As part of the training and education of our part-time CLTE student staff, this year each member was asked to complete a pre and post-term survey to help identify

"I'm personally impressed with the professionalism and provision that the Faculty takes to their casual staff training. This program provides you with multiple workshops and keynotes that prepare you with educational and applicable knowledge that can and should be used in the workplace."

–Casual Staff Member



learning outcomes for the skills, knowledge and attitudes they wished to acquire by working and participating in KPE and CLTE training initiatives. The comparative results of these surveys revealed that the majority of CLTE students felt that their involvement with the Centre improved their leadership skills and knowledge. The information was useful for providing evidence that the work we are doing in training our CLTE student staff has been beneficial to their leadership development, and that we are moving in the right direction to strengthen our educational mandate in the Centre. "I am more than thrilled to be part of a team that makes such a difference to our Faculty. Whether it is planning an outreach event, organizing a staff training workshop, or improving the leadership development within our students – it is great to know we are bettering the student and staff experiences in KPE!" [CLTE student staff member]

## 2011 Highlights

With the leadership of fourth-year BPHE student Ben Verboom, CLTE introduced the Faculty's first Mental Health Awareness Week (MHAW). Initiatives included: A display highlighting high profile athletes who have experienced mental illness; a walk across campus to symbolize the week's theme of 'Moving Toward Change'; and a panel discussion on experiences of mental illness and suicide among the

university-aged population and on the intersections between mental health and physical activity. "The panel discussion was a very touching, emotional and educational experience. All speakers were able to share their knowledge from a unique perspective. The walk beforehand was a great idea and extremely energetic. I plan on attending and being a part of this particular project for many years to come." [Second-year student participant of the MHAW]

CLTE celebrated Black History Month again this year. Initiatives included: A display highlighting significant contributions made by members of the Black community to the realms of physical education, sport and health, especially within the Faculty of Kinesiology & Physical Education; A fundraising lunch, where over \$500 was collected and donated to The Summer Mentorship Program for Black Youth at the Faculty of Medicine; and a panel discussion about new perspectives of Sport for Development and Peace in Africa. The panel featured several academics and evoked spirited discussion which promoted and inspired proactive steps forward and solutions for the future.

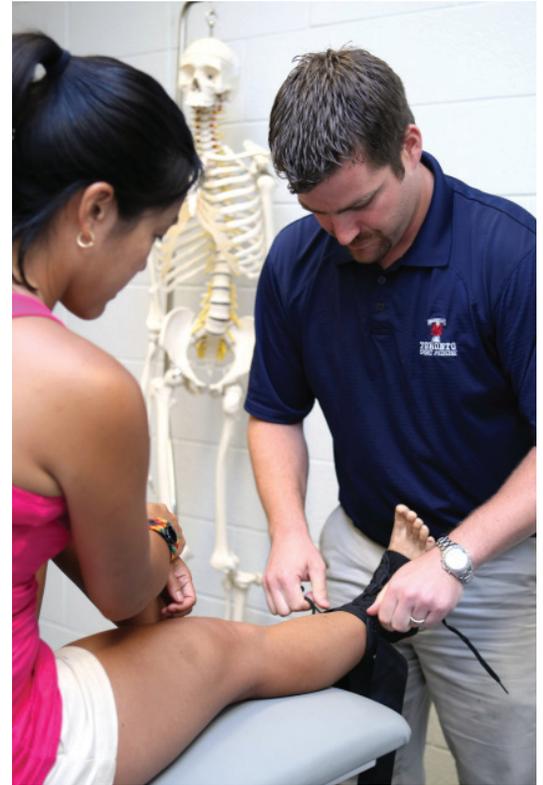
An online equity module "Accessibility and Customer Service" was produced by our Equity Education Intern, Desmond Miller, a student who recently graduated. The innovative training module will provide hundreds of staff and volunteers with a more accessible method for

understanding disabilities in our context, and for complying with the A.O.D.A. standards.

CLTE implemented an innovative short-term "quick hire" internal staffing system to fulfill managers' needs to quickly employ short-term and/or temporary workers in a manner that follows USW hiring policies. In our first year, we employed 14 students who collectively worked over 400 hours. This new initiative was recognized by the University and awarded a 2011 Excellence through Innovation Award.

Each year the CLTE organizes a Meet the Leader's Day to showcase the key student leader positions within the Faculty. Selected student leaders in Faculty governance positions assembled and engaged in a panel discussion. The audience consisted of students who were interested in learning more about the roles and responsibilities of the panellists and about how they could become involved. At this year's March 11 event there were several panellists representing PHEUA, PHEAA, PEHGS, CAR, ISC, and the Varsity Board. Over 35 students attended this event. "This exciting and educational day gave me the opportunity to learn about various leadership roles in the faculty, and informed me about the opportunities to enhance my leadership skills outside the university. It encouraged me to run for a governance position." [3rd year student participant at Meet the Leaders Day]

## SPORTS MEDICINE CLINIC OVERVIEW



**T**he David L. MacIntosh Sport Medicine Clinic has been treating sport-related injuries in the University of Toronto community for over 60 years. We provide preventive and therapeutic multi-disciplinary sport medicine services in clinical and field (sport) settings to a variety of client groups, including Varsity athletes, other U of T students, high-performance athletes who are not students, and non-students who are recreationally active.

The Clinic provides clinic and field placements for students from several disciplines of study (physiotherapy, athletic therapy, KPE leadership, and the Sport Medicine Fellowship programs) and several educational institutions (University of Toronto, York University, Sheridan College) as part of our educational mandate.

The clinic operates approximately 50 weeks per year (we are closed during the University's annual winter holiday). We are open for business for approximately 2,700 hours per year. Annually we perform approximately 23,000 client services, of which 5,500 are medical services and 17,500 are therapy services.



# FUNDRAISING OVERVIEW



**W**e are pleased to report on the fundraising and Alumni Affairs activities of the Faculty for the fiscal year commencing May 1, 2010. From all sources, we successfully raised a total of \$13,173,380 for the Faculty's priority projects. More than 1,000 donors supported the Varsity Centre capital campaign, funded undergraduate and graduate scholarships, athletic awards and provided program support to enhance our 44 intercollegiate teams.

The \$98 million Varsity Centre campaign remains the Faculty's top priority. With the completion of Phase 1 - Varsity Stadium (\$21.7 million) and the Dome (\$1.2 million) in 2007; Phase 2 - Varsity Pavilion and box office (\$10 million) in 2009; and Phase 3 - Varsity Arena renovations (\$2.3 million of \$7.1 million) underway, our attention has now shifted to the final phase of the project, the \$58 million Goldring Centre for High Performance Sport. The new building will be located on the west side of Devonshire Place, just south of Bloor St. The first three floors of the Goldring Centre will contain the Basketball and Volleyball Field House

with 2,000 spectator seats. One floor will be dedicated to strength and cross training, one will house the David L. MacIntosh Sport Medicine Clinic as well as laboratories for Sport Science Research. There will also be change rooms, team rooms, meeting rooms for coaches and administrative offices throughout.

Medal-winning athletes inspire people in every walk of life to set high goals for themselves and persevere to succeed. Varsity Centre is the realization of the University's vision for revitalizing high performance summer sports in Canada. Major sport infrastructure is an essential element in this strategy to build healthy communities and contribute to the physical well being of Canadians.

The stimulus of high performance sport helps improve the health of individuals, boost economic activity and enhance Canada's positive image in the world. When completed, the Goldring Centre will rank among the best high performance sport facilities in the world, and will place U of T as an international leader in sport development.

## Goldring Centre Capital Campaign

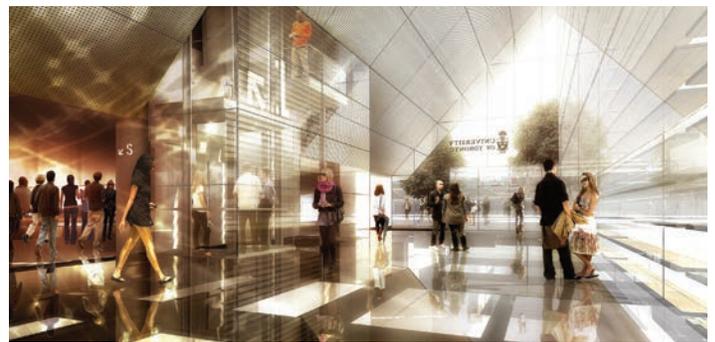
The Capital Campaign is in full swing and we raised \$11,083,854 this year toward the building fund. We were indeed fortunate to receive two transformational gifts – the first from Ron Kimel to name the Kimel Family Field House and the second from the late Gordon Stollery to name the Frank Blackstock Stollery Atrium, in honour of his grandfather.

## Annual and Special Appeals

Our annual giving programs generated \$323,472 for Varsity teams and \$19,127 for academic priorities. The Adopt-A-Blue program which allows the athletes, their parents and friends to raise funds for our athletic programs continues to be very successful. This year, we raised \$100,855 to support our intercollegiate teams. Special appeals such as the University of Toronto Sports Hall of Fame allow the Faculty to maintain the Varsity Blues athletic traditions and generate support.

In addition, we received \$191,500 from bequests and planned gifts.

# FUNDRAISING OVERVIEW



## Scholarships

Support for athletic scholarships continues to be a strong priority for the Faculty. This year, we raised \$224,038 to support athletic awards. With the generous support of our athletic alumni, we were able to start five new athletic awards, including the Lou Lukenda Basketball Award of Merit, the Varsity Blues Men's Soccer Award of Merit, the Jane Clement Chamberlain Memorial Award, the Sheryl and David Kerr Women's Hockey Award, and the Friends of Blues Women's Volleyball Award of Merit. We were also able to increase the endowment in the Liz Hoffman Field Hockey Award to commemorate Liz's distinguished career as Assistant Dean and Director of Athletics.

## Corporate Sponsorship

Corporate sponsorships are an important source of revenue for the Faculty. In total, we raised \$464,183 from corporate sponsorships, advertising and in-kind

support. Examples of in-kind gifts included teams such as swimming and track that continued their relationships with Speedo and Nike, respectively, sports beverages for Varsity Blues and intramural athletes and camera equipment from TV Ontario. Additionally, the Faculty entered into a contract with Imperial Vending to provide beverages, milk and snacks in both the Athletic Centre and Varsity Centre. The relationship is expected to yield at least \$20,000 in cash support annually. The Faculty is the first of Imperial's clients to use the new "SEED" technology that allows for wireless monitoring of machine inventory. Through this system, Imperial has been able to cut its truck fleet by 40% and deploy technicians only when the machines need to be filled.

## Stewardship Activities

Over the course of the year, we hosted over 7,000 alumni and friends at 30 alumni-

related events which included the following: special VIP receptions around major events such as the Canadian Track and Field championships and CIS Men's Soccer Championships; the University of Toronto Sports Hall of Fame; student-athlete / donor award recognition ceremony; four golf tournaments; and other gatherings intended to bring our alumni together and allow them to be more in touch with the University and our Faculty.

Key communications with alumni include the recently launched and regularly updated Faculty and Varsity Blues websites, thank you letters to donors, annual holiday cards, and Donor Financial Reports (DFR's) to our lead donors of endowed accounts that exceed \$100,000. Those athletic alumni with active email addresses receive sport-specific updates through the competitive sport season and many teams chose to distribute their own alumni newsletter with our assistance.

## FINANCIAL OVERVIEW

The Faculty completed the 2010-11 budget year showing a very small positive variance between planned and actual expenses/revenues of just under 2 percent. As shown on the accompanying tables, the largest expenses are for compensation and facility operation, listed as occupancy costs, which include utilities, caretaking, security, telecommunications, grounds, waste management, etc.

The Faculty continues to review each unit within the Co-Curricular program with a zero-based budget approach, which means that budgets are not simply replicated from year to year, but are examined in depth to confirm that revenue and expense amounts planned are accurate and reflect actual amounts for the coming year. This has proven to be a useful exercise wherever it has been done already, and has led to better planning and deployment of resources.

In anticipation of the Goldring Centre for High Performance Sport coming into being, we have been reviewing operating plans created several years ago so that the expectations for what that facility will require match up with current operating costs, including utility costs and staff compensation. This exercise is required for the Goldring Centre project to be approved by different levels of Governing Council. Once the Goldring Centre is open and operating, a final plan will be presented for approval at the various levels of governance in the Faculty and beyond.

As usual the Faculty hired many casual staff to help deliver our programs, and as such remains the largest employer of students on campus, providing \$2.6 million in earnings in 2010-2011 to about 950 casual staff members. This does not include another 195 students who contributed to program delivery in the Faculty through the work-study program.

### PROPOSED STUDENT FEES

	2011 – 2012	Percentage Change	Net Change	2012-2013
St. George/ Full Time	140.64	6.66%	9.37	150.01
St. George / Part Time	28.13	6.66%	1.87	30.00
UTSC & UTM/ Full Time	16.31	6.66%	1.09	17.40
UTSC & UTM / Part Time	3.26	6.66%	0.22	3.48

### CO-CURRICULAR INCOME

	2011-2012	2012-2013
Student Fees	15,112,545	16,228,301
Community Programs	1,802,500	1,900,000
Non-Student memberships	1,658,103	1,740,672
Other Programs	1,823,697	2,333,932
Rentals	1,141,025	1,060,514
Services	596,283	1,591,250
University Support	275,753	275,753
<b>Total</b>	<b>22,409,906</b>	<b>25,130,423</b>

### CO-CURRICULAR EXPENSES

	2011-2012	2012-2013
Facilities	7,736,971	8,227,712
Services	4,337,057	5,862,769
Programs	10,139,836	10,831,237
Tricampus Funding	196,042	208,705
<b>Total</b>	<b>22,409,906</b>	<b>25,130,423</b>



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION



FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION							February 23, 2012	
2012-13 Co-Curricular Budget								
2012 - 2013 Budget Plan Proposed			2011 - 2012 Budget Plan			Net Difference		
Operating Expense	Divisional Income	Net Operating Exp(Inc)	Operating Expense	Divisional Income	Net Operating Exp(Inc)			
<b>Co-Curricular Operations</b>								
<b>Facilities</b>								
Central Occupancy Costs	2,547,578		2,547,578	2,300,054	2,300,054	247,524		
Facility Renewal	1,554,000	0	1,554,000	1,554,000	1,554,000	0		
Facilities - Varsity	1,943,637	328,000	1,615,637	1,880,352	425,000	160,285		
Facilities - Athletic Centre	1,261,938	162,665	1,099,274	1,131,020	160,000	128,254		
Facilities - Pools	920,558	569,850	350,708	871,545	556,025	35,188		
<b>Sub-total - Facilities</b>	<b>8,227,712</b>	<b>1,060,514</b>	<b>7,167,198</b>	<b>7,736,971</b>	<b>1,141,025</b>	<b>571,252</b>		
<b>Services</b>								
Administrative Services	3,724,673	1,151,103	2,573,570	2,303,448	489,537	759,659		
Development and Alumni Affairs	718,321	105,000	613,321	708,117	168,000	73,204		
Student & Member Services	648,351	607,900	40,451	567,256	211,500	(315,305)		
Communications	503,905	3,000	500,905	495,080	3,000	8,825		
Leadership Development	267,520	0	267,520	263,156	0	4,364		
<b>Sub-total - Services</b>	<b>5,862,769</b>	<b>1,867,003</b>	<b>3,995,766</b>	<b>4,337,057</b>	<b>872,037</b>	<b>530,746</b>		
<b>Programs</b>								
Fitness & Instruction (Instruction)	189,362	265,500	(76,138)	176,400	250,000	(73,600)		
Intramurals	227,950	44,200	183,750	223,644	36,000	(3,894)		
Open Recreation	679,138	0	679,138	553,778	0	125,360		
Intercollegiate Athletics	2,678,559	186,500	2,492,059	2,390,593	134,000	235,466		
Children & Youth	1,406,212	1,900,000	(493,788)	1,260,855	1,802,500	(541,645)		
Program Business	3,358,320	0	3,358,320	3,366,690	0	(8,370)		
Sports Medicine Clinic	2,291,696	1,837,732	453,963	2,167,876	1,403,696	(764,180)		
<b>Sub-total - Programs</b>	<b>10,831,237</b>	<b>4,233,932</b>	<b>6,597,305</b>	<b>10,139,836</b>	<b>3,626,196</b>	<b>83,665</b>		
<b>Total Co-Curricular Operations</b>	<b>24,921,718</b>	<b>7,161,450</b>	<b>17,760,269</b>	<b>22,213,864</b>	<b>5,639,258</b>	<b>1,185,663</b>		
<b>Co-Curricular Funding</b>								
Staff/Faculty Joint Membership fees		391,400	(391,400)		392,817	(392,817)	1,417	
Community Member and Guest Pass fees		1,349,272	(1,349,272)		1,265,286	(1,265,286)	(83,986)	
Student Fees		16,228,301	(16,228,301)		15,112,545	(15,112,545)	(1,115,756)	
Student fee transfer to UTIAS (Aerospace)	6,000		6,000	6,000		6,000	0	
Student fee transfer to UTM	101,353		101,353	95,021		95,021	6,332	
Student fee transfer to UTSc	101,353		101,353	95,021		95,021	6,332	
<b>Total Funding</b>	<b>208,705</b>	<b>17,968,973</b>	<b>(17,760,268)</b>	<b>196,042</b>	<b>16,770,648</b>	<b>(16,574,606)</b>	<b>(1,185,662)</b>	
<b>Net Co-Curricular Operations</b>	<b>25,130,424</b>	<b>25,130,423</b>	<b>0</b>	<b>22,409,906</b>	<b>22,409,906</b>	<b>0</b>	<b>0</b>	

**Faculty of Kinesiology and Physical Education**  
**2012-2013 Co-curricular budget**  
**Fee index calculations**  
 February 23, 2012

**CPI Formula**

140.64 2011-12 Fee  
 (9.68) Less removal of 3 year temp fee increase from 2009-10

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130.96 Adjusted fee base  
 2.0% CPI Rate

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2.62 CPI based increase

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**133.58 CPI based fee for FT St. George students**

**UTI Formula**

8,506,364 2011-12 Budgeted Salary Base - Appointed staff  
 382,786 Average increase for 2012-13 @ 4.50%  
 2,200,065 Benefits Cost @ 24.75%  


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 11,089,215 Indexed Salary Base - Appointed Staff

2,447,820 2011-12 Budgeted Salary Base - Casual staff  
 48,956 Average increase for 2012-13 @ 2.00%  
 249,678 Benefits Cost @ 10%  


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 2,746,454 Indexed Salary Base - Casual Staff

13,835,669 Total Indexed Salary and benefits expenditure base for 2011-12  
 (7,102,675) Less 2011-12 revenue from other sources  
 6,880,250 2011-12 Non Salary expenditure base (excluding occupancy)  
 2,547,578 2012-13 Occupancy costs  
 (254,857) Less non student use  
 (807,997) Less UTM/UTSc fees (2012-13 enrol @ 2011-12 rates)  


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 15,097,969 Total St. George student fee budget for 2012-13 under UTI

51,218 Weighted, projected St. George enrollment for 2012-13 (Term FTEs)

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**147.39 UTI Based Term fee for FT St. George students (budget / enrollment)**

16.43 UTI \$ increase  
 12.5% UTI % increase

6.75 Net UTI \$ increase  
 4.8% Net UTI % increase

**RESULTING MAXIMUM FEE UNDER UTI + CPI**

	St George FT	St George PT	UTM/UTSc FT	UTM/UTSc PT
2011-12 fee	140.64	28.13	16.31	3.26
Less removed temp fee	(9.68)	(1.94)	(1.12)	(0.22)
Plus CPI permanent	2.62	0.52	0.30	0.06
Plus UTI 3 year temp	16.43	3.29	1.91	0.38
<b>New fee based on UTI /CPI</b>	<b>150.01</b>	<b>30.00</b>	<b>17.40</b>	<b>3.48</b>

Actual \$ per term per student increase - CPI	2.62	0.52	0.30	0.06
Actual \$ per term per student increase - UTI	6.75	1.35	0.78	0.16
Total	9.37	1.87	1.09	0.22
as a %	6.66%	6.66%	6.66%	6.66%

# Faculty of Kinesiology and Physical Education

## Tri Campus Support Calculation

2012-2013 Budget

February 23, 2012

	2011-12		2012-13	
	UTM	UTSc	UTM	UTSc
Projected FTEs	12,583	11,235	13,173	11,597
CPI+UTI percentage increase	3.37%		6.66%	
Tri-Campus Agreement	91,925	91,925	95,022	95,022
CPI+UTI	3,098	3,098	6,330	6,330
Proposed support	<b>95,022</b>	<b>95,022</b>	<b>101,353</b>	<b>101,353</b>
Increase / (Decrease)	<b>3,098</b>	<b>3,098</b>	<b>6,330</b>	<b>6,330</b>

NOTES:

This is an estimated transfer. Actual transfer will be made in Feb/12 based on Nov 1/11 enrollment counts.