

# COACH'S CORNER



# JANUARY EDITION

# **LETTER FROM THE EDITOR**

*Hey Kin! Welcome back!!*

*So many fun and exciting things have been going on this month. The ski trip, WAG, and lots more! Of course, lots of events are always happening and there are so many opportunities to get involved. Don't forget to check your year Facebook pages and groups, year emails, and the @\_pheksa\_ Instagram to keep up to date with everything Kin has to offer! Also, be sure to check out @pheksa\_23 on TikTok for fun videos and updates.*

*Have a great rest of your January!*

*-Amy Posel*



**WINTER ACTIVITIES WITH YOUR PROFS |  
MEET ECKO 2023 | WAG THROUGHOUT THE  
YEARS | SKI TRIP | RELAY FOR LIFE**

# Wondering which winter activities your profs have been up to recently??



Dr. McGlory has been feeding the birds



Dr. Szto has been playing hockey on the lake



Dr. Gurd has been skiing at Mount Washington and biking near Nanaimo



Dr. Lévesque has been snowshoeing



Dr. Manson has been checking out some pretty cool views



Dr. Lee has been skiing



Dr. Adams has been walking her dogs Winnie and Henry in the snow

# MEET ECKO



Hey Kin!! My name is Payton Rix and I am this year's Head Coach! My hometown is Mississauga! Orientation Week holds such a special place in my heart as it was what made me fall in love with this incredible program! I am beyond excited to work with the ECKO team to produce an O-Week that will allow the class of 2027 to see how excited, enthusiastic and how big of a family the faculty of kinesiology is! My fun fact is that my favourite animals are fluffy cows!!

Hi guys, my name is Ellie Roumanis and I'm this year's outreach coordinator. I grew up in Kingston Ontario and I'm most excited about building bonds with the incoming class of 2026 as well as showcasing what this amazing program is all about. Fun fact about me is that I can recite almost every line while watching friends.



Hi guys, I'm Hudson Polsky  
I'm from Thornhill, Toronto and I am the Finance Rep. I am most excited to welcome all the first years and help create every lasting memories! A fun fact is that I've had 4 different types of animals as pets over my life.



# MEET ECKO



Hey everyone, my name is Cari and I'm from Toronto! This year I am the Logistics Event Coordinator on ECKO! I am SO excited to be a part of this amazing team and have the opportunity to plan an amazing O-Week for the incoming class of Kinesiology students. A fun fact about me is that I have lived on two different continents throughout my life.

Hi everybody, my name is Maeve and I'm from Toronto! I'm the Logistics EDI+I coordinator on ECKO. I'm most excited about being part of creating a memorable experience for incoming students. A fun fact about me is that Shawn Mendes has watched me play hockey, this was a big deal for me because at the time I was OBSESSED with him.



Hey Kin, I'm Amelia! I'm from Ingersoll, a tiny town just outside of London ON. I am the Academics Representative on ECKO for this upcoming orientation! My job is coordinate the academic events for o-week as well as making the Orientation Week Handbook! I am most excited to welcome all of the incoming first years into our incredible program! A fun fact about me is that I can juggle! I cannot wait to make this orientation week one to remember!!



# WAG THROUGHOUT THE YEARS



Since 1991, PHEKSA has supported WAG (Winter Adapted Games) which is a fun-filled day of non-competitive games and activities for people from the Kingston community who have an identified disability. Every year, a new theme is created that rouses the imagination of volunteers and participants. Themes from years past have ranged from “WAG Goes to Hollywood” to “WAG Walks the Plank”. The 2009 theme was “WAG Swings through the Jungle”. Though not mandatory, imaginative costumes are often worn by volunteers and participants, adding another dimension to the WAG excitement.

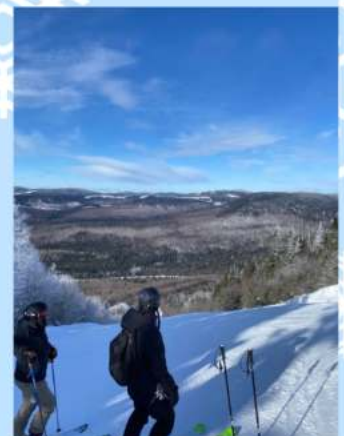
Queen’s students can be involved with WAG as a member of the organizing committee or as team leaders, event facilitators and buddies on the day of the event.



# ***SKI TRIP***

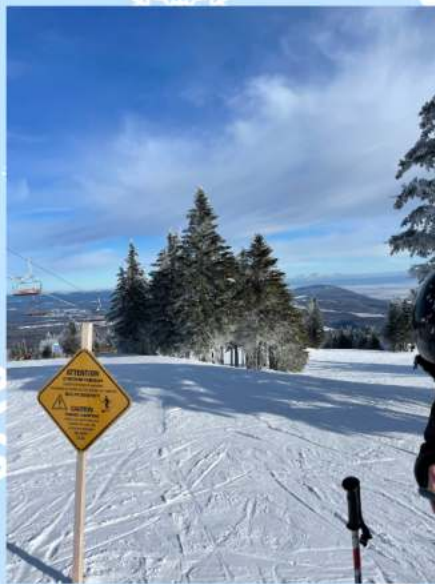
Pheksa's annual ski trip ran from January 20th to 22nd. Kinesiology students made their way to Mont-Sainte-Anne and spent their weekend skiing, snowboarding and enjoying the scenery of Quebec City. The conditions were perfect, and everyone had a fantastic time on the slopes and spending time with their friends on an unforgettable weekend!

**-Johnny and Katie,  
Jr. Athletics Commissioners**





# SKI TRIP



Mont-Sainte-Anne

# ***RELAY FOR LIFE***

PHEKSA is organizing Kin Year teams for Relay for Life. Relay for Life raises money for the Canadian Cancer Society.

Fundraising will be done leading up to an overnight event in the ARC on March 31st. This is a great opportunity to make a difference and get involved in a fun event.

Tickets are \$25!

Find the link to sign up for your year team in your year emails!

## **A WINTER RIDDLE!**

**Q: *WHAT KIND OF BALL DOESN'T BOUNCE?***

**A: *SNOWBALL.***