

COACH'S CORNER



FEBRUARY EDITION



2023



WAG





On behalf of the WAG executive committee, we would like to thank all volunteers for their time commitment and amazing efforts to make this day as meaningful as possible for the participants! Participating in WAG is truly a highlight for the participants, and they look forward to it year after year. We would also like to thank the Queen's Athletic and Recreation Centre, and the School of Kinesiology and Health Studies for providing us with their facilities to host the 2023 WAG. This was an amazing day, and we couldn't have done it without your help!

-The 2023 WAG executive committee

LOVE IS IN THE AIR

For: lazar Rajic

you're really hot... meet me in loco on
February 28 when the clock strikes
midnight
-Anonymous

For: James Dormer

Happy Valentine's luv ya so so much MWAH
-Anonymous

For: Kate Horowitz

Hello beautiful girl. You are so beautiful.
Come back to Kingston so I can say that
to your face. Beautiful girl.
-Your Secret Admirer

For: Parker Milne

Parker Milne has immaculate rizz
and I am down bad. She's so cute
with her vegetarian food, even
though I know she secretly thinks
about chicken. She's so cute eating
her broccoli. Parker, will you be my
valentine?
-Anonymous

For: Alex Partridge

Alex, my love, you have my heart,
My feelings for you will never part.
Your beauty is like no other,
I will love you forever and ever.

Your eyes sparkle like a diamond,
I'm so lucky you are mine.
We share a bond that's so divine,
I want you forever, till the end of time.

The world can be so cruel and cold,
But with you by my side, I'm never alone.
Your support and your love are so grand,
You make me feel like I can do anything I can.

My love for you is so strong,
I want us to last forever long.
You are my sunshine and my star,
My love for you will never go far.
-Anonymous

For: Adelyne Heyes

Happy Valentine's Dayyyyy ily so so much
-Graceeee

For: Taylor Glasser and Miriam Barker

happy v-day taylor and miriam! i love you guys so much!
thanks for making school KINcredible
-Anonymous

For: Izabela Polom, Fiona Hughes

You may not know me, or might not know me well... but upon reading this message I hope it finds you well! On day like like today, with all the singles about there is just one person that makes me smile to no amount. You have a smile of wonder, and a brightness that can't be beat. Every time you come across my mind, you sweep me off my feet. I am keeping this anonymous as I lack the self-confidence to be. But hopefully someday, our paths will cross and it's no longer just me☐☐ Happy Valentines Day!

-Anonymous

Now it's your turn to send your crush a message...

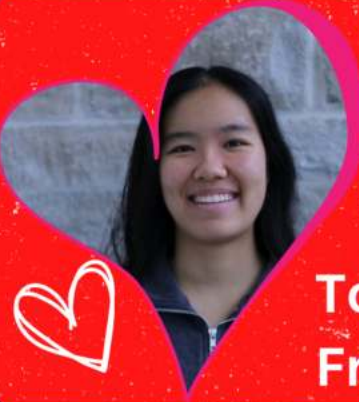
**You + me
4-AVA**

To:
From:



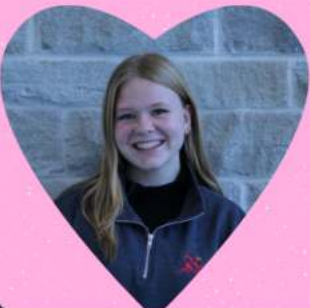
**You've got
me ROPED
in**

To:
From:




**I have a MAJER crush
on you**

To:
From:



**Were you an angel in a
PRYOR life?**

To:
From:




**My love for you is
CHEN-uine**

To:
From:



To:
From:

Say YAS to love



MINI STREAMS

Athletic Therapy

The athletic therapy mini stream is an amazing learning opportunity. From the beginning, being enrolled in KNPE 331: Care and Prevention of Athletic Injuries, to being placed on a Queen's Varsity team, you are always enhancing your learning in a positive environment that promotes growth. During your practicum hours, you supervise practices and games of your designated team, being responsible for coverage, therapy and taping of the team both before, during, and after practices or games. This opportunity delivers a great understanding of the athletic therapy experience from working with the players and coaches to working in the clinic with certified athletic therapists. If you are interested or looking to learn more, check out the SKHS website for more information! Applications due Monday March 6th, 2023 @ 11:59pm!-Nick Green, 3rd year AT



Strength & Conditioning

My name is Hunter Wilkinson, and I am in third year as well as a Level 2 intern in the Strength and Conditioning Mini Stream. S&C provides you with a hands-on coaching experience working with Queen's varsity athletes in a high-performance setting. Over the course of the internship, this being a three-year commitment, interns have various responsibilities, committing time to the weightroom as well as their assigned teams. Some key aspects involved with being an intern consist of observing and coaching the weightroom, running warmups, administering athlete testing and monitoring, coaching cues, and being an outlet of support to our varsity athletes. This year, I am specifically working with the Women's Basketball Team and Men's Soccer Team. With these teams being at two different training points of their season, expectations in the weightroom vary giving me a new type of appreciation for the work we do with them. Level 1 interns are required to complete 2 hours weekly while Level



2s and 3s complete 5 hours weekly. In the Level 3 position, you are solely assigned to one of our varsity teams and assist with S&C related tasks at practice. This internship provides you with valuable practical experience and has allowed me to connect and create new relationships with individuals in the Queen's athletics community.-Hunter Wilkinson, 3rd year S&C



MINI STREAMS

Research - KNPE 352

For those interested in getting involved in research, KNPE 352 serves as a hands-on introduction to research within the SKHS. The class consists of both a seminar and lab component, allowing students to learn about research in a traditional classroom setting, as well as through practical experience in their chosen lab. Many of the bi-weekly seminars consist of short lectures from different professors in the SKHS to provide an overview of their area of research and the current projects being completed in their lab. Other seminars consist of group discussions surrounding relevant topics in research, such as ethics or funding, or attending graduate seminars, to learn about present findings or ideas from studies by graduate students within the SKHS.

While the seminars follow a formal schedule, the accumulation of 80 hours of lab time throughout the year is organized by 352 students with their supervisor or the graduate students within that lab. The tasks and research done by 352 students differs from lab to lab and depend greatly on the projects and techniques being used in their assigned lab at that time. As a 352 intern, lab responsibilities may include attending lab meetings, contributing to data collection, assisting with article screening, or helping with literature reviews.

This year, I have had the opportunity to assist in the Cardiovascular Stress Response Lab (CVSRL) under the supervision of Dr. Pyke. The research done in the CVSRL focuses on the characteristics of endothelial response to alterations in blood flow and how this can be applied to understand and prevent pathological changes in vascular function. As an intern in this lab, I assist graduate students with data collection for their studies. During these studies, this involves entering specific comments on the computer, monitoring electrocardiogram and blood velocity channels, and controlling blood pressure cuffs as part of the experimental protocol. This internship has allowed me to learn about vascular physiology from an applied approach and has allowed me to develop a stronger understanding of the research process. -Allison Cahill, 3rd year KNPE 352 student

Application Deadlines:

Athletic Therapy Mini-Stream: Monday, March 6th

Strength and Conditioning Mini-Stream: Monday, March 6th

KNPE 352 (Part of the Research Mini-Stream): Monday, March 27th



Q SPORTSFEST



Q-Sportsfest, previously known as Bewics, took place on February 4th. The 4th year kin team battled out Con-Ed in rugby basketball, futsal, dodgeball, volleyball and a cardboard boat race. Ultimately kin took home 1st place!!



RECIPE FROM THE EDITOR: **BANANA PANCAKES**



Breakfast is both the most important meal of the day and my favourite meal of the day so I thought I'd share an easy and nutritious breakfast recipe I love to make in my student house to fuel up for a day of studying!!

Ingredients:

1 ripe banana
1 egg
1/4 cup any milk
1 tsp vanilla extract
3/4 cup oats
1 tsp baking powder
1 tsp ground cinnamon
pinch of salt
oil or butter (for cooking)



Directions:

- Blend all ingredients in a blender until mostly smooth
- Let the batter sit a bit to thicken
- Heat up some oil on your pan over medium heat
- The amount of batter you add for each pancake is up to you - I like to make a lot of little ones!!
- Cook until the pancake has risen and started bubbling
- Flip and cook until golden brown!

Enjoy!!

- Amy Posel



Motionaball's Marathon of Sport will be taking place on Sunday, March 12, 2023. Teams can be made up of up to 10 people, and one team member will need to be assigned as the team captain. Queen's Kinesiology students and Queen's sports team members are eligible to sign up to be part of a team. The registration fee is \$25 and includes a Motionball t-shirt, lunch, and a chance to earn fundraising incentives.

To sign up for a team:

1. Fill out the registration form (can be found in @queensumotionall's bio)
2. The team captain must complete the steps that will be emailed to them
3. The team captain is responsible for sending this information to the rest of their team
4. Start fundraising!

Form closes Sunday, March 5th