

# COACH'S CORNER



# MARCH EDITION

# ***LETTER FROM THE EDITOR***

Hey Kin,

Hope everyone is enjoying week 12! I cannot believe it is already that time of year. I've started thinking about this past school year, and I feel that Kin students have accomplished a tremendous amount. Events like Kin Games, WAG, and O-Week at Camp Oconto, which have not happened in person the past couple years, were able to run in an extremely successful manner. On PHEKSA, I have had the ability to witness the hard effort that students put into events like Coffee with the Profs, open houses, semi-formal and formal, Wellness Week, and so much more. I know that these memories will stick with all of us for years to come.

-Amy Posel, Coach's Corner Editor

# MOTIONBALL'S



# MARATHON OF SPORT

On March 12, the Queen's University motionball committee hosted our annual all-day fundraiser called Marathon of Sport. This is an action-packed day where varsity teams and Kinesiology students played sports alongside Special Olympics athletes from our Kingston community. The Marathon of Sport is a great way to bring athletes of all abilities together and participate in fun activities. This day not only brings awareness to the Special Olympics movement, but allows people with and without intellectual disabilities to interact, build lifelong friendships, and ultimately create more inclusive communities. This year at our Marathon of Sport presented by CI Assante, we raised

\$26,000 for Special Olympics Canada. We encourage everyone to be part of the Marathon of Sport next year as it is such a rewarding experience for everyone involved!!

*-Mara Majer, Special Olympic Athlete Liason*



# HOW TO NOT BE THAT ONE ☒ HOUSEMATE: A SUMMARY

## STRATEGIES

1.

- ACCOUNTABILITY CHART
- PLAN WHO IS RESPONSIBLE FOR WHAT AND THEN ALTERNATE EACH WEEK
- PICK ONE DAY EVERY WEEK TO CLEAN TOGETHER
- TRACK WHO OWES WHO MONEY IN A SPREADSHEET
- DECIDE EARLY ON HOW YOU WILL SPLIT FRIDGE/ PANTRY SPACE, AND RENT/ UTILITIES

## HABITS

2.

- TRY TO USE LESS UTILITIES DURING ON PEAK HOURS
- CLOSE WINDOWS IF YOU ARE RUNNING A HEATER OR AC PROACTIVELY
- CLEAN AND DO YOUR DISHES
- LOOK FOR SALES AND STUDENT DISCOUNTS
- KEEP GARBAGE CANS LINED WITH BAGS MAKE YOUR BED
- LOCK YOUR DOORS

## INVESTMENTS

3.

- TUPPERWARE
- CLEANING SUPPLIES
- SWIFFER
- VACUUM
- WIPES
- PAPER TOWEL
- SPRAYS
- LOCKABLE GARBAGE BINS
- AIR FRYER AND/OR RICE COOKER
- LIGHTS AND DECORATIONS
- CREDIT CARD + AUTOPAY

*Presented By  
PHEKSA 4th  
Year Rep  
Daniel Lesiuk*

# KIN GAMES

The 2023 Kin Games were held at the University of Winnipeg. The Queen's Kin Games team came in first place in two out of four categories: academics and spirit!



# SKHS Alumni Panel



On March 20th, the SKHS held an alumni panel. The panel consisted of an emergency medicine physician (Hannah Davis, KIN '14), law student (Ali Kwinter, HLTH '19), physiotherapist (Dan Frankel, KIN '17), and occupational therapist (Meaghan O'Connor, HLTH '16). The panelists shared their journey since graduating from Queen's, as well as a description of their current education or role, and answered questions from KIN and HLTH students.

Among the important pieces of information they shared, the panelists explained some of the reasons why an undergraduate degree in the SKHS prepared them well for their current position.

Davis shared that Kinesiology provided her with a lot of the practical knowledge and skills she needed in medical school. Kwinter shared that many of her Health Studies courses, including HLTH 323 (Epidemiology) and HLTH 252 (Introduction to Research Methods), taught her how to write concisely; a skill she now uses often. Frankel shared that Kinesiology taught him how to work collaboratively, through completing group projects in addition to being a Coach for Orientation Week. O'Connor found that classes in the SKHS showed her how to look at health from many different perspectives - something she must do constantly as an occupational therapist.

Overall, the knowledge shared was very helpful for current students and we are thankful for these alumni who came to speak!





# Tips for Maintaining Good Mental Health **DURING EXAMS**



## **1. Go for a walk when you're stressed**

It's a great way to calm down + get in those steps between sitting at a desk all day

## **2. Find your fave study spot**

There are so many great places to study on campus, and a different spot is best for each individual



## **3. Pack snacks for the day**

You can't focus if you don't have any fuel! Plus snacks are fun and you can share with friends



## **4. Make sure to see your friends**

You're all busy, but that doesn't mean you can't study with friends or catch up with them over dinner



## **5. Think about what you're grateful for**

Even though exam season is stressful, there is still a lot to be grateful for, whether it's a sunny day, a cup of coffee, or getting to be around your Queen's family



***You got this!!***

# ***RECIPE FROM THE EDITOR:***

## **SHAKSHUKA**



### Ingredients:

1.5 tbsp olive oil  
1 diced medium onion  
1 diced bell pepper  
3 cloves garlic  
1/2 tsp chili powder  
1/2 tsp cumin  
1/2 tsp paprika  
1 can whole tomatoes  
(peeled)  
2-6 eggs  
salt & pepper  
feta or grilled halloumi  
cheese (optional)  
bread (for serving)

### Directions:

1. Heat up oil and sauté onions and peppers for 5 min on medium heat
2. Add garlic and spices, cook for another 30 s - 1 min
3. Pour in the can of tomatoes and add in salt and pepper to taste
4. Break down the tomatoes using a spatula or spoon and bring to a simmer
5. Let simmer for 5-10 minutes
6. Make wells with a spoon and crack eggs into the wells
7. Cover the pan and cook until the eggs are cooked to your liking
8. Add cheese or any other garnishes and serve with bread!

*Enjoy!!*  
*- Amy*



# Formal



