

COACH'S CORNER

NOV. 2018

ISSUE NO. 2



WELCOME HOME PHEKIN



Mark your Calendars for...

Nov. 9th: Career Fair

**Nov. 11th: Equity and Wellness
Night at the Grizzely Grill**

Nov. 17th: 2nd Fall Preview

Nov. 23rd: Semi-Formal

**Dec. 1st: Exams Begin (you got
this)**

Feb. 1st-3rd: Ski Trip

Letter from the editor

Howdy,

Welcome back to Coach's Corner! Whether you're a long time reader, or a first timer, you'll find something in here to enjoy. Now that midterms are over, I want to take a moment to talk about something very important. Remembrance.

This year in particular marks a very important anniversary. 100 years ago, the guns fell silent, and the Armistice that was signed put an end to the First World War. This November 11th, I encourage you to take a moment to reflect on all those affected by these conflicts, and to appreciate the sacrifices that the brave have made, and continue to make.

Talk again soon,
Miles Lambert
Editor-in-Chief
Coach's Corner



UPDATE

LOOKING TO BE FEATURED? WANNA BE
KEPT IN THE LOOP? EMAIL US
COACHESCORNER@PHEKSA.QUEENSU.CA

Introducing... Your 1st Year Reps



"Hey everyone, my name is Arthur Leung and I'm from Vancouver. I have an older brother and sister. I love meeting people and talking about anything interesting so feel free to come up and start a conversation with me. Of course I also love getting outdoors and playing sports, my favourites being rugby, soccer and basketball, however I'd happily play any sport! I'm very excited for the next few years and in the future, I plan to attend medical school"

"Hey everyone! My name is Stuart Mladen and I am from Mississauga, Ontario. I love to watch and play all sports! My favourite sport used to be baseball, but I've developed a new passion for inner tube water polo. If you ever want to chat about anything, I am always up for it! I hope to pursue a career in medicine, preferably orthopaedics. I AM SO EXCITED for these next 4 years with all of you! Let's have some fun!"

Think your TA is the best of the best?

Have a premium Prof?

Nominate them for the Excellence in Teaching Award!

Nomination forms have been sent out! Check your Yea email or Facebook group for more info!

Oh the Memories

Coach's Corner asked the Exec their highlight of this year! The response...

1. O-week
2. Final camp school race
3. Hoco
4. Overtime
5. Spikeball Sunday
6. Motionball Flags Tournament



Athletics Updates



Let's here is for the Queen's Gaels as they are kicking off their seasons with a HUGE bang!

After a tough weekend, Women's Basketball has a 2-1 lead far this season and we have no doubt they will continue to succeed with amazing energy and performance.

Men's Basketball had a tough battle this weekend leading them to 1-2 game streak, however the season has just started, and we have complete faith the boys will bounce back!

Women's Volleyball had another extremely close match this weekend with one win and a tough loss, this puts them at a 2-2 game streak.

Men's Volleyball had a very busy weekend gaining a win and battling a loss, the boys currently have a 2-2 game streak.

After a busy couple days, gaining a win and battling a tough loss, the Men's Hockey team achieves a 6-3 lead in the season so far. Keep up the great work boys!

Women's Hockey is into the season with a great lead of 5-2, these ladies always give it their all on the ice and we are so proud of them.

The Queen's Gaels hosted the OUA semi-finals for Men's Rugby and we dominated over Waterloo, the boys have an astonishing 8-0 lead this season and we know they will continue to dominate this season.

Queen's Rowing brings home 4 golds and an additional 7 medals CURC, amazing work, we are so proud to call you Gaels!

Queen's is dominating in Cross Country, currently the Women are ranked 1st and the Men are ranked 5th. Stay tuned as Queen's is hosting the U Sport Cross Country Championships!

Women's Rugby season came to an end this weekend in consolation final loss to Victoria, these girls had an amazing season and we are so proud to call them Gaels.

Women's Soccer wrapped up and amazing season this year with an unfortunate loss in the bronze medal game. They fantastically represented the Gaels and we could not be prouder of them.

Men' Soccer wrapped up their season last week with a tough loss in playoffs. Great work all season boys, way to represent!

The Gaels Football season has come to a wrap, ending with a 3-5 game streak, great work boys!

That is your inside scoop on sports and events!

Letter from your 2nd Year Reps

Halloween is over, and you know what that means... holiday season is just around the corner ("tis the season to be jolly falala"). The only thing that stands between us and the holidays are midterm and final exams (not so jolly). We have some tips for you to make the countdown to the holidays a little more bearable!

Go to class

We know that it can be tempting to skip class to take a (well deserved) nap or cram for another course. However, we ensure you that going to class is worth it! Profs tend to give tips and tricks regarding upcoming evaluations and this knowledge will help your success!

Study in groups

Book a study room and collaborate with your buddies! You'd be surprised by how helpful it can be to work through problems in groups. Teamwork makes the dream work!!!

Self-care sundayzzz

Get that R&R so that you go into the week feeling energized and ready to take on the world.

Hit the gym

Make time for exercise even during busy times. We promise it isn't a waste of time - studies show those good old endorphins make you more productive (woowoo)

Keep in touch with the rents

Let your parents know that you're still alive and kicking.

Eat yo chocolate

Countdown the days to the holidays with an advent calendar - it will make each day a little sweeter.

The countdown is on team... WE CAN DO IT!!

Keep shining bright!

Yours truly,

Nate and Kate

Know a student who deserves a little recognition?



Nominate them for Student of the Week!
Upstairs in the UG Lounge!



THE PENALTY BOX

What was your favourite Hoco memory?

" 'Twas the morning of homecoming, and all through the SKHS, tons of people were stirring (coffee), eating breakfast, catching up with peers and reminiscing old times. Graduates gathered from near and far, from the class of 1958 to the most recent class of 2018. They had an amazing time to meet and share experiences with those who stood and those who stand where they once did. The graduates even busted out the weathered leather jackets to showcase their pride. "

By Ethan Cooney

A PHEKIN GOOD LAUGH



Freshman athletic trainers.

