

COACH'S CORNER



SEPTEMBER EDITION

LETTER FROM THE EDITOR



Hi everyone! Welcome back, I hope you all had an amazing summer and are having a great start to the school year!!

My name is Amy, I am in third year, and I am the Coach's Corner Editor for the 2022/2023 year. I am so excited to take on this role!

For those of you who don't know, Coach's Corner is a medium through which to share updates on everything related to Kin. A new edition will be published each month.

If you have any questions, or any specific ideas you would like to be incorporated, please do not hesitate to reach out to me by emailing coachscorner@pheksa.queensu.ca! I cannot wait to hear from you!

- Amy Posel

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MESSAGE FROM THE PHEKSA EXEC

Hey everyone, I hope you've all had an amazing return to campus! I'm glad that the day to day school schedule is starting to feel normal again without all the restrictions. I know you all are going to crush it this year in all of your academic and extra curricular endeavors. Keep doing what you do best and we will keep up the great reputations that Queen's Kin has. Be sure to take breaks often, take care of yourself, and check in with your friends. All the amazing things you all accomplish is the reason why I'm always so proud to call myself a Queen's Kin student.

P.S - Reach out to PHEKSA if you ever think that we can help you with anything. No matter how big or small!

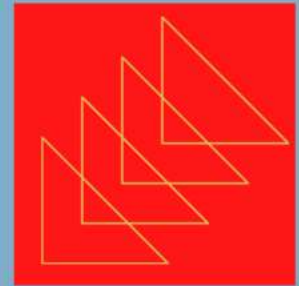
-The 2022/2023 PHEKSA Exec

MEET THE PHEKSA EXEC



Ryan

Position: President
Most looking forward to this year: **Definitely looking forward to formal**



Nat

Position: Vice President of Operations
Most looking forward to this year: **Lots of fun and inclusive events to bring the entire kin community together!**



Kenna

Position: Vice President of University Affairs
Most looking forward to this year: **Working with an incredible team to create a positive and family-like community among Kin students!**



HAPPENING THIS MONTH

O-Week

@ Camp Oconto & on campus

Truth and Reconciliation Day

On Friday, September 30th

Intramurals

Basketball, dodgeball, flag football, floor hockey, handball, ice hockey, innertube water polo, pickleball, soccer, spikeball, ultimate frisbee, & volleyball

O-WEEK RECAP

We started off O-Week with a parade with all of the faculties to Nixon field! Once returning to residence to pick up their bags, the first years met their coaches and ECKO at the SKHS and loaded up on buses to head to Camp Oconto for the first time in three years. Oconto was two days filled with fun events, like talent show, mental health morning, flags, and lots of team building! During free time, everyone had the opportunity to swim, play volleyball, and join in on Zumba. It's safe to say KIN was beyond excited to be back at Camp Oconto!

During our second weekend of events, we had our on-campus time, which was spent playing family feud and amazing race. Some special guests, Dr. Courtney Szto and Dr. G r me Manson, were welcomed over zoom at our Proffee Talk.

The club fair, also online, featured clubs like Motionball, Raise the Bar, Winter Adapted Games, SASS, Step Above Stigma, and PHEKSA! We also had the chance to do a dance-off with Con-Ed, and the first years kicked some butt. Finally we had our coverall painting and tanning ceremony, which was so much fun and the perfect way to end off O-Week!



- Delaney Tone, Head Coach

O-WEEK 2022

@ Camp Oconto





O-WEEK 2022
on Campus

MEET ECKO



Delaney

Position: **Head coach**
Favourite part of o-week:
Coverall painting!!!
Favourite sport: **Softball**



Alex

Position: **Outreach
coordinator**
Favourite part of o-week:
Coverall painting!!!
Favourite sport: **Basketball**



Peyton

Position: **Academics
representative**
Favourite part of o-week:
**Definitely the year dance and
coverall painting!!**
Favourite sport: **Soccer**





Mara

Position: Finance representative
Favourite part of o-week: Flags and coveralls!!!
Favourite sport: Swimming



Sophia

Position: Logistics edi+ coordinator
Favourite part of o-week: Watching the 1st years learn their year dance!!
Favourite sport: Soccer



Nate

Position: Logistics events coordinator
Favourite part of o-week: Bringing back flags after 3 years
Favourite sport: Soccer



TIPS FOR INCOMING FIRST YEARS

"Everybody is a potential friend - be nice to everyone you meet"

"Don't be afraid to ask for help from others"

"Your mental health comes first"

"No one is able to figure everything out right away, but it will come to you"

"Your parents and friends from home are only a phone call away"

- Your kin family!