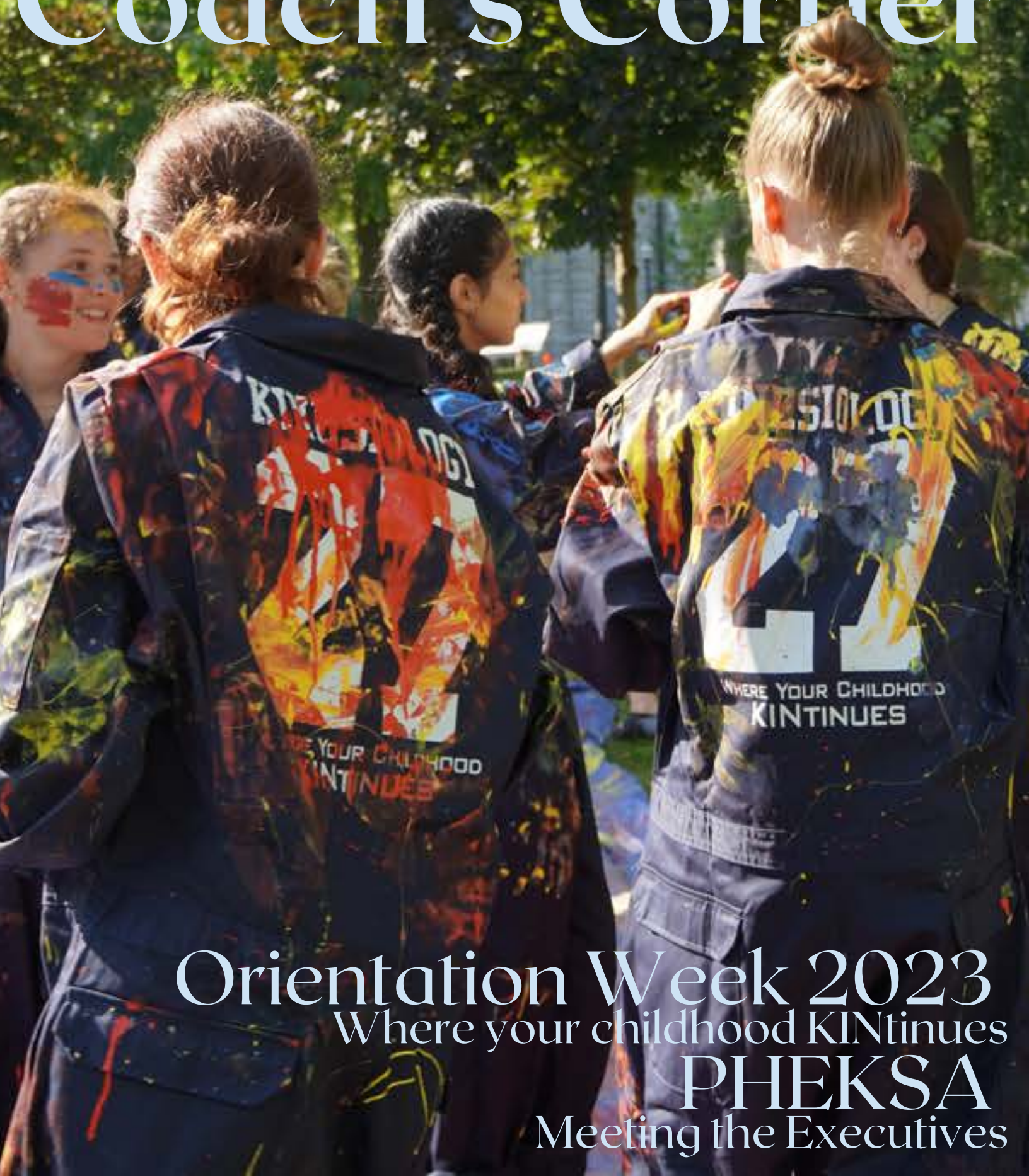


Coach's Corner Sept 2023



Orientation Week 2023
Where your childhood KINtinues
PHEKSA
Meeting the Executives



01 Editor's Note September 2023

Hello everyone! Welcome back and welcome to the incoming class of 2027! I hope you all had a wonderful summer and are having a solid start to the upcoming school year!

My name is Amelia, I'm a third year Kin student and I am the Coach's Corner Editor for the 2023/2024 year! I am so excited to be the one in this position!!

If you do not already know what Coach's Corner is, Coach's Corner serves as a informative and creative outlet for PHEKIN students! Every month, a new edition of Coach's Corner will be published to keep you updated on everything related to Kin!

If you have any question, or have any ideas you would like to be incorporated, please do not hesitate to reach out by emailing coachscorner@pheksa.queensu.ca

CHEERS,
Amelia Rodrigues



IN THIS EDITION

- 02 - Editor's Note
- 03 - This Month
- 04 - Meet PHEKSA
- 06 - O-Week
- 08 - Advice to 1st Years
- 09 - Crossword



UPDATES THIS MONTH

ORIENTATION WEEK

ON CAMPUS (3-4TH) & RKY CAMP (9-10TH)

DAY OF TRUTH & RECONCILIATION

ON SATURDAY, SEPTEMBER 30TH

INTRAMURALS

BASKETBALL, BADMINTON, DODGEBALL,
FLAG FOOTBALL, FLOOR HOCKEY,
HANDBALL, INNERTUBE WATER POLO,
MEGA-BALL, MULTISPORT, PICKLEBALL,
SOCCER, SPIKEBALL, TCHOUKBALL,
ULTIMATE FRISBEE, VOLLEYBALL,
& WIFFLEBALL

Welcome from PHEKSA Exec

Hi everyone!

You've made it to Queen's Kin! I can assure you that you've made the right choice and get ready for the exciting years to come! This upcoming chapter will be filled with new friends, memories, and experiences. I am thrilled to meet all the newest members of our KIN family!

You'll quickly learn how unique our faculty truly is. Students here are smart, athletic, and always ready for a good time. Our program is relatively small which is the foundation for our connection as a tight-knit and successful student group. We value an inclusive environment and hope that every student is able to achieve their goals over the next few years. Additionally, I know that all upper year students are excited to see and interact with each one of you, so don't be afraid to reach out!

- the 2023/2024 PHEKSA Executives

MEET THE PHEKSA EXEC!



Position:

President

Most excited for:

Interacting with all the new students, facilitate more events and most importantly have fun!

Varun Shah

Position:

Vice President of Operations

Most excited for:

Working with the PHEKSA assembly and my fellow executives to incorporate the student voice into as many initiatives as possible.



Payton Rix

Position:

Vice President of University Affairs

Most excited for:

Another amazing school year! We cannot wait to show you what we have in store! Let's make 2023-2024 a year to remember!



Hannah Kowalyk



Orientation



Weekend One





Orientation



ADVICE TO FIRST YEARS FROM CURRENT STUDENTS

Don't sweat the small stuff!

Everything works out in the end!

This is the best opportunity to meet new people!

It can be super intimidating but everyone is in the same boat!

Do not sign the lease on the first house you see!

Make sure you are picking the best house for YOU!

Create a routine!

Knowing what is going on during your day helps you gauge what needs to be accomplished.

Join a club! They are a great way to make connections & do something fun!

Prioritize yourself!

You know what you need more than anyone else! Take break and learn to find comfort in time alone!

Make yourself a timeline on all of your assignments and important dates!

It is easy to get behind so knowing what is due when can keep you on track!

The four years fly by!

Appreciate all of the great days and learn from the bad ones!

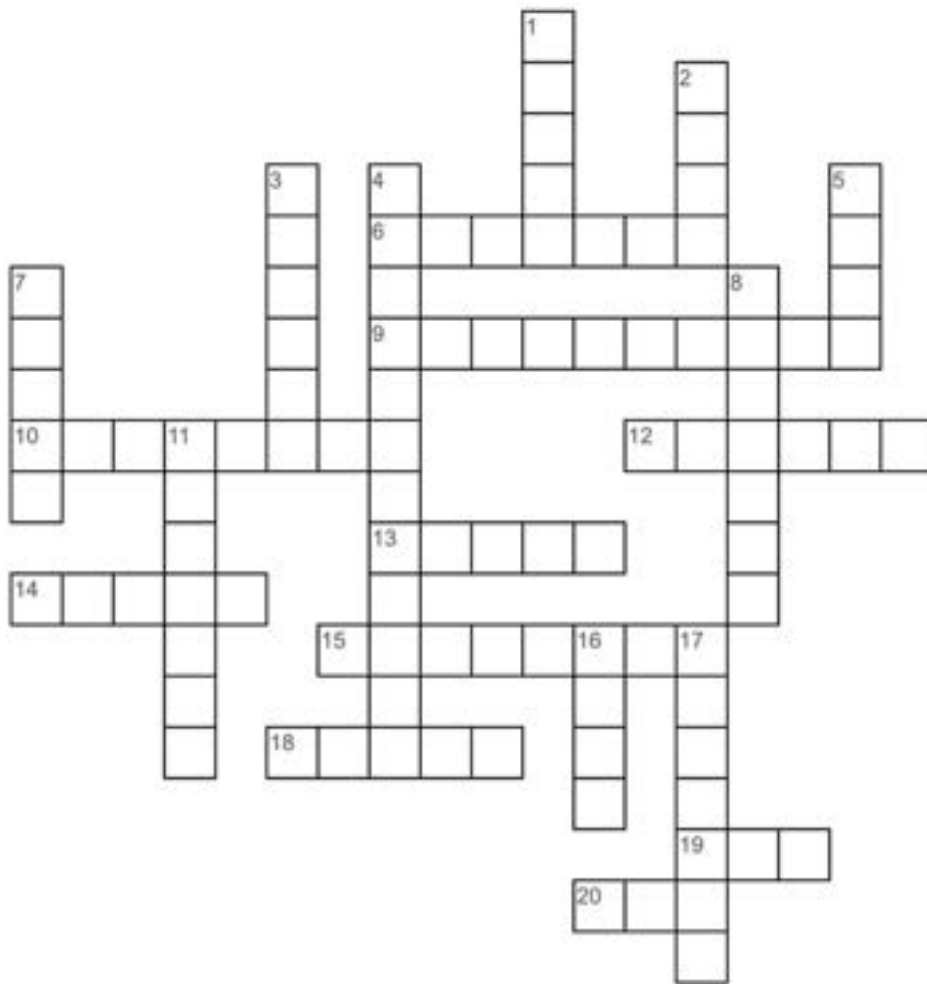
Kin is a community!

Everyone is willing to lend a hand with anything you may need! **We've all been there!**

Read your syllabus! It has all of the important information for your courses!

September 2023

Kinesiology Crossword



Across

- 6 Headliner of the 2023 Mystery Concert
- 9 Oldest Building on Campus
- 10 A great place to chill or study
- 12 A Student-run Committee for everything Kinesiology
- 13 Place to find a tasty bagel on campus
- 14 Dog that visits Mitchell Hall
- 15 Biggest Library on Campus
- 18 Name of the Castle
- 19 Gym and Tim
- 20 The traditional Queen's hat

Down

- 1 A great coffee spot downtown
- 2 Our home <3
- 3 Deep in the heart of the Queen's jungle, you can the ... rumble
- 4 How excited are you?
- 5 Mascot of Queen's
- 7 2023/2024 PHEKSA President
- 8 Kenergy but for Kinesiology
- 11 What lake is Kingston situated on?
- 16 New Opportunity for First Years
- 17 The camp Students went to for Orientation

Hey Kin,



how excited are you?



CC-0923-f+

