

The background is a light teal color with scattered white and blue stars and snowflakes of various sizes. At the bottom, there is a white, wavy horizon line representing snow, with several stylized houses and trees in shades of blue, red, and brown.

* *Coach's Corner*

JANUARY 2021
WELCOME TO THE NEW YEAR



HELLO 2021



HEY KIN,

Welcome to the new year and a new issue of Coach's Corner. Hope everyone had a good first semester and I wish everyone the best of luck for the upcoming semester.

To keep track of all these amazing events, use Coach's Corner which is a monthly newsletter that will keep you updated on all the current events in our faculty. All updates will be added here in a fun and creative way so defiantly keep a lookout.

If you have something you want to share, send an email to coachescorner@pheksa.queensu.ca! Everyone is welcome to add.

Good luck and hope everyone is excited for all the events we have lined up this semester.

Message from Exec



HELLO EVERYBODY!

We hope everyone had an amazing winter break and you've all had a smooth start to the new semester! PHEKSA is so excited to be back because the next few months are jam-packed with exciting virtual events for you all. We loved catching up with some of you during our Kahoot night earlier this month! We are looking forward to February when we'll be getting sweaty during our Fit-Kin Week and getting creative together during our paint night lead by a painting instructor! Wishing everyone a great start to the winter semester! Don't forget to take time off your screens, cook, have a dance party, and get active!

With love from your Exec, Kristina, Stu and Cooney

MEET YOUR 2020-2021 FIRST YEAR REPS



What is your favourite part of Queens Kin?

My favourite part of queens kin is the tightly knit community, it brings everyone closer together.

What's your favourite Quarantine Activity?

My favourite quarantine activity is golfing.

Go to Karaoke song?

My go-to karaoke song is Headlines by Drake

What's the best thing you bought/purchased during Quarantine?

The best thing I've purchased during quarantine is a new robe.



What is your favourite part of Queens Kin?

Favourite part of Queens Kin is meeting new people! I can't wait to be in Kingston in-person to finally meet everyone in person!

What's your favourite Quarantine Activity?

My favourite Quarantine activity is playing the piano, I also love exercising.

Go to Karaoke song?

Go to Karaoke song would probably be "YMCA"!

What's the best thing you bought/purchased during Quarantine?

Best purchase during Quarantine was a new car!!

MEET YOUR 2020-2021 SECOND AND THIRD YEAR REPS



What is your favourite part of Queens Kin?

The people! I love how supportive, caring, and enthusiastic everyone is and how we all help each other.

What's your favourite Quarantine Activity?

I got really into sewing clothes and my daily walk to the store is always very exciting.

Go to Karaoke song?

Before He Cheats is a classic.

What's the best thing you bought/purchased during Quarantine?

Heated blanket because my room in Kingston is FREEZING !!



What is your favourite part of Queens Kin?

The feeling of being a big family with everyone in the program.

What's your favourite Quarantine Activity?

Playing video games with my friends (online ofc).

Go to Karaoke song?

Bohemian Rhapsody.

What's the best thing you bought/purchased during Quarantine?

My guitar!!

MEET YOUR 2020-2021 FOURTH YEAR REPS



What is your favourite part of Queens Kin?

My favourite part of Queen's kin is all of the opportunities to get involved and meet people who you have so much in common with.

What's your favourite Quarantine Activity?

My favourite quarantine activity is losing money on NHL and NFL bets.

Go to Karaoke song?

My go-to karaoke song is Shake it Off by Taylor Swift.

What's the best thing you bought/purchased during Quarantine?

The best thing I have bought during Quarantine has been one of those blanket sweaters (An Oodie)





FROST NIGHT 2021

Hi everyone!

We just wanted to say thank you SO much to everyone who came out to our first ever Frost Night! We really appreciated the support and hope you all had as much fun as we did! Since we had such a great turn out, we may have to do something like that again soon, so keep your eye out for upcoming events! Thanks again

- Maddie and Karlee xoxo
(Formal Commissioners)

FIT KIN WEEK

Rachel and Grace



Hi everyone,

It's your Jr. Athletic Commissioners, Rachel and Grace!

Fit Kin Week is quickly approaching! Get your team together (max 5) and have one member signup on behalf of the whole team! Signups are due on FRIDAY JANUARY 29TH at MIDNIGHT. Remember Fit Kin Week will take place from Feb 1st to Feb 7th! There will be 4 zoom fitness classes: yoga with Samavta Yoga, F45 cardio, zumba youtube video, and a workout with second year kin student Helena Ziemer! There will also be many daily challenges your team can participate in to win points throughout the week and a scavenger hunt on the weekend!

Don't forget that there will be prizes for the winning team(s) if you follow our Instagram @fitkinweek2021 we will be posting more information and updates very soon! Looking forward to sweating with you all!

Please DM on Instagram or email us at jrathletics@pheksa.queensu.ca if you have any questions!

WINTER ADAPTED GAMES

The Winter Adapted Games (WAG) is a one day event held annually at the end of January, filled with non-competitive games and activities for people from the Kingston community with identified disabilities. WAG is organized by students in the School of Kinesiology and Health Studies and the School of Rehabilitation Therapy. Each year, WAG strives to provide our participants with an inclusive and accessible environment, making them feel at home amongst our Queen's students and community members.



WAG first started at Queen's in 1991. Since then, it has become an integral part of the Queen's and Kingston community. Our participants, volunteers and executive members look forward to the event each year. It's a day full of smiles, laughs and so much fun for everyone involved. Many of our participants come back each year, and you can see the excitement on their faces as they walk through the ARC doors.

WINTER ADAPTED GAMES



Due to the ongoing pandemic, we have reformatted WAG to be virtual through Zoom this year. In order to be the most accessible for many of our participants, we are hosting three days of WAG instead of the typical one. Our first event is coming up on January 30th, and the executive team has been hard at work adjusting activities to this new format, and ensuring that it is the best possible day for our participants. Each day of WAG will consist of a craft and physical activity section, as a typical day of WAG would include.

Although we will be virtual this year, we have integrated many of our WAG traditions this year to maintain some sense of normalcy amongst the new format. Our three event days are January 30th, February 20th, and March 27th. We are very excited to get started and see all of our WAG community over Zoom!



What is your New Year Resolution?

I want to drink 3L of water a day - Maddy

To have more gratitude for all the amazing privileges we still have despite our current circumstance - Maddie

To explore new places outdoors - Rachel

I want to go skydiving this year - Nat

Learning guitar!!! - Kit

To spend more time outside in the snow - Grace

Spend less time on my phone - Liam

I want to learn sign language - Nic

To get more flexible by stretching every day - Emma

I would love to learn a new language - Kristina

