

# Coach's Corner January 2023

**Ins & Outs**  
For the winter term  
**Ski Trip & WAG**  
See the highlights of the month





# 04 Editor's Note January 2024

Hey everyone! Welcome back from hopefully a very well-rested break!

Welcome to winter semester! I cannot believe we are halfway through with the 2023-2024 school year!!

Remember to have balance as we head into midterm season! It is easy to try and get ahead as quickly as you can, but beware of burnout!!

If there is anything you would like to see in the remainder of these newsletters, feel free to reach out to me at [coachscorner@pheksa.queensu.ca](mailto:coachscorner@pheksa.queensu.ca)

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ALL THE BEST,  
*Amelia Rodrigues*



**WHAT HAPPENED  
THIS MONTH?**

**WINTER BREAK**

**WINTER ADAPTED  
GAMES**

**SKI TRIP**

**PHEKSA ELECTION**

# 2024 Winter Semester

## ✨ Ins and Outs ✨

### In:

- Bringing coffee from home
- Bringing a feast to the library
- Learning how to properly use APA citations
- Having fun and not stressing
- To-do lists
- Studying smarter, not harder (active recall, Pomodoro technique)
- Going to office hours
- Profs giving the whole class an extension

### Out:

- Spending my monthly rent on Starbucks
- Walking through 3ft of snow
- Slipping on ice and falling going to class
- 8:30s on Monday mornings
- Taking things too seriously
- Loud talkers in Stauffer
- Seasonal Depression
- The ARC being insanely busy ALL THE TIME
- Not wearing a jacket when you go out
- My landlord not shovelling my driveway

# SKHS PROFS

WHAT WERE THEY UP TO  
OVER THE BREAK?



Dr. Beamish was “hill training” with her family’s assistance



Dr. Szto was skiing in Whistler!



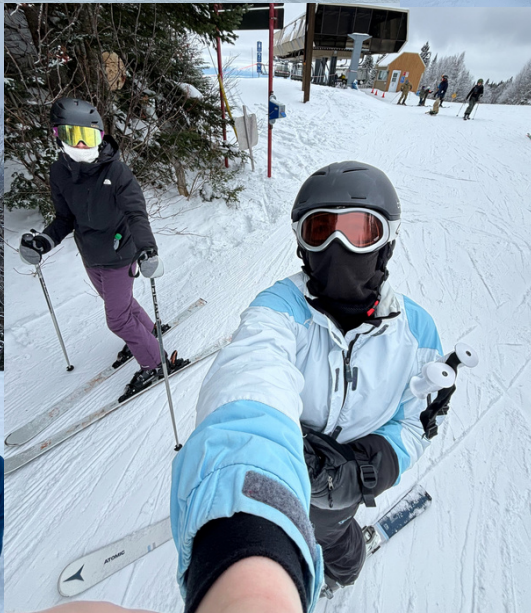
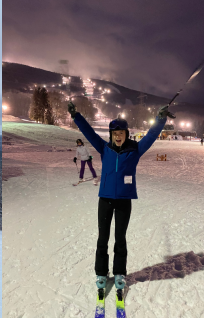
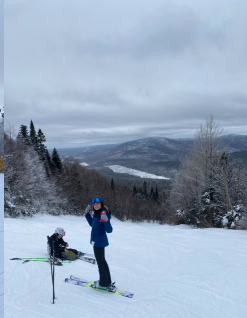
Dr. Gurd was with his family on Jay Peak in Vermont!



Dr. Ross was getting ready for his kayak racing season in April!



Dr. T and his family were catching fish on his Fishing Charters on Lake Ontario!





# PHEKSA'S ROMAN EMPIRES



## **Varun**

His Waterbottle

## **Mara**

Mamma Mia the movie  
& Pitch Perfect

## **Sophia**

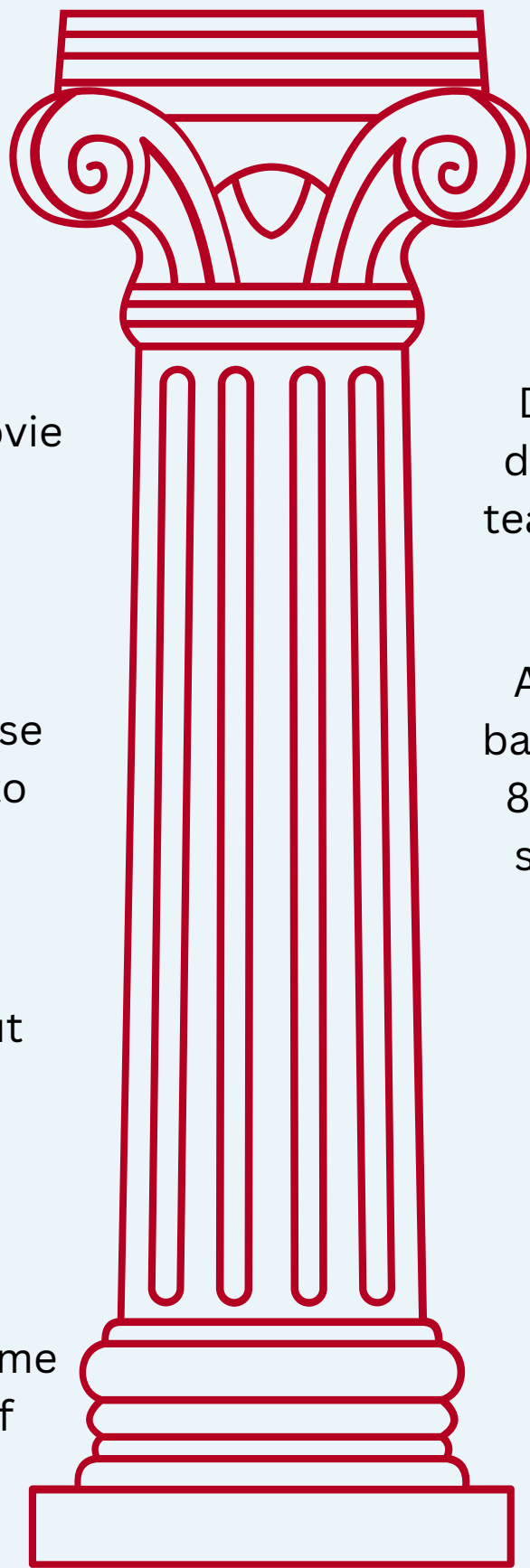
O-Week or my house  
getting broken into

## **Kiersten**

Everything about  
KNPE 255

## **Amy**

Uncle Kelbo and  
Shakira being the same  
person (Wizards of  
Waverly Place)



## **Hannah**

Tessa Virtue and Scott  
Moir's Moulin Rouge  
Performance

## **Payton**

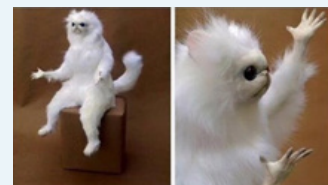
Dr. T running up and  
down the aisles while  
teaching exercise phys.

## **Amelia**

AJ & Payton's dance  
battle at O-Week or our  
8-week long midterm  
season in 2nd year...

## **Yasmin**

This photo:



## **Matt**

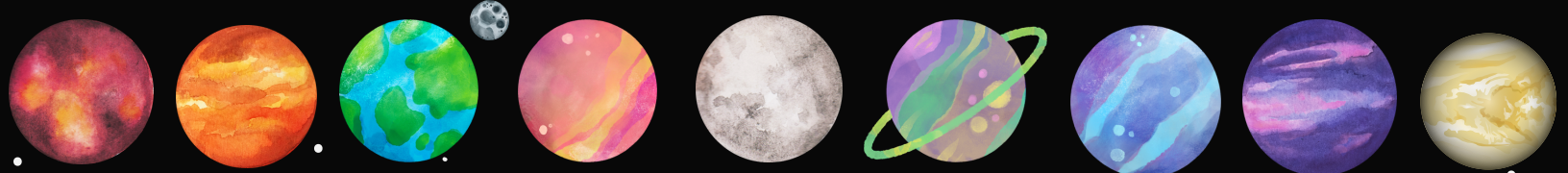
DJing



# Winter Adapted Games 2024







# A Note from WAG,

On January 27, the Winter Adapted Games (WAG) hosted 109 participants with identified disabilities from the Kingston community to enjoy a fun-filled day of non-competitive sport, games and activities.

With a theme of “Out-of-this-World”, each participant was paired with a Queen’s student “Buddy”, participating in space-themed crafts, karate, sleigh rides, cookie decorating, basketball, soccer, and swimming at the ARC pool.

A sincere thank you to our 171 volunteers and 19 committee members whose commitment transformed WAG 2024 into a memorable day for all.

The impact of WAG resonates beyond the event, leaving a lasting impression on our community and peers. Thank you for being the backbone of WAG, we couldn't have done it without you!



# The *January* playlist is here!

Need new tunes?



**January Tunes**

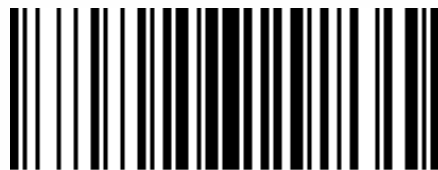
Coach's Corner



**Hey Kin,**



**how excited are you?**



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