

March 2024

Coach's Corner



Kin Games 2024
See the highlights
Kinesiology Formal
Dance the night away!



06 Editor's Note March 2024

Hello everyone! Welcome to the final Coach's Corner of the 2023-2024 academic year! I am so blessed to have had this opportunity to be your editor for these past 6 editions!

Please give a warm welcome to the incoming Coach's Corner Editor, Amy Hagman! She is absolutely going to rock it next year!

A reminder that this Coach's Corner has a giveaway! Make sure to enter by commenting on the PHEKSA Instagram CC post! More details later on in this edition!

I'll see you all later & may the odds be every in your favour for the upcoming exam season! I believe in you!!!

IN THIS EDITION

- 02 Editor's Note**
- 03 This Month**
- 04 Kin Games 2024**
- 05 Relay for Life**
- 06 Kin Formal!**
- 08 Level up your Ramen**
- 09 Need new tunes?**
- 10 Giveaway Details**
- 11 Kin Word Search**

ALL THE BEST,
Amelia Rodrigues



**WHAT HAPPENED THIS
MONTH?**

**MIDTERM CARE
PACKAGES**

ST. PATTY'S DAY!

KIN GAMES!

RELAY FOR LIFE

EASTER WEEKEND

KIN FORMAL

**SKHS ACADEMIC
AWARDS (APRIL 3RD)**





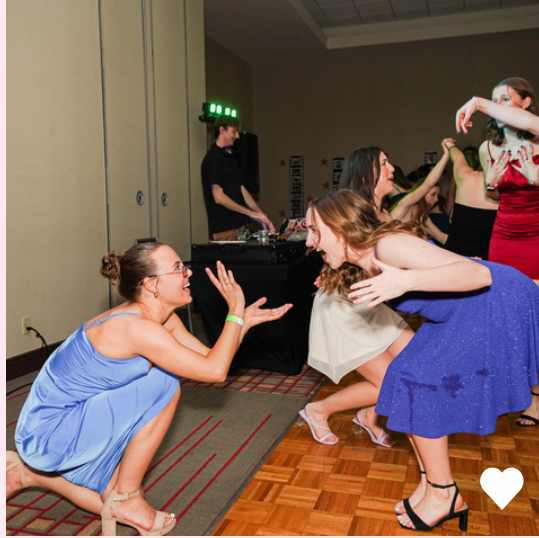
QUEEN'S RELAY FOR LIFE

Thank you to all who came out and supported!
This year, QU Relay was able to raise \$184,000 for cancer research!



Kin Formal 2024





COACH'S CORNER MENU

LEVEL UP YOUR RAMEN

As we head into the busy exam season, we typically lean towards easy meal options. We all know that Ramen is the holy grail of university students on a budget. Here are some things you should consider adding next time to level up!



SESAME OIL



GREEN ONION



EGGS



CHILI OIL



CHEESE



PEANUT BUTTER

The *March* playlist is here!

Need new tunes?



March Tunes

Coach's Corner



THIS CORNER HAS A GIVEAWAY!



Comment your favourite memory from this school year & tag two friends on the PHEKSA Instagram post for a chance to win a Tommy's & Smoke 'N' Barrel prize pack, including two gift cards!



March CC Word Search

R B H K I N E M A T I C S O X K E F U U
P C O N C E N T R I C Y Q M E C M N E R
R E A P Q M Z J E Q T G W G N P N R X F
H S R T O R Q U E I I D N A H O E N E L
Z M M F R J V K L Z G A R U I W F C R E
U O U M O Z S I I G R U H T O N N Y C X
A T B S S R B K H N D A A P O A M N I I
G O O Y C I M F N N E N L I T O C P S O
I R R D X L O A E O I T T S T G J S E N
L D N E P Z E R N D H P I A I Y C I E S
I R L P H I U Q R C E S N C T I O C S M
T F K W Y T P O L C E A C I N T N C T I
Y L T D S I O Y O R F I C A R A T H R S
J E M O I C K I W R R O H Y L P R F E O
K K P V O B R D L T L C W A H W A J N M
W H G J L P R O N E E I B V I L C J G E
K Z P C O A D E V M O V E M E N T X T T
O V W R G I C R O I O G A I T P I B H R
J V P D Y C H I R O S B U D Z E O D N I
L A K L E W B H E X T E N S I O N T K C

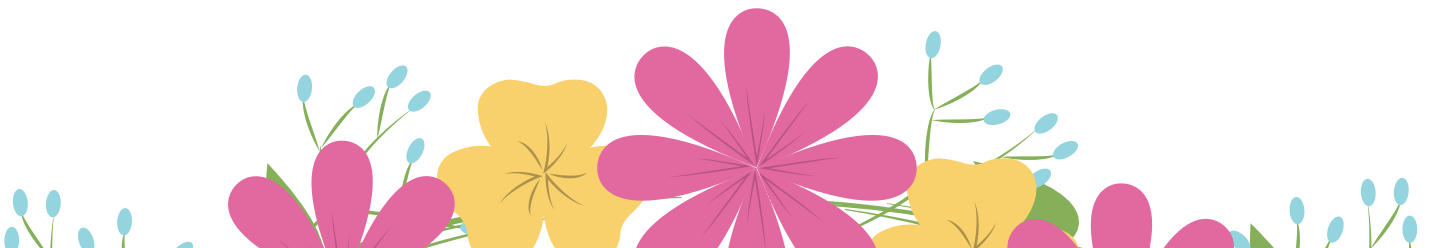
ENDURANCE
VELOCITY
CONCENTRIC
FLEXIBILITY
POSTURE
PERFORMANCE

KINETIC
POWER
MUSCLE
STRENGTH
RANGE
FLEXION

PROPRIOCEPTION
TORQUE
EXERCISE
MOVEMENT
AGILITY
EXTENSION

ISOMETRIC
GAIT
BIOMECHANICS
KINEMATICS
MOTOR
RESISTANCE

CONTRACTION
ECCENTRIC
PHYSIOLOGY
ANATOMY
BALANCE
COORDINATION



Hey Kin,



how excited are you?



CC-032024

