

**OCT
2020**

ISSUE 1



COACH'S
CORNER

WELCOME BACK

**OWEEK RECAP
CLUBS AND EVENTS
STARTING SCHOOL**



WELCOME BACK

HEY KIN,

Welcome back and welcome to the incoming Class of '24! Hope everyone is excited for this upcoming 2020-2021 school year. Although this school year is different than other years in the past, there are still many upcoming activities and important dates to be excited for.

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. Hope everyone is keeping safe and not struggling too much with all their midterms and assignments. And enjoy this month's edition of Coach's Corner.

• ORIENTATION WEEK •

MEET YOUR PKOC

WILLOW LEAHY - HEAD COACH



My name is Willow and I am the Head Coach for the 2020 Kinesiology Orientation! My team and I had an incredible time running orientation this year and have so much appreciation for everyone who participated and contributed to it's success. My favorite part of the week was seeing all of the incoming students performing the year dance over zoom. The year dance is one of the biggest traditions in kinesiology and as upper years, getting to see the tradition being passed on remotely is unreal. My favorite quarantine activity is playing tennis or going on walks with my housemates! My advice to you as incoming students is to get as involved as possible. I was timid coming into first year and volunteering on clubs and applying for committees was the best way to get to know really incredible people at Queen's and be immersed into the Kin family. I'd also like to say that I've been in your shoes so feel free to reach out to me for any questions regarding courses, extracurricular or anything in general!



CHEA BOULDREULT- OUTREACH COORDINATOR

Hey Everyone! My name is Chea Boudreault, and I am the Outreach Coordinator for the 2020 Kinesiology Orientation Committee! My favourite part about orientation is definitely seeing everyone making connections! Cheesy, I know, but these are the people that will be there for you for the next four years, and it's the whole reason we do what we do! My favourite quarantine activity would definitely be trying to follow a bob ross painting tutorial, highly recommend! The best advice I could give you guys is to not take everything too seriously - you are here to make mistakes and learn from them, and it's SO OKAY to feel overwhelmed sometimes, we all do! Just remember that you are here for a reason and you have time to learn and grow, and the only way you can do that is to make sure you take some time to relax and have some fun too!

• ORIENTATION WEEK •

MEET YOUR PKOC



DANIEL BRICKMAN - FINANCE REPRESENTATIVE

"Hey everyone, my name is Daniel Brickman and I was this year's Finance Representative! My favourite part of our virtual orientation was the closing event - it was a nice change to see everybody dress up, and we got to present the Tricolour Cup to our Universal groups! My favourite quarantine activity has been going on long walks. One piece of advice for first years: don't be afraid to step out of your comfort zone from time to time. If you ever want to chat about Queen's or Kin (or anything) please reach out, looking forward to meeting you all soon!



STUART MLADEN - ACADEMICS REPRESENTATIVE

Hey Everyone! My name is Stu and I was the Academics Representative on PKOC this year! My favourite part of orientation this year was definitely watching the year dance compilation video (Shoutout to Joel). During quarantine this summer, my favourite activity was taking my dog on long walks. My top tip is to Sharpen the Saw. Imagine if someone said to you "I don't have time to sharpen my saw because I'm too busy cutting down this tree." It seems silly. However, we often say to ourselves that we don't have time to sleep, exercise, eat healthy, hang out with friends, meditate, go for a walk etc. etc. because we're too busy with school. If you make time for yourself, you'll find yourself being much more productive and efficient. Stick to a sleeping schedule, get outside, exercise, and make sure to make time for fun.

• ORIENTATION WEEK •

MEET YOUR PKOC



ANDREAS SYGOUNAS - LOGISTICS COORDINATOR

Hey everyone, my name is Andreas Sygounas, I'm in third year Kin and I was the Logistics Coordinator on PKOC. My favourite part of this year's orientation week was definitely getting to see the amazing year dance put all together, it's always great seeing the incoming class do their dance for the first time! My favourite quarantine activity over the summer was biking all over Toronto. My best advice for first year is to constantly keep up with work and make the most out of it! Join clubs and get involved in some way!



MARLEY MULLAN- LOGISTICS COORDINATOR

Hey everyone! My name is Marley Mullan and I was one of the Logistics Coordinators for PKOC this year! I had a blast planning orientation week and my favourite memory has to be when we watched the dance compilation for the first time. Everyone was so good! My favourite quarantine activity has been teaching my new puppy cool tricks, she's a little beagle and she's 8 months old now. The best advice I can give to a first year student is to not be afraid of trying new things! Take any opportunity you can get to put yourself out there and apply for a club/committee that interests you. You will meet amazing people and create amazing memories. Can't wait to meet all of you!



**WELCOME
CLASS OF
2024 TO
TH KIN
FAMILY**

2020 VIRTUAL MARATHON OF SPORT

MOTIONBALL

By: Cassie Zumwalt and Anna Kobylansky

motionball
FOR SPECIAL OLYMPICS
POUR OLYMPIQUES SPÉCIAUX

What is motionball?

Motionball is a national non-profit that empowers young Canadians to be leaders in their communities, raising funds and awareness for Special Olympics through integrated social and sporting events. Queens U motionball chapter holds various events and fundraisers throughout the academic year with an aim to Educate! Integrate! And Celebrate!

Due to the circumstances of the Covid-19 pandemic, many university chapters and cities did not get the chance to hold the Marathon of Sport. The Marathon of Sport is a fun-filled day of athletic competition, playing sports with Special Olympic Athletes from their communities.

2020 Marathon of Sport

To make up for the cancellation of these events on September 26th this fall motionball held its first ever virtual Marathon of Sport, hosted by five-time Olympic medalist Tessa Virtue. This was an hour-long, action packed, and interactive broadcast that featured fun sport and fitness challenges. Including world renowned athletes Penny Oleksiak, Mark and Craig McMorris, and Morgan Rielly and many more! We had a blast participating and hope everyone else did to!

MOTIONBALL



Marathon of Sport 2020 - Madison Smith

"I participated in the Virtual Marathon of Sport on September 26th, 2020. It usually is a full day of all kinds of sports in June, but because of covid we couldn't do that this year. I was on the Queen's team and we had a zoom meeting so I could meet everybody, and they could meet me. They were really nice, and fun. Marathon of Sport was an hour long on SportsNet 1, and the host was Tessa Virtue. I am on the Special Olympics Figure Skating team and I love Tessa!!! Tessa had other Canadian Olympic Athletes that helped her do the workouts and I followed along with them in my living room. Sometimes they went a little too fast and the workouts were too complicated, so I just watched, or just did my own thing. It was great to have something virtual but it wasn't the same as the full day in person Motionball. I hope next year we can go back to the in person event. It is way more fun!!"



EQUITY AND WELLNESS

BY: JACOB WILLMS

Hi all,
My name is Jacob Willms and I am the PHEKSA Equity & Wellness commissioner for this year. Before the long weekend, PHEKSA hosted an Open Discussion on Equity, Diversity, and Inclusion alongside two SKHS professors, Dr. Adams and Dr. Szto. I just wanted to take some time to let everyone know what was talked about in this discussion and about what Equity & Wellness is going to look like this year. This discussion was intended as a way to create open dialogue between students, professors, and PHEKSA about why equity, diversity, and inclusion are important to them and what PHEKSA can do better regarding these topics. We covered topics ranging from safe spaces in the classroom, personal experiences with EDI in the SKHS, and what advocacy can look like. A full summary is available for those who want to read the topics discussed in more detail! This event was intended to be the first of many, so stay tuned to PHEKSA updates to find out when the next one is.

These future events are the cornerstone of the Equity & Wellness campaign this year, as with a virtual school year this is the best way for PHEKSA to hear from everyone. We will be doing our best to adapt all of our classic events, but the best way to do that is to have a committee to help! The Equity & Wellness committee is currently hiring, and applications can be found on the Equity & Wellness Facebook or Instagram pages. Applications will be due on Wednesday, October 21 and can be emailed to equity@pheksa.queensu.ca.

Keep up the hard work everyone!
Jacob



GET YOUR KIN MERCH

NEW LOGO IS IN TOWN!!!

**CHECK YEAR FACEBOOK PAGE
FOR MORE DETAILS**

REMEMBER TO ORDER WITH FRIENDS TO SPLIT SHIPPING COST

IN NEED OF A TUTOR?

Queen's Kin Tutoring Program

jracademics@pheksa.queensu.ca



COACHES 2020 PRESENTS

FAV QUARENTINE ACTIVITY



"Cooking new recipes"
Margarita B



"Embroidery"
-Kit Ross

"Paint Night!!" -
Rachel Kalis

"Going on walks with my
housemates"
Ishi Arora



"Movie Nights"
Izzy Pilon



"Playing with my dog"
Lexi Gottlieb

Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION