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October Issue / 2019

COACH'S CORNER

IMPORTANT DATES - 2

**MEET YOUR
PHEKSA EXEC - 4**

**TIPS FOR
SURVIVING HOCO - 8**

**KIN YOU PHEEL
THE LOVE**

MARK YOUR CALENDARS

SKI TRIP SIGN-UP

October 15 - 18

OVERTIME AT TOMMY'S

October 17

PIZZA WITH PROFS

November 5, 11:30 - 1pm

SKHS CAREER FAIR

November 6

PHEKIN SEMI-FORMAL

November 28

SKI TRIP

January 31 - February 2



LETTER FROM THE EDITOR



Hey PHE/KIN!

Welcome back and welcome to the incoming Class of '23!

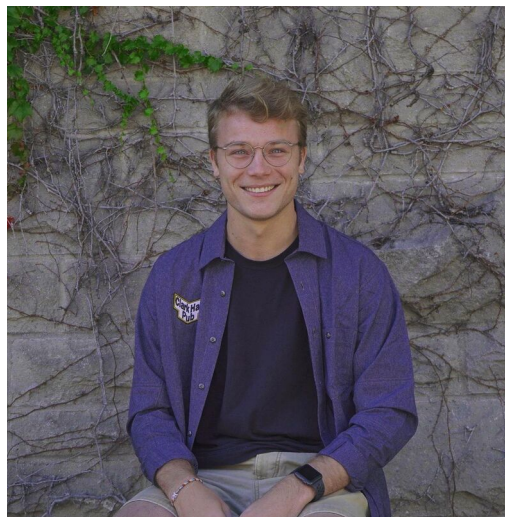
How excited are you for the 2019-2020 school year?

As the school year unfolds, there are many important dates and fun activities coming your way that you do not want to miss. Coach's Corner is a monthly newsletter that serves as an informative and creative outlet to keep you updated on current events in our faculty. All updates will be compiled here for your knowledge and enjoyment.

Have something you want to share? Anyone can submit! It is as easy as sending an email to coachescorner@pheksa.queensu.ca! I hope week 5 is treating you well, even though you are likely drowning in assignments and midterms. Try and keep those O-Week vibes alive by catching up with PHE/KIN; sit back, relax, and read about all of the great things happening in SKHS!

Lots of love,
Kristina Miakisheva

MEET YOUR 2019-2020 PHEKSA EXECUTIVE TEAM



PRESIDENT

Jared Den Otter - PHE '20

Hi PHE/KIN! My name's Jared and I'm one of the PHEKSA executive members. This is my fourth year on PHEKSA, as I've been the first-year representative, the Jr. Academics Coordinator, Vice-President of Operations, and now President. In my second year I got to act as a coach during o-week which was so much fun! In third year, I was lucky enough to go on Camp School, which is my favourite memory thus far as a Phys Eddie! Now in my fourth year I've been able to act as a Vet <3 Can't wait to meet you all and get to know you throughout the year!

VICE PRESIDENT OF OPERATIONS

Liv Mickie - KIN '20

Hello! My name is Liv Mickie and I am this year's Vice President of Operations on PHEKSA! I have been involved in PHEKSA since my first year at Queen's. In first year, Jared and I were first year reps together. In second year Nicole Spadaro and I ran ski rip as Junior Athletics Commissioners and in my third year, I was PHEKSA's Equity and Wellness Commissioner. I could not be more excited to be in this current role for my final year, especially with my fellow EXEC crew and the AWESOME assembly we have!



VICE PRESIDENT OF UNIVERSITY AFFAIRS

Brynn Rickard - PHE '20

Hey PHEriends, Brynn here! For those of you who don't know me I am in my fourth year here at Queen's in the Phys. Ed program! I have been on PHEKSA for the past 3 years, first as the Jr. Outreach Commissioner in my second year and then as the Vice President of University Affairs in my third and fourth year. I am super pumped for this upcoming year with my awesome fellow Exec and PHEKSA team. I can't wait to see what this year has in store and hope to meet all of you throughout the year! My favourite memory at Queen's thus far is Camp School!

P.S. If you ever have any questions feel free to contact us or visit us during our office hours on Wednesdays from 9:30am-12:30pm

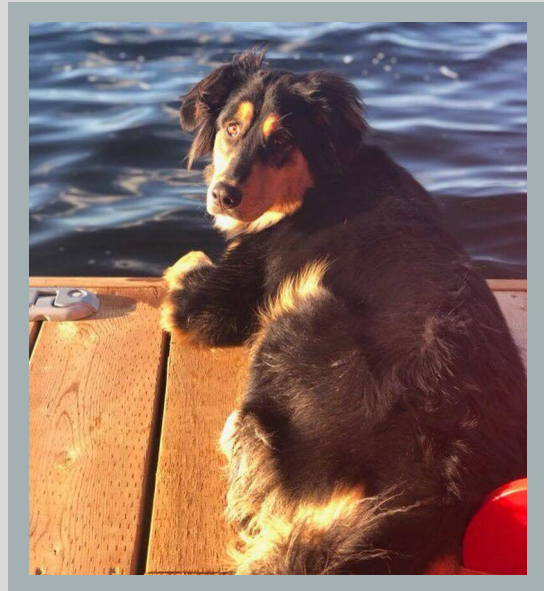
MATCH THE PET TO THE EXEC!



Spike and Preston



Maple



Hazel



TIPS FOR SURVIVING HOCO

Say "Hi" to the
alumni

DRINK...
water!

TRICOLOUR
EVERYTHING

Stick with your
group

Take a nap and
SET AN ALARM

Emergency resources if ya need them:

QFA (613-533-6111)

WALKHOME (613-533-9255)

COR (Chez Lenny)

Campus Security (613-533-2218)

PHEKIN SKI TRIP

Hey PHE/KIN students! It's time to get excited for our annual ski trip to Mont St. Anne! The trip will be taking place on the weekend from January 31st to February 2nd.

Come see us in the SHKS lobby from October 15-18 to sign up! All forms, deposit, and payment must be completed at the sign-up to ensure you spot.

The trip will cost **\$339**. This includes a two-night stay in a condo of 8 or 10 people, lift tickets for each night, as well as round-trip transportation. Payment can *only* be made by cheque or e-transfer.

A \$40 cash damage deposit will be collected as well (which we will return to you after the trip). Anybody is welcome to join the trip, but spots fill up fast because tickets are sold on a first-come, first-served basis!

Equipment rental prices are as follows:

Helmet: \$24

Ski/Snowboard: \$89 (boots included)

Feel free to contact Arthur Leung or Audra Perras (jrathletics@pheksa.queensu.ca) if you have any questions or concerns!



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