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# KINsider



Wow! What a year it's been. From Frosh to Boat Cruise to Rum and Egger to KIN Week and all the events in between this year has been fantastic! We even capped off the year with some icing on the cake with our Kin Games team bringing home the coveted shoe – for the Best Kinesiology Faculty in Canada. Congrats to Alyssa Reyes and the entire KinGames team!



It's been a pleasure working with this years KUS council and without them this year wouldn't have been nearly as successful. Alicia, Jon, Milica, Dillan and Natasha were all wonderful VPs and if you see them in the lecture hall be sure to give them a

big "thank you" for all their hard-work and dedication to the KINmunity.

I want to wish all Kinners best of luck on their final exams and I hope everybody has a fantastic summer! I would also like to welcome Aram Karakas as the new incoming KUS President and congratulate him and all his VPs on excellent campaigns. Meeting with them over the past few days has gotten me excited for next year; they plan to make things bigger and better!

KIN Love,  
- Alex Rebchuk





KIN Games 2013 Update: Where were you  
the week of March 20-25?

Well, I'm writing this 7 days since Kin Games 2013 ended. It's been a tough 7 days, lots of tears, self-reflections and overall Kin Games withdrawal (symptoms include fatigue, lethargy and what I like to refer to as "death flu".... You know the cough, it echoes around Wood). As our bodies and souls slowly heal, we are able to reminisce about that weekend. I was incredibly privileged to be given an opportunity to be a part of the team this year, to be a part of the first ever sweep of Kin Games and to share it with 23 other people who have proven to be some of the biggest beauties I know. Instead of me rambling on about the weekend, I'm going to share some of the highlights reported to me by my teammates. That way, you can get a picture of Kin games through 24 pairs of eyes, as opposed to just one pair. (Next page...)



Photos credits: Chris Vilayphonh

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– Even Kinsley got in on the act!

**Sarah Najafabadi:** the giant adrenaline rush post performing our epic dance in front of the huge crowd

**Sean Fitzgerald** absolutely loved the opening ceremonies!

Maddy Paterson loved everything! Specifically, the moment after performing our dance at the opening ceremonies as well as winning spirit, dance and the shoe all together at the closing ceremonies. Also the spirit and sportsmanship of the entire Kin Games! And doing the D-O-W-N cheer at least 20x's per day.

Sharon Severson and Kevan La Guardia, the team sweethearts, say the highlight of the games for them was making 25 new best friends (awwwwww).

Laura Kean had the time of her life taking the biggest Kin Coaster ride of her life (we had the entire stadium going, we're talkin' 750 people riding the Kin Coaster!!!).

Chris Vilayphonh rightfully remembers scoring the tying and then the winning goal in lacrosse and Michelle Bayer reflects on 'owning' all the male and female offence in lacrosse as well.

Elliot Flockhart's top experience was spooning with Tri Tran which leads me directly to one of my favourite moments, listening to Tri and Elliot discuss who was going to be the big spoon and who was going to be the little spoon.

Alyssa Reyes' top moment was performing our dance in McMahon Stadium (we nearly froze, but it was worth every finger that almost fell off!).

Kim Paterson's top moment was being hoisted out of the water by the strong arms of Tri and Aaron Dobie and watching us win the academic challenge.

I've been trying to think of one word to describe the weekend, but it's a daunting task. I don't want to be cheesy and say 'love,' I know, everyone roll your eyes, but in truth, I would say that's the word. I don't mean love in the wishy-washy romantic way but rather in the love for your team, love for Kin, love for life kind of way. I think we were so successful this year because everyone on the team loved each other to the ends of the Kin universe and back and during that weekend, nobody wanted to be anywhere else but in Calgary. Yes we came back with the Shoe, a huge honour, but each and every one of us came back with 23 new best friends as well. I guess that's what happens when you put 24 beautiful, intelligent and athletic people together. I highly encourage everyone to try out for the team next year, words can't even describe the experience we had. I tried my best... Good luck on Finals all Kin beauties!



Catch ya on the flipside, Silver

# Introducing...

-XOXO J

Your new 2013-14 KUS Executive Committee!

## VP Administration

The role of VP Administration is to monitor the budget for the KUS. They also organize all coordinator Positions and distribute them. They let us students in the loop by posting all KUS meeting minutes on the website. This role will be filled by Josh Britton.

## El Presidente:

The role of the President is to chair all KUS council meetings, attend AMS and President meetings as well as hold weekly office hours. They oversee all duties of FROSH and Grad Coordinators as well as all other Kinesiology Developments with the EXECS. Next year this role will be filled by none other than Aram Karakas

## VP Academic

The Role of VP Academic is to oversee the duties of the Tutoring coordinator, and Career Coordinator. They are also the liaison between students, administration and faculty on administration issues. This position will be filled by Jenna McEwen-Doris.

## VP Communications

The role of VP communications is to oversee the duties of the Merchandise Coordinator. They are in charge of the Street Team to promote Kinesiology events to Kinners. They also oversee the Duties of the coordinators for Kin TV, The Kinsider and the Kin newsletter. This role will be filled by Jason Quach.

## VP Socials

The VP Social brings light into our everyday academics. They oversee the duties of the Coordinators for Rum and egger, Dinner for Kinners, Ski Trip, Kin week and of course the famous Boat cruise. This position will be filled by Dillan Karst (once again) and Justin Tsang.



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# WE ARE ALL KIN.

# Cancer Kicked Aside

Light. It shows togetherness. It reveals camaraderie. It symbolizes hope. It shows the way to better things.

As someone who has had the fortune to not be directly affected by cancer's devilish disease, I attended UBC's 2nd Annual Relay For Life to support friends and the general cause. Many there were in the same boat as I, while many others had been directly affected either through a family member or close friend. For its second year, the event had over 300 participants, most of whom endured the full 12 hours of walking, eating, and occasionally sleeping.

Proceedings began with some short speeches from current cancer survivors, 2 of whom were around 21, just like most of the Relay-ers. Their stories really spoke to the fact that not just long-time smokers or heavy drinkers get cancer, even the most healthy, active individuals in our population are at risk. Then, just after 7:41pm, the relay started. In the front were the current survivors, about 20 of them, joyfully prancing around the lit track. Following them were 300 plus students, staff, volunteers, and friends supporting their fights. Special shout-out to all KIN students who participated, almost half the hall was in green!

It was then that the more fun activities started, (I'm in no way implying walking around a track for 12 hours isn't fun). Volunteers led some races such as a relay in which teams of 5 passed a paper tissue between themselves using nothing but their breath through a straw. The UBC KUS team was off to a good start in terms of spirit points, awarded for winning the small games, which were added to moments later after some rounds of Crab Tag. While we walked, seemingly endless amounts of healthy snack food started to appear including Pop Chips (a sponsor), granola bars, and fruits, paired with thirst-quenching beverages such as David's Tea, Jugo Juice, and juice boxes.

Around 11pm, the Relay paused for the Luminary ceremony. (Each person had been given a paper lantern on which a message was written to



I Relay for HOPE.  
Why do you Relay?

By: Steve Mah

someone, for someone, or about the cause. The lanterns were then placed around the edge of the track to create a very pretty, touching scene.) Some more heart-touching stories were shared, including that of a 21 year old girl who had walked the Relay under her own power for the first time the year before. Never was the phrase, "It felt f\*in' awesome!" more meaningful than when she used it to describe her opinions of that experience.

Following the ceremony, some people began running around the track, whether for fitness training or to simply stay awake, I could not tell. We were serenaded into the night by the live music including a set by Kin's very own Howard Lee.

As the event wound to a close, and people started waking up, (it was hard to sleep with dance music blasting from 4am on) a silent that the event had been a success surrounded the hall. People arrived with their individual reasons for supporting cancer research, and left not only having raised money for their cause, but found a friend or 5 that now shared that reason. Those who didn't feel they had a reason to start Relaying finished the night with many. And the Canadian Cancer Society finished the night having raised over \$52,000 for further research and treatments – an amazing figure.

Congratulations to the organizing team for holding such a successful event. And although it may not be crystal clear to you now, it's not hard to find a reason to Relay next year. Just remember, finding a good reason to Relay may seem hard to you; being able to Relay may be the hardest thing for your reason.



Photo Credits: Alex Torres

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# Mentor, Mentoree, Mentor Me

As a kin student, we are all very fortunate to have so many available opportunities. Amongst those is the remarkable - Kin Mentorship Program.

This program matches 3<sup>rd</sup> and 4<sup>th</sup> year kinesiology students with UBC's very own alumni mentor who is a working professional in the field. It allows students to build their communication, networking, and intrapersonal skills and how to successfully transition from school into a working environment.

You can definitely look forward to this program as it can only help benefit you in the near future. The mentor's take so much time out of their busy lives to help us students, and they always remain positive, happy, and approachable. Along with your own personal mentor, students also receive the opportunity to take part in a number of panels throughout the year to hear from even more professionals. There is nothing this program can't do to meet your needs as a kin student!

So if you didn't get a chance to participate this year, and you are sticking around next year, I HIGHLY RECOMMEND IT!!



**By: Sundip Khosa**



You only have benefits to gain. And what might be those benefits, you ask?

Mentee's will:

- Learn the skills required to work in the professional field
- Experience networking and other skills that future employee's may seek
- Gain an insight into the available opportunities for Kinesiology students, and
- Meet wonderful new people

Kin students are lucky to have the program progress over the course of the academic school year and the last event is nearing quickly. That's right! The Kin Mentorship program has been ending its year of success with a wrap-up party every year to thank all of the organizers, mentors, and coordinators who dedicate so much time and effort to make sure this program runs smoothly for us students. This year, the wrap-up party was held on Thursday, March 28<sup>th</sup> celebrated with a dinner, laughs, and new friendships.

By: Jaspreet Dhillon

UBC REC is committed to the well being and health of students through a dynamic and innovative sport and recreation experience that is second to none. With a mission statement like that, it's no wonder so many Kinesiology students are involved in REC.

Getting involved in REC is a great way to stay healthy while having fun. There are many leagues happening during the Fall and Winter semesters, like The Ultimate League, Nitobe Basketball League, Cross Volleyball League, UBC REC Dodgeball League, and SRC Futsal League - just scratching the surface here.

Want to work out but don't want to commit to a team? No worries! UBC REC offers many drop in sports that are free for students; you only need your student ID. The BirdCoop fitness center also sells students membership for \$25 per term - pretty sweet compared to other gyms! They also offer classes like yoga, pilates, dance, and martial arts.

UBC REC also host special events. Lace Up For Kids is a UBC REC's student led charity event that raises money for BC Children's Hospital. Another great event is the Great Trek Run: commemorating the student march of 1922 that led to the building of the Point Grey campus. It's a 8 km run or a 4 by 2 km relay that starts and finishes from the Great Trek cairn and travels throughout the UBC campus.

One of their signature events happening early in the school year on the shores of Jericho Beach is the Day of the Longboat. A great team race, with over 3000 people paddling through the ocean in the largest voyageur canoe race of its kind, Day of the Longboat is a great experience for anyone; beware of sore arms the next day.

The fall/winter term ends off with UBC's ever iconic experience and longest standing tradition: Storm the Wall. Competitors must swim, sprint, bike, run and eventually storm a 12 foot wall. Participants can compete in the competitive or just-for-fun heats, or challenge themselves by doing the whole thing as an Iron Person. Check out the UBC REC site for more exciting events and be sure to sign up.

Ever though about being a part of the extraordinary group that comprises UBC REC? Check out [rec.ubc.ca/volunteers](http://rec.ubc.ca/volunteers) to apply!

**K'S STORM**  
#stw13

**UBC REC**  
**IS CURRENTLY HIRING**  
**ASSISTANT DIRECTORS**  
**FOR 2013/2014**  
**APPLY BY MARCH 18**  
**(AND WE'LL GUARANTEE**  
**RAIN PROTECTION FOR A FULL YEAR)**

**UBC REC**

Jaspreet: The kintastic gem of the year would have to be our first ever Kin Week! The kin week committee did an amazing job putting together all those events. What had stuck out to me the most was the K-FACTOR. Who would have thought that apart from good looks and athleticism, that our Kinners were so talented? From singing, to karate, to comedy, Kinners are the whole package.

Silver: Though every moment this year has been brilliant, the best has to be the amazing people and great times had by all in Calgary.

We played hard, danced hard, and partied even harder. What a weekend, KIN GAMES CHAMPS!

Steve: Being a MUG Leader, my favourite moment(s) are seeing all the new Kinners finding their place at UBC and their contribution to making KIN the best faculty on campus. Whether that's camping in Osborne, the basement of Wood, or the Pit on a Wednesday night, each of you brings a special piece to the family that is Kinesiology. #kinlove



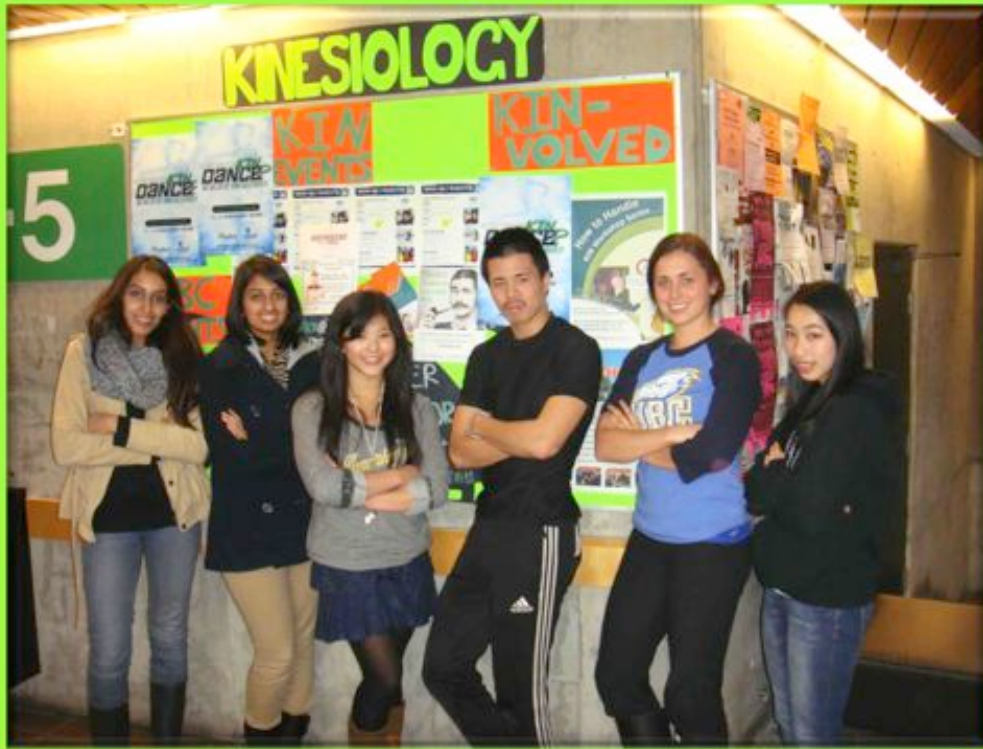
Jean: My favourite moment happens to also be the first of the year. Who could forget the energy, screaming voices, good looks, and green spirit of IMAGINE DAY??

Janice: Most memorable thing from this year? Probably the KIN Lab Crawl. And no, it didn't involve crawling on all fours at a research lab. However... there was some rolling involved, or rather wheeling, in a wheelchair. Needless to say, it was an unforgettable trip to ICORD laboratories. And heads up to all you kinners out there looking for something to do this summer, ICORD is opening an adapted gym for people with spinal cord injuries and is looking for volunteers.

Sundip: The one event that sticks out most has got to be K-factor. I mean I'm pretty sure every girl dreams of having Justin, Brian or Howard sing to them. And of course, Connor's abs and Jon's "squats"?...enough said. Also, who doesn't love screaming and strapping into the Kin coaster with our girl Laura? Tri's napoleon dance could not have been more 'on point' and everyone needs to watch out for first year-Emma and Claire! Lastly, I would love to learn how to imitate an accent like Adrian. This was the one of the best kin events this year...hands down!



# THANKS for Reading!!



That's all from us for this year, be sure to stay involved with your KUS and good luck with exams and your summer! Stay safe, stay active, and have a wonderful break.

It was our pleasure writing about the amazing things you all do in KIN!

Signing out, your KINsider 2012-13 Team,

Janice Chan

Jaspreet Dhillon

Silver Formankova

Jean Hu

Sundip Khosa

Stephen Mah

#KINning

#KINcredible

#KINlove

#KINtastic

#KINderful

#KINvolved