

2023

KIN

GAMES

WINNIPEG



TOGETHER AT LAST

OFFICIAL
CAPTAINS PACKAGE

Welcome to the 2023 Kinesiology Games
in Winnipeg, Manitoba

What is Kin Games?

Kin Games is the largest student-run undergraduate kinesiology conference in Canada. Over the course of three days, more than 600 students from universities across the country compete in 4 categories: academics, dance, spirit, and athletics. The conference has been an annual event since 1994 and adopted the Kinesiology Games name in 2001.

Message from the 2023 Kinesiology Games Head Coordinator

I want to thank all of you for choosing or being chosen to lead your school's team for kin games 2023. It has been a tough couple of years living through a pandemic and having our lives, relationships, and interests put on pause. Yet you all decided to come back with a bang and lead your team to this fantastic conference. We are striving to rebuild Kin Games to surpass its former glory. You all have been so patiently eager that I can't express my appreciation. Finally, the time has come to share the plan.

The committee and I have been working hard to get things in place to ensure you have an amazing experience at the best Kin Games yet! We strive for greatness as we hope every year will surpass the past!

As captains of your team, we expect a lot from you. We are now given a chance to reframe who we are by exploding all our exceptional qualities and showing everyone what Kin Games is about. We are about the relationships, the positive energy, the bonding through dance, spirit, athletics, and academics, and lastly the celebration of us exceptional kinesiology students. Therefore, we expect you to lead your team by holding honour and respect for Kin Games with your head high. You are our connection to all the kgers, so we thank you in advance for ensuring our vision is seen and upheld.

I can't wait to see you all in person,

Izzy Ruzic

Theme: Together At Last

This year's theme is “together at last.” Which is how we'll all feel, when we're finally back together. Kin Games is all about building kinships with beauties across the country, and for the first time since 2020, we'll be able to do that in person. We are all best friends, and we are all better together! Let the excitement brew and the energy grow as we count down the days till we'll be together at last.

General Conference Information

Dates: March 24-26, 2023

- Check In: March 23, 2023
- Check Out: March 27, 2023

Hotel: Fairmont Winnipeg

- Address: 2 Lombard Place, Winnipeg, MB R3B-0Y3
- Website: [Fairmont Winnipeg - Luxury Hotel in Winnipeg \(Canada\)](#)

Host: University of Winnipeg, Winnipeg, MB

Team Sizes: 12-18 participants

Requirements: All participants must be

- 18 years of age by March 23, 2023
- enrolled in at least one kinesiology related course OR in the kinesiology department. Ex: Phys. Ed, Athletic Therapy, Recreation Management, etc
- enrolled at the school you are playing for (all stars excluded: all stars must be kg alumni's)

Cost: Participant Fee \$575

The fee will cover all costs related to scheduled day events and night events. Including hotel accommodations for four nights, breakfast snack foods on Friday, Saturday, and Sunday, lunch on Friday, Saturday, and Sunday (sandwich, soup, pastry, and drink), gala supper on Sunday (3 course meal, one alcoholic beverage), transportation to and from the Winnipeg airport, and swag bag.

Not included: Supper on Thursday, Friday, and Saturday, transportation to Winnipeg, and team gear.

Cost Breakdown:

Expenses	Cost
Hotel & Meeting Spaces	\$240
Social Events & Ceremonies	\$110
Food & Transportation	\$100
Day Events Facilities	\$60
Swag Bags	\$40
Misc. (marketing, risk management, etc)	\$25
Total	\$575

NOTE: We know this cost is higher than in the past. We will be working hard to reduce this by applying/searching for sponsors and grants. Based on what we can secure, it is possible for the cost to be slightly lowered, which means either the last payment will be lowered, OR we will send a refund back to the e-transfer email.

Important Team Dates

November 11	Registration Officially Closes. All schools MUST be fully registered
November 25	First Team Payments Due - \$200 per member
December 30	Second Team Payments Due - \$ 200 per member
December 30	Add/Drop date for rosters
January 27	Third Team Payments Due - \$175 per member
March 23	Check into hotel
March 24-26	Kin Games Conference
March 27	Check out of hotel

Payment Example

First Team Payment: One team member will send the payment to finance@kingames.ca

Ex) 18 Team Members x \$200 = \$3600

Ex) 16 Team Members x \$200 = \$3200

Ex) 12 Team Members x \$200 = \$2400

If password is required use this: Winnipeg!

In comment area of e-transfer state payment #, your school, and # of team members.

Ex) 1st Team Payment, University of Winnipeg, 18 Team Members.

Tentative Conference Schedule

Thursday March 23	
09:00 - 17:00	Check In to Hotel
17:00 - 18:00	Captains Meeting
20:00 - 24:00	Social Event
Friday March 24	
08:00 - 12:00	Opening Ceremonies
12:00 - 13:00	Lunch
13:00 - 16:30	Athletics/Academics
17:00 - 18:00	Ambassadors Meeting
20:00 - 24:00	Social Event
Saturday March 25	
08:00 - 12:00	Athletics/Academics
10:00 - 14:00	Career Fair
12:00 - 13:30	Lunch
13:30 - 16:30	Athletics/Academics
17:00 - 18:00	Captains Meeting
20:00 - 24:00	Social Event
Sunday March 26	
08:00 - 12:00	Athletics/Academics
12:00 - 13:00	Lunch
13:00 - 16:00	Athletics/Academics
19:00 - 01:00	Closing Ceremonies
Monday March 27	
08:00 - 12:00	Check Out of Hotel

Scoring Break Down

Academics – 25%

In order to move closer to being academically recognized by our universities, the academic challenges will be done differently this year. It will consist of four different challenges, based on four different courses offered in the Kinesiology department at the University of Winnipeg. To ensure all of our kinesiology students are represented, the courses/challenges will be chosen from each program offered by the University of Winnipeg (3-year Bachelor of Physical and Health Education, 4-year Bachelor of Kinesiology and 4-year Bachelor of Science -Athletic Therapy). The academic challenges will be delivered in a variety of ways using four different assessment methods.

Athletics – 25%

Teams will be competing in athletic events together throughout the conference. There will be 4 unique sports played throughout the conference with a group stage format, followed by a playoff bracket.

Dance – 25%

Dances will be held during the opening ceremonies. Teams will perform a 90 second dance related to the theme of this year's conference. Teams will be marked based on the dance rubric, which will be posted shortly.

Spirit – 25%

Spirit is broken down into 3 categories: preconference spirit challenges (25%), conference spirit challenges (25%), and conference spirit (50%). Conference spirit will be everything at the conference that promotes and embodies the energy and spirit of Kin Games.

Expectations

As I've mentioned, we are working hard to give Kin Games a respected reputation. That means we all need to do our part in representing the good of kin games. That needs to happen not only during the conference but also leading up to it, especially on social media.

Social Media

Your kin games media accounts are public to everyone, it represents your team as individuals, your university, kin games, and kinesiology. Therefore your content needs to be held to a higher standard. Every school needs to clean up their pages, and ensure no more inappropriate behaviors are posted. That includes vulgar language, drinking, drugs, inappropriate clothing, etc. If you have to ask yourself "is this appropriate?" it probably isn't. If your school fails to follow these expectations, consequences will follow.

Appropriate warnings will be given, as we know this is a new expectation, however, if these rules are not respected or followed even after warnings, we will have no choice but to remove individuals from your team or your school as a whole.

Conference

More detailed information and expectations will come as you sign the liability form and we come closer to the conference. However, as a reminder, there will be NO exceptions or warnings for misconduct and misbehaviour at the conference. Drinking or taking illegal substances on campus, misrepresenting kin games, etc, will result in your wristband being snipped and immediate removal of Kin Games (you will no longer have access to the hotel, and pay for your own transportation back home). These restrictions and rules will help build our reputation so I thank you all in advance for obliging them.

Liability Form

This year teams will again be required to submit a liability form prior to the conference. This form outlines the policies and values of the 2023 Kinesiology Games. We will be requiring the signature of an authoritative figure within your school's faculty. This can include a dean, professor, or academic advisor. This person will be the point of contact if something is to occur at the event. We are hoping to never have to contact this person, however, this will help continue to grow respect amongst faculty members.

Each of you is representing not only your school, but the program of Kinesiology as a whole across Canada. This form serves as a reminder that we will not tolerate inappropriate or disrespectful behavior. The Liability Form will later be emailed to captains, with a due date.

If you have any outstanding questions, please feel free to leave a comment, or send me a message via email at iruzic@kingames.ca or Instagram kgheadcoordinator. I genuinely cannot wait to meet you all!

Peace, Love, & KG

Izzy :)