



Arik Ahmed

SOCIAL & COMMUNITY

— Social archive

Community work & selected posts



SKYFOXES





INSTAGRAM POST / 01

@HOSAUTSC

ILC memories

23 JUL 2019

A photo-led recap of the UTSC delegation at the 2019 International Leadership Conference in Florida.

POST METRICS

LIKES

77

COMMENTS

3

PUBLIC COUNTS / CAPTURED OCT 10 2026

[VIEW ORIGINAL POST](#)

INSTAGRAM / HOSA UTSC





INSTAGRAM POST / 02

@HOSAUTSC

Between rounds

18 JUN 2019

A candid look at UTSC competitors studying and preparing between rounds at the 2019 Spring Leadership Conference.

POST METRICS

LIKES

66

PUBLIC COUNTS / CAPTURED OCT 10 2026

[VIEW ORIGINAL POST](#)

INSTAGRAM / HOSA UTSC



USA matchup poll

06 SEP 2018

A community vote ahead of the Canada vs. USA matchup.

POST METRICS

LIKES	REPOSTS	REPLIES
5,196	2,228	148

PUBLIC COUNTS / CAPTURED OCT 10 2026

[VIEW ORIGINAL POST](#)



Roster reveal

09 JUL 2018

Seven players named for the World Cup group stage.

POST METRICS

LIKES

2,901

REPOSTS

727

REPLIES

128



4-0 group stage

09 SEP 2018

Canada closes the group stage with a 16-0 map record.

POST METRICS

LIKES	REPOSTS	REPLIES
425	42	8





Toronto Defiant

Team launch

X / 24 OCT 2018

2.3K

LIKES

645 reposts / 82 replies

[VIEW ORIGINAL POST](#)



TEAM PHOTO / INSTAGRAM

[07 FEB 2019 / VIEW ORIGINAL](#)

SOCIAL CREATIVE

Agilities joins Toronto

29 OCT 2019

@TorontoDefiant

LIKES

5.3K

REPOSTS

705

144 replies

Public post counts / captured October 2026.

[View original post](#)



We're so excited to announce that @agilities will be joining the Defiant team for 2020. Please join us in giving him a warm welcome to our roster. #RiseTogether



6:37 PM · Oct 29, 2019

SOCIAL CREATIVE

Surefour joins Toronto

04 NOV 2019

@TorontoDefiant

LIKES

6.3K

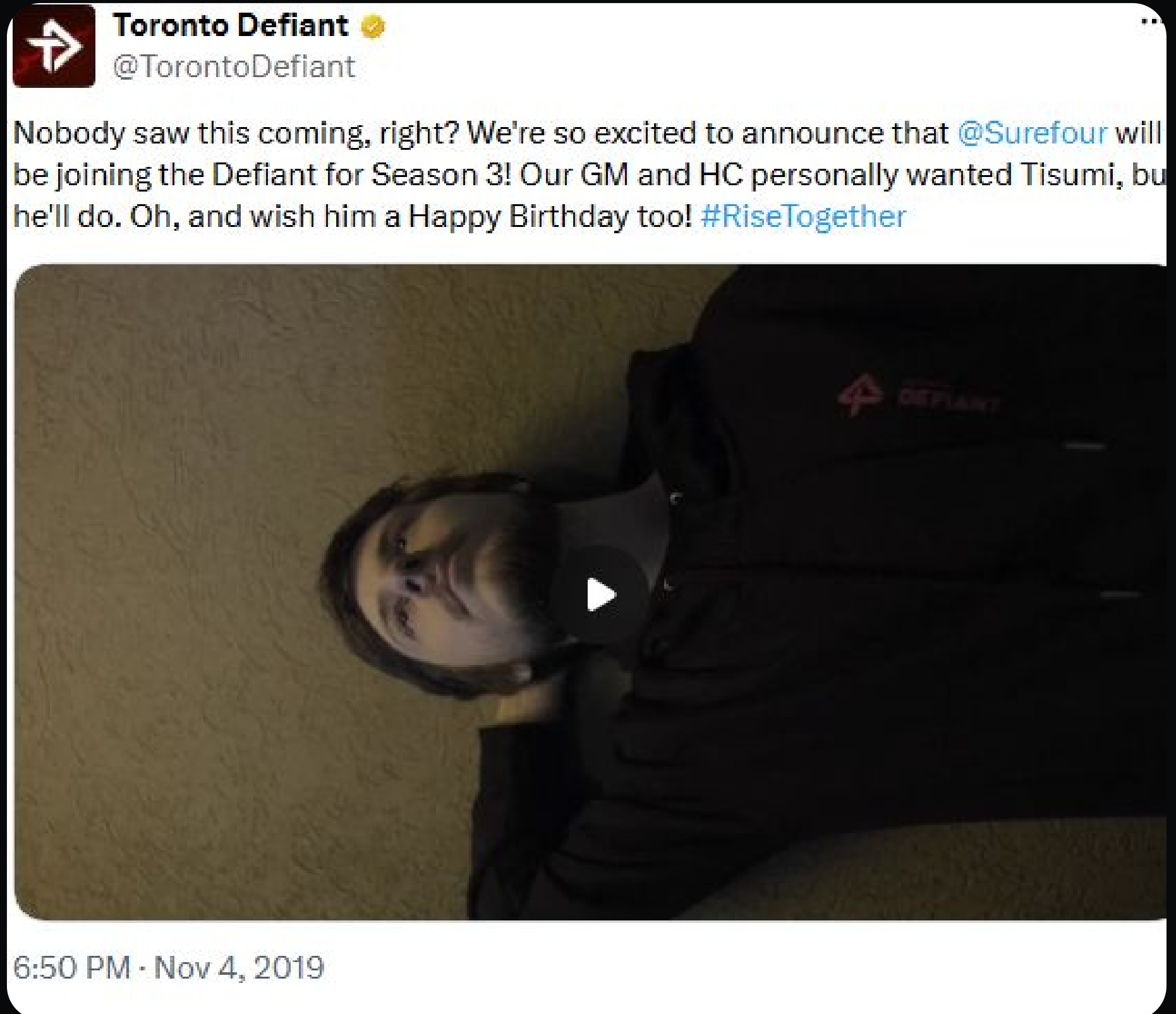
REPOSTS

831

220 replies

Public post counts / captured October 2026.

[View original post](#)



SOCIAL CREATIVE

numlocked signing

03 JUN 2020

@TorontoDefiant

LIKES

2.2K

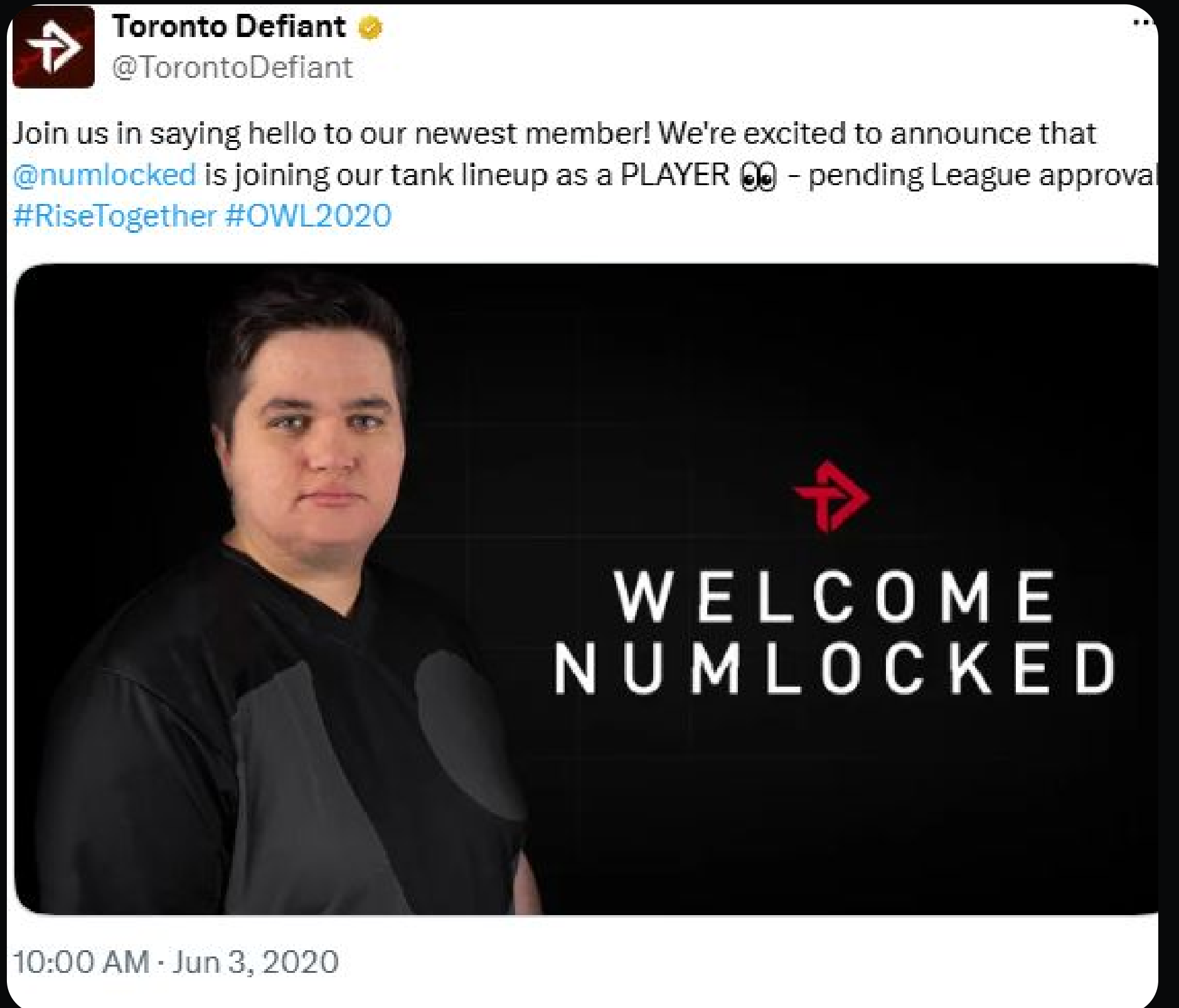
REPOSTS

136

94 replies

Public post counts / captured October 2026.

[View original post](#)



ROSTER UPDATES

INSTAGRAM

Two campaign posts

Contenders Trials roster.

14 MAY 2020

Skyfoxes / Last Hope partnership.

09 JUL 2020



Roster update

[VIEW ORIGINAL POST](#)



Contenders return

[VIEW ORIGINAL POST](#)

PLAYLIST & PLAYER ART

INSTAGRAM

Two campaign posts

Spotify playlist.

15 MAY 2020

Player artwork by @fort_remy.

12 MAY 2020



Friday Flight Songs

[VIEW ORIGINAL POST](#)



Salty illustration

[VIEW ORIGINAL POST](#)

Wallpaper

Skyfoxes / Instagram

WALLPAPER WEDNESDAY

13 MAY 2020

[VIEW ORIGINAL POST](#)

