



GOOD000-ZETTE

Your Source For All Things Titans

NOVEMBER 2023



The Dominique Bouchard Invitational is fast approaching and we need your help.

Lending a hand is easy. All volunteer opportunities can be accessed via the OnDeck app on your mobile phone or the Team Unify website.

WELCOME BACK!

Hello Titans!!!

It is shaping up to be another great swim season. The team has maintained good numbers coming into this year and it is looking like we are keeping our strong base of younger swimmers. This is an indication that our Club is sustaining well.

Even though we had a delayed start to the year, due to YMCA maintenance activities, all age groups got back into the pool and have started dryland programs with a bang. This prepared us well for the recent Time Trial and NEOR 1 where we saw a number of provincial qualifiers. Congrats to Ariane Belanger and Audrianna Pizzoferrato. We are really proud of you.

This year's Open House, in September, was a hit with over 40 families showing up to meet the new executive and learn about the upcoming season as well as enquire about the three sub-committees that have been formed. These include Fundraising / Sponsorships, Communications and In-Town Meet Sub-Committee. We are excited to get more members involved. For a club like the Titans, spreading the load is extremely important and it enables us to elevate our program to new levels. It is very evident, even this early in the season, that there is tonnes of interest in helping out and making the Titans' even better than it already is.

You will see that we are now expanding the use of Team Unify and the OnDeck mobile phone app for all of our Club events and volunteer sign up opportunities. Please keep up to date by keeping your eyes peeled for updates and more opportunities to get involved.

Hope to see you around the pool.

Mike
705-471-0796
president@nbtitans.com



Hello NBYT families,

I hope everyone has enjoyed the past couple of months of our programming, swim competitions and any club events you may have participated in.

It's been great to see all the returning members along with all the new families whom I kindly welcome to our swim club.

It has been a very exciting and transformative year for NBYT so far: adding new staff to our coaching team, investing in Swim Canada's Head to Head Olympic Led Mentorship Program, purchasing new swimming equipment for our athletes to train with, adding more professional dry-land & conditioning programming, and also welcoming more Titans members to our swim team. It is evident that our team is climbing the ladder of quality when it comes competitive swimming in the North Eastern Region of Ontario.

I am immensely excited to see what our team can achieve this season; we are in a great spot to succeed.

Head Coach Training Tip - Importance of Attendance

Get to practice.

This will always be my #1 tip I preach to anyone who wants to be a good swimmer and reap the benefits of improved technique, skills, and race times.

Every practice has a different focus, or set of focuses. No matter what training level you are swimming in, it is important to understand that all our programming is progressive. This means that as a club we are always building; whether it be stroke technique, endurance, speed, stamina, starts, turns, strength, power, skills etc.

The better the attendance, the more opportunity to progress in the sport of swimming. Those who make all the practices and attend all the programming will be better prepared to succeed.

That's just how it works!

Upcoming Competitions

Top Fish #1
November 5th
Sudbury, ON

Dominique Bouchard Inv.
November 18th-19th
North Bay, ON

Barrie Trojan Cup
Dec 1st-3rd
Barrie, ON

Swim Meet Review

On October 21st, our swimmers dove off the blocks for the first time this season at our own team hosted time trial; it was absolutely awesome to see everyone back in action. We had great levels of participation from our membership; 62 swimmers and many member & community volunteers helping run our first Swim Ontario Sanctioned competition of the year. I am looking forward to all the upcoming competitions - I have a feeling our Titan swimmers are going to really rock it!

I would also like to give a shout out to Ariane Belanger; she attained the 10&U Ontario Festival qualifying time in the 50 meter Freestyle at our time trial. For those who do not know, this is an Ontario-provincial level meet for the 12& under crowd.

Way to go, Ariane. Big congratulations!

GO TITANS!

Matthew Fallowfield
North BayTitans Head Coach

The TITANS want you to

WIN BIG!!

CASH IS KING Raffle Tickets
will be sold by the Titans membership
Oct 21, 2023 to December 16, 2023.

The draw will take place at the YMCA on
December 20, 2023 at 6pm.

BONUS!

Drawn tickets will be placed back into the pot
for a chance to win again!

Contact Tina Guenther at treasurer@nbtitans.com to purchase or sell tickets.

UPCOMING EVENTS CALENDAR

Nov 04 2023	Inspector of Turns Clinic 04 November 2023 Event Category: Official's Training Session OFFICIALS TRAINING OPPORTUNITY (Inspector of Turns) If you have taken the Introduction to Officiating and Safety Marshal courses already (online or in person), here is another opportunity to LEVEL UP with the Titans. Come out for a facilitated course provide by Jim Kilroy our Level 5 official. You will learn a tonne from Jim in a group setting.
Nov 05 2023	TOP FISH #1 05 November 2023 Event Category: Competition COMPETITION FOR JUNIOR GROUP MEMBERS
Nov 13 2023	BOARD MEETING - November 13, 2023 13 November 2023 Event Category: Board Meeting LOCATION - MEMORIAL GARDENS (SCOUT ROOM, UP ELEVATOR INSIDE GATE 2 ON 2ND FLOOR)
Nov 18 2023	DOMINIQUE BOUCHARD INVITATIONAL 18 November 2023 - 19 November 2023 Event Category: Competition COMPETITION FOR ALL MEMBERS
Dec 01 2023	TROJAN CUP 01 December 2023 - 03 December 2023 Event Category: Competition COMPETITION FOR AGE GROUP & SENIOR MEMBERS
Dec 08 2023	GATINEAU GRAND PRIX 08 December 2023 - 10 December 2023 Event Category: Competition COMPETITION FOR PERFORMANCE MEMBERS

MEET YOUR EXECUTIVE TEAM



TINA GUENTHER *Treasurer*

My name is Tina Guenther and I have been on the Titan's executive board since January 2023 as the treasurer. I am a mother of three of which, our eldest, Naomi, has made swimming an integral part of her life. Hence swimming has become important to our family. In my short tenure on the board, I have really appreciated getting to know other members of the club more deeply and have come to think of you as my extended family.

Personally, I enjoy keeping active in sports such as soccer, volleyball, and cycling. I enjoy walks and engaging conversations with friends and family. However, the thing that calls me the most is laughter and experiences that bring laughter into my space.

Tina
treasurer@nbttitans.com

SUMMER FREEMAN *Bingo Coordinator*

Hello,

My name is Summer Freeman, many of you have seen emails from me in the last few weeks trying to coordinate bingo sessions for our families. If you're new to the team or, if you're a returning family, welcome. Just a little feedback, Bingo is one of our largest fundraisers, to help raise money for the team.

I joined the Titans swim team back in 2021 as a new member to the team and directly into the Bingo Coordinator position. I currently have two swimmers on the team, my daughter is a Senior swimmer and in her final year and my son swims for with the Juniors.

If you ever have questions, you can always find me in the lobby during swim lessons or via email at bingo@nbttitans.com

Thank you and have a great swim year!

Summer

Bonjour,

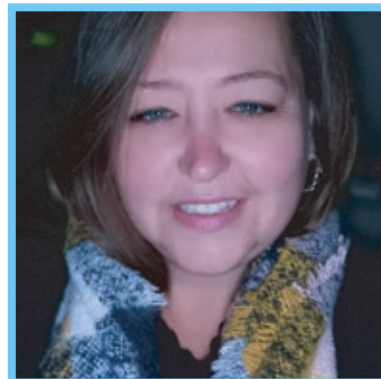
Je m'appelle Summer Freeman, beaucoup d'entre vous ont vu des courriels de ma part au cours des dernières semaines essayant de coordonner des séances de bingo pour nos familles. Si vous êtes nouveau dans l'équipe ou si vous êtes une famille de retour, bienvenue. Juste un petit retour, Bingo est l'une de nos plus grandes collectes de fonds, pour aider à récolter des fonds pour l'équipe.

J'ai rejoint l'équipe de natation des Titans en 2021 en tant que nouveau membre de l'équipe et directement au poste de coordonnateur de bingo. J'ai actuellement deux nageurs dans l'équipe, ma fille est une nageuse senior et en dernière année et mon fils nage avec les juniors.

Si jamais vous avez des questions, vous pouvez toujours me trouver dans le hall pendant les cours de natation ou par e-mail à bingo@nbttitans.com

Merci et bonne année de natation !

Summer



MEET YOUR EXECUTIVE TEAM



TANYA WARDLAW *Member At Large*

My name is Tanya Wardlaw, my husband and I have two kids and a dog named Pepper. I have enjoyed many sports in my lifetime but I am new to swimming. My daughter, Annika, who is 10 years old started swimming last year. This year she is in the Age group with Sam and she is so excited for this season.

Last March, I joined the Titan executive as the Member-at-Large responsible for volunteering and fundraising. Mainly, my responsibilities are updating the points in team unify, collaborating with board members and Titan families on ways to generate money for our club, sponsorships and applying for grants.

I have timed a couple of meets and I look forward to taking the Strokes and Turns course this year and learning more about the technical aspects of swimming.

I am super proud to be Titan mom and look forward to an amazing year!

Thanks, Tanya Wardlaw
nbvolunteer@gmail.com

MARIA MOORE *Member At Large*

Hello, my name is Maria Moore and I am this year's 'Special Events Coordinator'. I'm already busy working on our Titans Christmas party...which will be fun! You can expect an email from me in the next couple of weeks with more information! If you have some ideas or feedback, please feel free to reach out to me anytime:

nbtspcialevents@gmail.com

Maria



ERIN PERRIN *Secretary*

Hello,

I am Mom to two kids on the Titans team this year - one junior and one age group. When I'm not at the pool or other activities with the kids, I enjoy cooking, crochet, walks, travel, and do lots of reading. I've worked at Canadore for about 16 years in their finance department as a Financial Analyst.

I joined the board this year hoping to bring value and expertise where it might be needed, and to better understand and help make decisions to benefit the growth of the club.

Erin

secretary@nbtitans.com

MEET YOUR EXECUTIVE TEAM



SHERELL PIZZOFEERRATO *2nd Vice President/Officials Coordinator*

Hello :)

My name is Sherell and I am the Vice President, Officials Coordinator. I am new to this role and just started on the board this year.

I am the proud mom of two Titans, Andreena (13) and Audrianna (9)

I just wanted to say welcome to all of our parents and guardians. For our parents who have been with the Titans for years, thank you for welcoming me in this role and for your patience as I navigate and learn. To our new parents, thank you for showing up and being comfortable to ask questions. We are all learning together. ♥

There is something quite special about being an official. Not only are you on deck, but you are a familiar face to a swimmer who might be nervous, scared or anxious. Thank you to all our officials taking on this role and for your words of encouragement to our Titans going up on those blocks.

On February 11, 2023, our board President, Level Two soon to be a Level Three official, Mike Blair, facilitated his first in person clinic. He facilitated the Introduction to Officiating and Safety Marshal Clinic to a huge group of us; too many to name. Congratulations to all those officials who completed those clinics and are using the knowledge they gained to organically mentor new officials/help out on deck during in or out of town meets. You all make being a part of the Titans Family easy. ♥

On October 7, 2023, we had an in person Meet Manager Clinic hosted by our Level Five, Jim Kilroy.

Congratulations to those who completed this clinic as they are well on their way to levelling up:

~Tina Guenther

~Mike Blair

~Kaili Baas

~Tim Freeman

Congratulations to Mohamed Belhadj who completed his Chief Timekeeper Clinic online. Mohamed has almost completed his Level Two certification.

Lastly, congratulations to our newest officials who completed the Introduction to Officiating/Safety Marshal Clinic online before the Time Trial. Those people are:

~Alexandra Melnichuk

~Vesna Alimpic

~Sonny Trepanier

~Alyson Brady

~Shelby McGuire

~Andrew Trerice

~Crystal Berwick

~Umberto Pizzoferrato

Stay tuned for upcoming clinics and on deck opportunities as the year progresses :)

Thank you everyone ♥

Sherell

officials@nbtitans.com

NEW ADDITIONS TO THE CLUB

Communications Sub-Committee

Members Christianne Giroux, Tracy Lynn Reside, Samantha Govis (Bulletin Board Coordinator), Sherell Pizzoferrato (YMCA TV updates), Mike Blair

The Communications Sub-Committee is in full swing this year. If you are on Facebook or Instagram, you have likely noticed the increase in communications. Expect this to be maintained as we want to continue to get the word out about the great things that the Club is doing as well as the great results that our swimmers are achieving. Our goal this year is to increase the Titans' exposure to the broader community of North Bay, connect with our previous members and ultimately make our City aware that North Bay is more than just a hockey and soccer town.

In addition to social media posts, keep an eye out for Titans' Bulletin Board Updates (in the viewing gallery), Goooo-zette Newsletter issues (back again this year), YMCA TV Screen Updates and local newspaper articles. We need your help.

REMINDER - if you want to increase the Titans' messaging to our community and beyond, please consider how you set up your social media accounts. Check out the social media primer on Team Unify.

Finally, if you have ideas for improving the way we communicate or would like to contribute photos, articles, recipes, swimmer profiles or anything else for the Goooo-zette Newsletter (<https://www.gomotionapp.com/team/cannbt/page/newsletter>), reach out to any of our sub-committee members. You can also send these contributions directly to president@nbtitans.com.

In-Town Meet Sub-Committee

Members: Erin Giroux, Erin Zapshalla, Natasha Lessard, Tina Guenther, Mike Blair

We are only a little more than a month into the 2023 Swim Season and we have already hosted the Titans' Time Trial #1. What a fun event that was to get our team ready for the official racing season. Congrats to all of the swimmers who participated AND the volunteers for making this event possible. These events cannot happen without you.

We recognize that holding swim meets is a complex undertaking that requires a lot of upfront coordination efforts, and many people's involvement not only to get prepared but also to allow our meets to be officially recognized by Swimming Canada. Have you heard the saying "it takes a village to raise a child?" This definitely applies to competitive swimming.

This year, we will be holding two full fledged swim meets. One will be our upcoming Dominique Bouchard Invitational on November 18-19, 2023 and the other will be the NEOR 2 regional meet on April 6-7, 2024. These meets are a great opportunity to raise funds for the Club and help us increase our level of programming, control membership costs and pay for training aids.

Stay tuned for volunteer call outs, on and off deck, for these meets and opportunities to level up as an official. Check out all of the Team events including swim meets AND opportunities to volunteer (and get points) here: [Titans' Events and Volunteer Sign up](#).

Looking forward to an awesome swim season and good luck to all of the swimmers this year.

Fundraising/Sponsorship Sub-Committee

Members: Meg Cassells, Alex Melynichuk, Tracy Reside, Tina Guenther and Tanya Wardlaw

The fundraising sub-committee met for the first time the weekend before the time trials. The focus for the first meeting was to get the Sponsorship package out to our membership. Our goals for this year are:

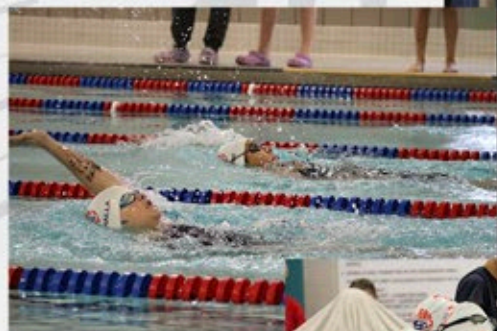
- ~ Sponsorships
- ~ Cash is King raffle
- ~ Fire Ring raffle
- ~ 50/50 Raffle at Dominique Bouchard
- ~ 50/50 Raffle at our NEOR
- ~ Grant Applications
- ~ Selling Titan's Merch
- ~ 2 In-town Swim Meets

If you would like to join our group or you have more ideas for fundraising please reach out we would love to hear from you. Goooo Titans!

TAKE YOUR MARKS!



Titan's *TIME TRIAL*



TAKE YOUR MARKS!

SSAT Invitational

NEOR

