



GOOOO-ZETTE

Your Source For All Things Titans

December 2023



PRESIDENT'S MESSAGE

Hello Titans,

I can't believe that we are almost at the holiday break. The team has been swimming fast which has translated to many personal bests, club records and high performance qualifying times.

We have lots of great content in this issue of the Goooo-zette including a NEW Nutrition Corner written by our very own Dr. Tracy-Lynn Reside. Check this out for great tips on recovery and healthy snacks. We also have a contest that swimmers can enter on the last page.

We hope to see everyone out at the Christmas Party this Friday. Don't miss it.

Go Titans.
Mike
705 471-0796

**Titans' Jibbitz®
are now in stock.**

\$5 per Jibbit.

Contact Nicole McMillan
nbtitansequipment@gmail.com



**Collect them!
Trade them!
Gift them!**

LET'S GET
JOLLY!



The Titans will be kicking off the holiday season with some fun and food. For those who have signed up, we will see you at the YMCA gym on December 15 at 4:45 pm.



Don't forget your gift for the Mug-Themed Gift Exchange. Bring your mug filled with small gifts and/or treats (\$20 value). Please make sure everything fits into the mug and is covered to keep them hidden.

If you have any questions, email Maria Moore at:
nbtspcialevents@gmail.com

COACH UPDATE



Hello NBYT families,

Winter is officially here. I hope you have all your cold weather necessities ready and most of your shopping list completed for the holiday season. ;)

Please see below for my newsletter contribution.

Head Coach Training Tip -

Targeting Areas of Improvement

You are an ace when it comes to Freestyle and Backstroke, you have good attendance, and tend to do well off the starting block; all things to be celebrated and proud of. Acknowledging one's strong points are an excellent way to boost confidence and feel good about your identity as a NBYT swimmer.

With that being said, I strongly encourage our swimmers to consider the importance of identifying and targeting the areas of sport in which they can use improvement. Swimmers with a better understanding of where their weak spots are have better opportunity to better focus their training, and swim with a clear sense of what needs to be accomplished for them to improve.

A few examples:

- ✦ *Improved nutrition & eating habits*
- ✦ *Getting better sleep*
- ✦ *Focusing on a specific swimming skill (eg. under waters, turns, pacing...)*
- ✦ *Higher levels of attendance at practice*

Targeting personal areas of improvement will immensely help our swimmers continue to progress, leave them feeling more well rounded, and confident in their swimnings careers. I highly recommend it.

Upcoming Competitions

Dave Kensit NEOR Championships
February 2-4th
Sault Ste. Marie, ON

Top Fish #2
February 11th
Sudbury, ON

Swim Meet Review

It has been quite a busy couple months of racing for the North Bay Y Titans; long story short, our club is crushing it.

At the past few competitions it has been awesome to watch our swimmers from the Fundamentals level to the Train to Win level continue to improve and achieve life time personal best performances with big smiles on their faces as they exit the pool.

Our team culture is building and our team cheer seems to be getting even louder. Our club is looking stronger on the competition pool deck as we continue to cheer and encourage our Titan teammates to swim fast! Keep up the great work everyone; including all of our supportive parents up in the stands!

Past Meet Highlights and Recognitions

Audrianna Pizzoferrato, Violet Allen, and Hannah Helms all were successful in making a first time qualification cut for the Ontario Provincial Festival Championships that are held in February of 2024.

Ariane Belanger broke the NBYT Club record in the 200m Breaststroke and also achieved the Female 10&U High Point Award at the Dominique Bouchard Invitational.

Yee Man Tang achieved the female 15&O High Point Award at the Dominique Bouchard Invitational.

Chloe Popp, Annabelle Jackson, Miguel Brochu, Naomi Sogbein, Hannah Helms, Ariane Belanger and Owen Baas all qualified for the 50m Freestyle eliminator event at the Dominique Bouchard Invitational; Chloe & Naomi took home the cash prize as the final champions of the event.

Lastly, NBYT came out ON TOP at our Dominique Bouchard and took home the Overall High Point Award!

Way to go, Titans. Let's keep it coming!

Matthew Fallowfield
North BayTitans Head Coach

TITANS' DRYLAND PROGRAM

PERFORMANCE GROUP

The goal of SURGE Strength is simple:
Build Better Athletes to Generate Faster Swimmers!

During COVID I was fortunate enough to take the Dryland Strength Training Course for Swimmers through Surge Strength. I now have my Surge Strength Dryland Certification. It is a program that addresses what a swimmer needs to become faster.

Swimmers need to combine strength with movement. In other words, be flexible with strength and power. One of the main things taught is that to become a faster swimmer, you have to swim. But if you become a better athlete, that will help generate faster swimmers!

The Dryland program created following this format allows to address deficiency in the swimmer, and exploit what they are already good at. In other words, it meets the athlete whenever they start and progress from there.

This year the Performance group is working with this Dryland format. These swimmers were assessed in August for the Movement and Strength/Performance skills. From these their programs were created. The idea is to have a program that enhances the skills of the swimmer and to work on the areas that are not as strong.

If you have any questions regarding the program please don't hesitate to ask!

Kaili Baas
Performance Dryland Training
nbytdryland@gmail.com



TAKE YOUR MARKS!

DOMINIQUE BOUCHARD INVITATIONAL



BARRIE TROJAN CUP & GATINEAU GRAND PRIX MEET SUMMARY

Total Athletes: 35

Finalist Swimmers:

Sophie Durocher
Niganii Dokis
Sydney Freeman
Owen Baas
Annabelle Jackson
Chloe Popp
Aleigha Money-Smith
Sandy Tang
Brooklyn Bayliss

New Club Records:

Female OPEN SCM 50m Breaststroke - Chloe Popp 33.19
Female SCM 15-16 50m Freestyle - Annabelle Jackson 27.96
Female SCM 13-14 200m FR RELAY - Sarah Blair, Aleigha Money-Smith,
Naomi Sogbein, Payton Anderson
Female SCM OPEN 200m FR RELAY - Chloe Popp, Marlee Parker,
Sandy Tang, Annabelle Jackson

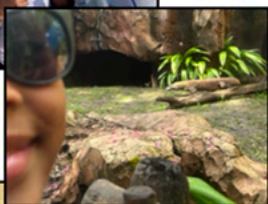
New High Performance Qualifiers:

Naomi Sogbein OYJ - 50 FR
Chloe Popp OSC - 100 BR OJI - 50, 100 BR

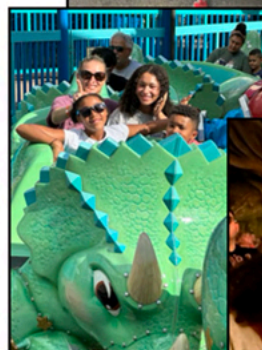
Personal Best Swims: 128



Family Time with The Sogbeins



Our family recently enjoyed a vacation in Florida. We visited several sites such as the Kennedy Space Centre, Animal Kingdom, and Universal Studios. Here is a selection of photos showing some of our experiences including the "It's All About Bugs" simulation at Animal Kingdom, us getting ready to battle in the "Transformers" simulation at Universal, and a Komodo Dragon sneaking up behind Jayda.



TAKE YOUR MARKS!

TOP FISH 1





SWIMMER OF THE MONTH

October

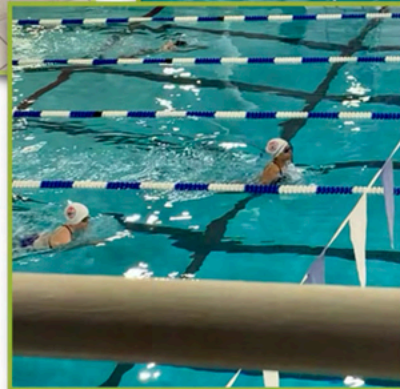
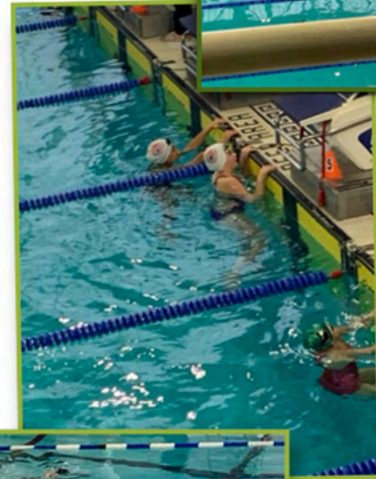


Senior Group - Sophie Durocher



TAKE YOUR MARKS!

TROJAN CUP



UPCOMING EVENTS CALENDAR

Dec 08 2023	GATINEAU GRAND PRIX 08 December 2023 - 10 December 2023 Event Category: Competition COMPETITION FOR PERFORMANCE MEMBERS
Dec 11 2023	BOARD MEETING - December 11, 2023 11 December 2023 Event Category: Board Meeting LOCATION - MEMORIAL GARDENS (SCOUT ROOM, UP ELEVATOR INSIDE GATE 2 ON 2ND FLOOR)
Feb 02 2024	NEOR Dave Kensit Memorial Regional Championships 02 February 2024 - 04 February 2024 Event Category: Competition
Feb 11 2024	Top Fish #2 - Sudbury 11 February 2024 Event Category: Competition
Feb 15 2024	Ontario Winter Youth-Junior Provincial Championships 15 February 2024 - 18 February 2024 Event Category: Competition
Feb 17 2024	Ontario Winter Festival Championships 17 February 2024 - 18 February 2024 Event Category: Competition

Feb 24 2024	NEOR 2 Invitational 24 February 2024 - 25 February 2024 Event Category: Competition
Feb 29 2024	Ontario Winter Swimming Championships 29 February 2024 - 03 March 2024 Event Category: Competition
Mar 22 2024	GMAC LC Invitational - Guelph 22 March 2024 - 24 March 2024 Event Category: Competition
Apr 21 2024	Top Fish #3 21 April 2024 Event Category: Competition
May 25 2024	Mac Rising Star #2 25 May 2024 - 26 May 2024 Event Category: Competition
Jun 13 2024	Ontario Summer Youth-Junior Provincial Championships 13 June 2024 - 16 June 2024 Event Category: Competition

As Titans, you spend long hours training in the pool. You've probably felt the burn in your muscles and that ache in your muscles after a hard training session, right? When we work our muscles hard, they break down just a little – partly because of the work itself and partly because the body will break down some muscle to use as fuel in longer workout sessions. Just like a car needs gasoline or electricity to run, our muscles need fuel to swim. Muscles can do the work of swimming because they are fuelled by energy – and some of this energy comes from something called glycogen. When we eat carbohydrates that food is broken down and some of it is turned into glycogen, which our muscles can store. Think of it as the fuel in your body's gas tank. When we start a hard swim, our muscles can use that glycogen and turn it into fuel! Once we run out of glycogen, the body can use other stored energy in our muscles and body fat to keep fuelling our swims. When we are done training, we need to make sure our body has the materials to rebuild our muscle and refill our gas tank!

This is why post-training meals that are high in protein and carbohydrates are so important to swimmers and other

endurance athletes. For the best results, you should eat within 30-60 minutes of your training session. Some fast and easy recipes are below and we would love for you to send your favourites to include in the next issue!

Now, here's a special note for our awesome female swimmers. Because of hormones, you've got a shorter recovery window. That means grabbing some protein within 30 minutes after training is extra important for you. And if you're rocking those longer sessions, toss in some electrolytes and branched-chain amino acids to use while you are training. If you don't hit that recovery window, your body will not be as ready for your next swim!

In a nutshell, post-training meals are like your secret weapons. Protein builds and repairs your muscles, while carbohydrates refuel your energy tank. So, after that killer swim, don't forget to refuel and get ready for your next race!

Go Titans!



After a swimming training session, it's important to replenish energy stores and support muscle recovery by consuming snacks that provide a combination of protein and carbohydrates. Here are three snack ideas that fit the bill:

TURKEY AND CHEESE WRAP

Ingredients:

- Whole-grain tortilla
- Turkey slices (or any lean protein of choice)
- Cheese slices (opt for a low-fat variety)
- Hummus or mustard (optional)
- Vegetables like lettuce, tomatoes, and cucumbers

Instructions:

Lay out the whole-grain tortilla and add turkey slices, cheese, and your choice of vegetables. Optionally, spread hummus or mustard for extra flavour. Roll it up into a wrap and cut it into smaller pieces for easy consumption. This snack offers a good combination of protein from turkey and cheese, along with carbohydrates from the whole-grain tortilla.

CHOCOLATE NUT BUTTER BANANA SMOOTHIE

Ingredients:

- 1 banana
- 1 cup milk (dairy or plant-based)
- 1 scoop chocolate protein powder
- 1 to 2 tablespoons nut butter
- A frozen veg (think sweet potato, cauliflower, squash – a great way to add healthy carbs and fibre to your smoothie without much taste and makes a great smooth texture!)
- Ice cubes (optional)

Instructions:

Blend together banana, milk, chocolate protein powder, and peanut butter until smooth.

Add ice cubes if you prefer a colder and more refreshing smoothie. This smoothie is rich in both protein and carbohydrates, making it a delicious and satisfying post-swim snack.

GREEK YOGURT PARFAIT

Ingredients:

- Greek yogurt (plain or flavoured)
- Granola (choose a variety with low added sugar)
- Fresh berries (such as strawberries, blueberries, or raspberries)
- Honey or maple syrup (optional)

Instructions:

In a bowl or a portable container, layer Greek yogurt with granola and fresh berries. Drizzle honey or maple syrup for added sweetness if desired. This snack provides a good balance of protein from Greek yogurt and carbohydrates from granola and berries.

Remember to hydrate well with water after your swimming session to support recovery and overall health. Adjust portion sizes based on your individual nutritional needs and preferences.



SWIM.

SWIM.

SWIM.

Complete this puzzle and submit it to president@nbtitans.com for your chance to win 2 FREE drinks at Blendz or a \$10 OFF gift certificate at Boston Pizza!

The Titans that send in their completed puzzles by Dec 22nd will be put into a draw for a prize!
GOOD LUCK!



O	T	S	J	S	K	Q	F	T	M	P	R	E	E	H	C	X
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WORDS CAN BE FOUND ACROSS, DOWN, DIAGONAL AND BACKWARDS!

Heat
Pool
Turn
Butterfly
Stroke
Coach
Freestyle
Backstroke

Cheer
Deck
Swimmer
Stretch
Marshal
Finish
Bubbles
Breaststroke

Goggles
Mark
Whistle
Timer
Dive
Water
Start
Towel

Titans
Team
Lane
Flip
Jammer