



GOOOO-ZETTE

Your Source For All Things Titans

January 2024

HAPPY NEW YEAR!

I hope everyone had a great holiday and are excited for the New Year. I can't believe that we are almost done the short course swim season.

We have lots to share this issue from contests to holiday pictures to nutrition tips.

Don't forget to save March 2nd in your calendars for Team Picture Day. Bring your swim gear and get ready to pose.

If you are an Official, check out the out of town sign-up opportunities. Each session will give you experience and 25 volunteers points.

Hope to see you all at the pool

Mike
705.471-0796



CASTING CALL!!

They say imitation is the highest form of flattery. Share your creativity by making a 15 second video clip of you in "coach mode".

Show us your best impression of your coach for a chance to win a

\$25 Cineplex Gift Card.

Please send entries to president@nbtitans.com by January 31st for your chance to win.

WINNER! WINNER!

Congratulations to our December issue's Swim Word Search winners!

Rachel McMillan, Everleigh Perrin, Charlotte McMillan, Naomi Karim and Aleigha Money-Smith.

For completing the word search these Titans will receive their choice of:

2 Drink Choices from BLENDZ Or \$10 gift card at Boston Pizza

Pick Up Some Points!

Volunteering at travel meets is a great opportunity to earn your volunteer points. Here are the Official's Volunteer Opportunity links for future meets:

Dave Kensit Memorial Regional Championships (Feb 2-4)

<https://www.signupgenius.com/go/10C0F45A9A82AA7F9C34-47031293-dave>

Top Fish 2 - Sudbury (Feb 11)

<https://m.signupgenius.com/#!/showSignUp/70A044FA5AC2EA6F94-47185108-topfish/143080318>

NEOR 2 - Sudbury (Feb 24-25) - *will provide when available*

GMAC LC Invitational - Guelph (March 22-24)

<https://forms.gle/ULzPjq2JNwWXvxCS6>



MARK YOUR CALENDARS!

Practice your poses.
Team photo day will be on
March 2nd.



SWIMMER OF THE MONTH

November



MIGUEL BROCHU
Senior Group



Team Travel Is Back!

Please fill out the team travel survey via the link below. Response deadline is Friday, January 12.

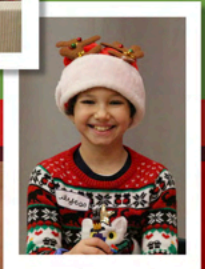
<https://forms.gle/aJNWDQUoopVe16aU9>

UPCOMING EVENTS CALENDAR

Feb 02 2024	NEOR Dave Kensit Memorial Regional Championships 02 February 2024 - 04 February 2024 Event Category: Competition	Feb 29 2024	Ontario Winter Swimming Championships 29 February 2024 - 03 March 2024 Event Category: Competition
Feb 11 2024	Top Fish #2 - Sudbury 11 February 2024 Event Category: Competition	Mar 22 2024	GMAC LC Invitational - Guelph 22 March 2024 - 24 March 2024 Event Category: Competition
Feb 15 2024	Ontario Winter Youth-Junior Provincial Championships 15 February 2024 - 18 February 2024 Event Category: Competition	Apr 21 2024	Top Fish #3 21 April 2024 Event Category: Competition
Feb 17 2024	Ontario Winter Festival Championships 17 February 2024 - 18 February 2024 Event Category: Competition	May 25 2024	Mac Rising Star #2 25 May 2024 - 26 May 2024 Event Category: Competition
Feb 24 2024	NEOR 2 Invitational 24 February 2024 - 25 February 2024 Event Category: Competition	Jun 13 2024	Ontario Summer Youth-Junior Provincial Championships 13 June 2024 - 16 June 2024 Event Category: Competition

TITANS CELEBRATE!

2023 Holiday Party



Dryland - Performance Group

Crazy Sock Workout & Holiday Potluck



Last time, we talked about the role that nutrition can play in fuelling and recovering from our swim sessions. This month, we want to zoom in on one of the most important macronutrients: Protein! Protein plays a pivotal role in the recovery process for competitive swimmers, especially for youth and teenaged swimmers who are actively growing and developing. After intense training sessions or competitions, the muscles undergo stress and micro-tears. Consuming an adequate amount of protein is essential for repairing and rebuilding these muscles, ultimately promoting strength and endurance development. As teenage swimmers engage in rigorous training routines, prioritizing protein intake becomes crucial for optimizing their overall athletic performance and supporting their long-term health. And as we mentioned last month, the timing of protein after intense sessions is especially important for female swimmers, who's hormone cycles impact the body's ability to use nutrients for fuel and recovery (we will talk about this next issue!) The rule of thumb is protein within 30 minutes of training!

Protein is composed of amino acids, often referred to as the building blocks of muscle. Consuming protein-rich foods helps replenish amino acid stores, aiding in the repair and growth of muscle tissues. Including protein sources in post-training meals or snacks is an effective way for

youth and teen swimmers to enhance recovery. Examples of protein-rich foods suitable for teenage swimmers include grilled chicken breast, turkey, fish, lean beef, eggs, dairy products like Greek yogurt or cottage cheese, and plant-based options like tofu or legumes.

In addition to muscle repair, protein intake is essential for supporting the immune system, which can be particularly beneficial for teenage athletes exposed to the stressors of regular training and competition. A well-functioning immune system helps prevent illness and ensures swimmers can consistently participate in their training programs. Encouraging a variety of protein sources in their diet allows youth swimmers to access a broad spectrum of essential nutrients, contributing not only to recovery but also to overall health and well-being. Parents, coaches, and athletes should work together to create a nutrition plan that ensures an adequate and balanced protein intake, supporting the unique needs of teenage swimmers striving for peak performance. It's important to consult your medical doctor if you have concerns about your recovery and wellbeing - and it is good advice to work with a health care professional like a nutritionist or naturopathic doctor who has experience working with elite athletes and can provide individual recommendations!

High-Protein Snacks:

1. Greek Yogurt Parfait:

Layer Greek yogurt with granola and fresh berries. Greek yogurt is rich in protein, while granola adds carbohydrates and fibre.

2. Protein Smoothie:

Blend together milk (dairy or plant-based), a scoop of protein powder, a banana, and a handful of spinach for a nutrient-packed and delicious post-training drink.

3. Hard-Boiled Eggs with Whole Grain Crackers:

Hard-boiled eggs are a convenient and portable protein source. Pair them with whole grain crackers for added carbohydrates.

4. Cottage Cheese with Pineapple:

Cottage cheese is a high-protein dairy option. Combine it with pineapple chunks for a sweet and savoury post-workout snack.

5. Turkey or Chicken Wrap:

Fill a whole-grain wrap with lean turkey or chicken slices, vegetables, and a spread of hummus or mustard for added flavour.

These ideas all have a combination of protein, carbohydrates, and healthy fats and are good options for post-training snacks and meals. They will help swimmers replenish energy stores, support muscle recovery, and promote overall well-being.

High-Protein Meals:

1. Grilled Chicken or Fish with Quinoa:

Grilled chicken breast or fish (like salmon) paired with quinoa provides a balanced combination of protein and complex carbohydrates.

2. Vegetarian Stir-Fry:

Stir-fry tofu or tempeh with a variety of colourful vegetables and serve it over brown rice or whole-grain noodles for a protein-packed, plant-based meal.

3. Lean Beef or Turkey Burger:

Lean beef or turkey burger on a whole-grain bun. Top it with lettuce, tomato, and other favourite veggies for added nutrients.

4. Salmon and Sweet Potato:

Baked or grilled salmon with a side of roasted sweet potatoes is a nutrient-dense meal rich in protein, healthy fats, and complex carbohydrates.

5. Chickpea Salad:

Create a salad with chickpeas, cherry tomatoes, cucumber, feta cheese, and a lemon vinaigrette for a protein-rich and refreshing option.