



GOOOO-ZETTE

Your Source For All Things Titans

MARCH 2024

HELLO, TITANS!

We have lots in store for you this issue. From Swimmer of the Month to Volunteer opportunities, Officials' training updates to meet results and Titans' record breakers, it is amazing how much we have accomplished in such a short time.

Thanks for everyone who put time into producing and submitting NEOR 3 shirt designs. We have amazing talent out of the pool. We can't wait to see Aleigha Money-Smith's design come to life.

Coach Matt has some great advice for all of us regarding feedback. The Titans are a very supportive club and leveraging knowledge of our talented coaching staff will only make our swimmers stronger.

See you all at the pool.

Mike
705 471-0796



WE NEED YOU!

Our NEOR 3 Meet is fast approaching. We are looking for more volunteers to help out in a variety of capacities. Food donations are also appreciated in order to make our canteen a success as well as support those who volunteer on deck. Please check out the job sign up file and add your name to our list!

[NEOR 3 JOB SIGN UP](#)

A list of food items required can be found here:

[NEOR 3 FOOD SIGN UP](#)

LOST & FOUND

We are still looking for the owner of a medium sized (YOUTH) Dominique Bouchard team T-shirt. It was found after our DB Invitational in the wading pool area of the deck. If this is yours please contact Mike Blair and we will get it back to you.



HEAD COACH UPDATE



Hello NBYT Families,

I hope all are excited for long course swim season and getting some experience racing in those 50m pools. (Yes, that means half of the required turns - woohoo!).

I will be reviewing the meet schedule in the next couple of weeks to ensure all of our scheduled meets are running and let members know of any changes.

Head Coach Training Tip of the Month -> Welcome Coaches Feedback

Swimming as a sport may seem like a tedious physical activity. It involves many minutes of swimming back and forth in lane that is 25-50m long.

I always urge our swimmers to actively think about what they are attempting to accomplish while they swim, rather than worry about making a pace time or completing a certain amount of volume; encouraging them to stay present in the moment as it has more benefits to do so than mindlessly completing meters without a focus.

Our coaching staff actively gives our swimmers feedback; whether it be completing stroke drills/ skills in practice or racing strategies at a swim meet. Despite the amount of feedback that a swimmer receives, the effectiveness is limited by how our swimmers react to it.

Some swimmers are excited to receive feedback, and get a rush from the attention and potential of progression. Some can become overwhelmed and confused by instructions given, and potentially start feeling a bit of anxiety. Other swimmers may take feedback from their coach negatively, interpreting it as a punishment or a criticism.

The message I would like for our membership to hear is that the feedback given by our staff is to be taken as constructive. Swimmers at every level benefit from feedback and it is part of how all swimmers continue to progress within the long-term athlete development plan.

So next time you receive feedback during a swimming set from your swim coach, take the time to ensure that you take the feedback constructively, and focus on making the adjustments a priority. After all, we are on your team and eagerly wanting to watch you succeed. :)

Upcoming Competitions

GMAC Long Course Invitational

March 21-24
Guelph, ON

NEOR 3

April 5-7
North Bay, ON

Top Fish #3

April 21
Sudbury, ON

HEAD COACH UPDATE

SMASHED IT!!!

CHECK OUT OUR NEWEST RECORD BREAKERS AND POINT TAKERS! CONGRATULATIONS TO THESE TITANS!

NEW NBYT RECORD BREAKERS

Throughout the season the North Bay Titan swimmers have set multiple new club records, see below for the updated list:

2023-2024 RECORD BREAKERS

NAME	EVENT	AGE	COURSE	TIME
ARIANE BELANGER	200 BR	10&U	SCM	3:32.55
CHLOE POPP	50 BR	OPEN	SCM	33.19
ANNABELLE JACKSON	50 FR	15-16	SCM	27.92
OWEN BAAS	200 IM	15-16	SCM	2:22.09
OWEN BAAS	400 IM	15-16	SCM	5:02.70
OWEN BAAS	200 IM	15-16	LCM	2:23.96
OWEN BAAS	100 BK	15-16	LCM	1:07.96
NAOMI SOGBEIN	50 FR	11-12	LCM	28.98
NAOMI SOGBEIN	100 FR	11-12	LCM	1:04.66
S.BLAIR, N.SOGBEIN, A.MONEY-SMITH, P.ANDERSON	4x50 FR RELAY	13-14	SCM	2:02.11
C.POPP, A.JACKSON, P.PARKER, Y.TANG	4x50 FR RELAY	OPEN	SCM	1:54.06
A.PIZZOFERRATO, S.GOVIS, A.PATREAU, A.BELANGER	4x50 FR RELAY	10&U	SCM	2:34.21
H.HELMS, E.CASSELL, N.SOGBEIN, V.ALLEN	4x50 FR RELAY	11-12	SCM	2:10.41
A.PIZZOFERRATO, A.PATREAU, A.BELANGER, R.WALLACE	4x50 MEDLEY RELAY	10&U	SCM	2:59.52
E.CASSELL, H.HELMS, N.SOGBEIN, V.ALLEN	4x50 MEDLEY RELAY	11-12	SCM	2:23.97

Way to go, team! Keep lifting that bar higher 🍷



HIGH POINT AWARDS

DAVE KENSIT MEMORIAL CHAMPS

It was awesome to watch our titans in action and proudly represent North Bay. Our team placed **3rd overall** with 11 teams competing. Our female team **placed 1st** and our male team **placed 6th**.

Congratulations go out to Ariane Belanger (10&U Female), Naomi Sogbein (11-12 Female), and Chloe Popp (15&O Female) as the recipients of the Dave Kensit High Point Awards

Woot! Woot! Great job ladies!



ONTARIO WINTER FESTIVAL CHAMPIONSHIPS



FESTIVAL CREW

Adrianna Pizzoferrato,
Ariane Belanger,
Hannah Helms & Violet
Allen.

WINTER ONTARIO YOUTH-JUNIOR CHAMPIONSHIPS



OYJs CREW

Naomi Sogbein,
Brooklynn Bayliss &
Owen Baas.



NEW TITAN OSC QUALIFIER

AND (due to a closer look at the national
time standards 🤔)

NEW TITAN EASTERN CANADIAN NATIONAL CHAMPIONSHIPS QUALIFIER

Also a special shout out goes to Naomi
Sogbien for making her first qualification in the
50m FR LCM for the Ontario Swimming
Championships & Eastern Canadian
Swimming Championships. Great job, Naomi!

HARDWARE ALERT

Congratulations to Owen
Baas for taking home
bronze in the 200m
breaststroke.

WINTER ONTARIO SWIMMING CHAMPIONSHIPS

Congratulations to Naomi Sogbein & Chloe Popp on making it to The Winter Ontario Swimming Championships!

Go Titans!!!



UPCOMING EVENTS CALENDAR

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
Jun 14 2024	Ontario Summer Festival Championships 14 June 2024 - 16 June 2024 Event Category: Competition
Jul 12 2024	Atlantic Cup 12 July 2024 - 14 July 2024 Event Category: Competition

OFFICIALS UPDATE

Hello Fellow Officials :)

Thank you so much to all our officials who have been volunteering at our meets and out of town meets in various "officials" roles. We see and appreciate you <3

I wanted to provide an update this month as there are so many changes that the membership should be aware of.

Sanction Requirements

Starting in September 2024, Swim Ontario is changing the requirements for hosting Swim meets.

What does that mean?

In order to continue to host swim meets, we need a certain number of Qualified and Certified Officials.

Qualified Officials: Officials who have completed a specific clinic like Introduction to Timekeeping, Chief Timekeeper, Admin Desk, Judge of Stroke, Inspector of Turn, Starter, etc.

Certified Officials: Officials who have received two sign offs in specific "officials" roles.

Swim Ontario requires us to have at least 18 officials in various roles so that we are able to host meets like the Dominique Bouchard Invitational or NEOR #3...IN OUR HOUSE! This number does not include Timekeepers, Safety Marshals or Marshals. For example, we will need 6 certified Inspector of Turn Officials and 2 qualified Inspector of Turn Officials. If members are not taking the Inspector of Turn Clinic and obtaining sign offs, we will not have enough Turn Officials to continue to host these meets that we and our swimmers love. That is why we are encouraging officials, at your own pace, to LEVEL UP when you are ready.

Our plan is to host (in person and online) clinics more frequently so that officials are given an opportunity to learn a new role and put that knowledge into practice on deck; guidance and

mentoring will be provided from an experienced official to the official who just completed a clinic. If anyone has any questions or needs assistance, please reach out via email to officials@nbtitans.com

I now present to you our new Level 2 Officials

Congratulations to:

Kaili Baas

Tim Freeman

Bruce Marietti

We have about 15 more Level II officials coming so stay tuned!

We officially have a Level III Official and Level III Referee

Congratulations are in order for Mike Blair!

Inspector of Turn Clinic

Jim Kilroy, our one and only Level V facilitated an in person Inspector of Turn Clinic on November 14, 2023. Those who completed that clinic are:

Tina Guenther

Erin Zapshalla

Sarah Allen Kennedy

Sherell Pizzoferrato

Umberto Pizzoferrato

Jenn Taun

Summer Freeman

Natasha Lessard

Crystal Maeck

Meghan Cassell

Admin Desk Clinic completed through LMS

Erika Bayliss

Tina Guenther

Sherell Pizzoferrato

.

Thank you everyone
Sherell

Volunteer Opportunities & Clinic Schedules

Clinics

Judge of Stroke

The Titans hosted a Judge of Stroke Clinic on March 2. Congratulations to all who attended and are now qualified to volunteer as a strokes judge in future meets. Thanks for taking the time to attend and help our club continue to grow.

For access to online courses just follow this link.

<https://edu.swimming.ca>

If you have any questions regarding your online learning account please reach out to Sherell Pizzoferrato.



Judge of Stroke Clinic Participants (L-R):

Maggie Preston-Coles, Melissa Parker, Erin Zapshalla, Meghan Cassell, Umberto Pizzoferrato, Sherell Pizzoferrato, Tyler Dokis.

Clinic Instructors: Jim Kilroy and Mike Blair

Upcoming Meets

GMAC Meet

For all those attending the GMAC Meet March 21-24, 2024, there are multiple opportunities to sign up to be an official. If interested, please click on the link below.

<https://forms.gle/Wbyhs4ZpCpKDWXoG6>

NEOR 3 Meet

Officials and Other Volunteer Opportunities

Thank you to all of you who have already signed up to either be an official or volunteer for our NEOR 3 meet. We are still looking for officials that can, for example, be a timekeeper. If you have not timed before, we will pair you with someone with more experience so that they can help you through. No pressure! If you have any questions about being a timekeeper, please reach out and I can help :)

Sherell

officials@nbtitans.com

<https://www.gomotionapp.com/team/cannbt/controller/cms/admin/index?team=cannbt#/calendar-team-events>



SWIMMER OF THE MONTH

December



January



TOPFISH 2



Heather MacLean

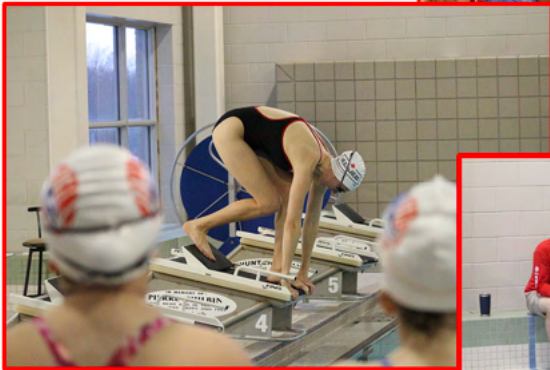
Please note: the information below is accurate as of the London 2012 Olympic Games.

Heather MacLean competed in her first Olympic Games as a member of the 4x100m freestyle team with Victoria Poon, Julia Wilkinson and Samantha Cheverton and finished 11th overall.

At the 2009 World Championship Trials, MacLean earned her ticket to Rome by setting a national record in the women's 200m freestyle with a time of 1:57.20. At the World Championships in Rome, MacLean made her first final as part of the record-breaking 4x200m freestyle relay as well as her first individual semifinal in the 100m freestyle clocking a personal best. In 2009, she competed for Canada's Junior team at the Jr. Pan Pacific Championships in Guam, where she collected a silver and a bronze.

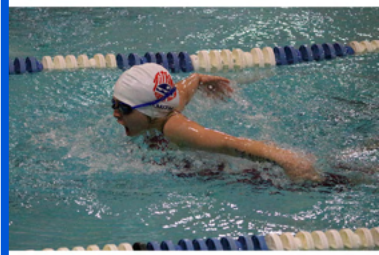
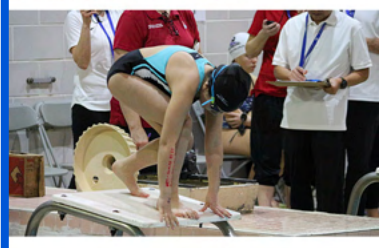
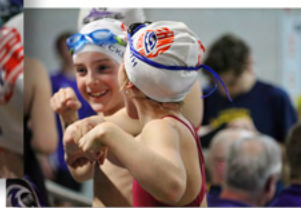
MacLean has set five Canadian age-group records, four of which as part of her club relay teams, and one individual record in the 200m freestyle (age 15-17).

Her younger sister, Brittany, was also a member of the 2012 Canadian Olympic Team. **Source: Olympic.ca**





NEOR 2



WE HAVE A WINNER!!

And the results are in. Based on the survey, the design with the most votes was provided by Aleigha Money-Smith. Congratulations Aleigha!!

Your winning design has also earned you a \$25 gift certificate for Greco's Pizza!



Front

Back

Thanks to all of the great designers for submitting your ideas. All of your designs were very creative and we thank you for putting so much effort into them.

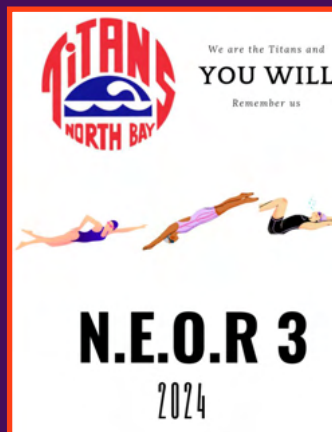
Each of you will receive a gift certificate for a FREE DRINK from BLENDZ Smoothie Shop!



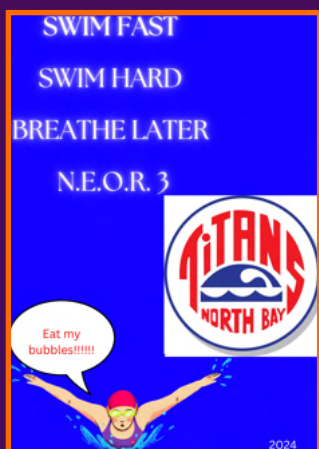
Donovan Trerice



Leo Dupuis



Evelyn Cassell



Nellie Cassell



Naomi Karim

