



GOOOO-ZETTE

Your Source For All Things Titans

APRIL 2024

Hello, Titans!

We have tonnes of content this month to share with you. If you are interested in contributing to future issues, please reach out to me.

Thanks so much to all of the volunteers that made the NEOR 3 swim meet such a success. As you know, if we did not host swim meets, we could not provide all of the awesome programming that we do for the swimmers.

Good luck to everyone going to Fred Rams in Timmins next weekend AND to Chloe Popp who will be traveling to Toronto for the Olympic Trials during the week of May 13th. The whole team will be cheering you on Chloe and we are really proud of you.

There has been lots going on and there is still tonnes to happen with the Titans this year.

See you all at the pool.

Mike

705 471-0796

BOARD ELECTION ANNOUNCEMENT

It is that time of year again. We are looking for volunteers from the membership to join the Board of Directors. This is a great opportunity to get involved and help shape our swim club. No previous experience required. Reach out to any of the Board if you have questions. Positions up for election this year are:

- **President**
- **1st Vice President** (Out of Town Meet Coordinator)
- **Secretary**
- **1st Member at Large** (Volunteers Coordinator)

Photo Day is May 25th

Schedule for Photo Day

Everyone needs to be at pool and on deck from 7:15 am to 8:30 am.

- **7:15 am** : Team Picture
- After team photo - Junior and Age Group Practice
- **7:30 am** : Senior, Performance Individual Photos
- After Senior and Performance Pictures, Juniors and Age Group will get individual photos.



The Titans are supporting the North Bay Kiwanis Triathlon this year. There will be lots of opportunities to get involved by either supporting the event or even competing (individual or team) so stay tuned for more updates on this.

You can visit the Triathlon website here:

<https://www.kiwanisnipissing.ca/triathlon>

Head Coach Update



Hello NBYT Families,

I hope everyone is keeping well and getting ready for some warmer weather!

NEOR 3 - NBYT Hosted Meet

In April, the North Bay Titans Hosted our region's 3rd development invitational of the season; and we crushed it. I received great feedback from swimmers, coaches, and officials who travelled from across the region regarding how well our competition was ran.

I would like to quickly thank all those who signed up to volunteer and help make our hosted meet for the region as great as it was!

23-24 Swim-a-thon

Our club's biggest fundraiser is just around the corner!

Each year the Titans raise money for our Club and Swim Canada to support the growth and stability of the sport of swimming. We are looking forward to having as many Titan participants as possible to help invest in our sport in our community.

Good luck fundraising, team!

Head Coach Tip of the Month -> Trusting the Process & LTAD Plan (for swimmers & parents).

Learning how to swim and race competitively is a long process which takes many years of practice and patience; you can't rush it. In fact, it is arguable that by attempting to rush the process, more harm than good can be done in the long run and it is a risk that really isn't worth taking.

As NCCP certified coaches, it is our responsibility to ensure that every swimmer is on a journey of skill learning, technique building and continuous progression for years to come. We strongly believe in the **long-term athlete development plan** and implement it through our programming.

Whether a swimmer is in a Fundamentals, Learn to Train, Train to Train, Train to Compete, or Compete to Win stage of their development, it is important to acknowledge and trust the process of the LTADP and allow their progression to occur naturally.

Upcoming Competitions

[find our tentative meet calendar on our team website]

Fred Rams Regional Championships

May 11-12

Timmins, ON

2024 Olympic & Paralympic Trials

May 13-19

Toronto, ON

Age Group International

May 31-June 3

Etobicoke, ON

Swim Meet Highlights

New Provincial & National Qualifiers

Owen Baas - **Ontario Swimming Championships** (400m IM)

Annabelle Jackson - **Eastern Canadian Championships** (50m BK)

Chloe Popp - **Canadian Jr. Olympic Trials** (100m BR)



New Club Records

Owen Baas

Male 15-16 LCM 400m IM

Male 15-16 SCM 400m IM

Chloe Popp

Female Open LCM 100m BR

Naomi Sogbein

Female 11-12 LCM 50m FLY

Female 11-12 LCM 800m FR

Hannah Helms

Female 11-12 LCM 50m BR

GO TITANS!

North BayTitans Head Coach





GMIAC

The Titans had a great meet in Guelph. Lots of waves and smiles all around!

Titans in the Spotlight

Check out what our Titans are doing outside the pool.

TEACHING EXCELLENCE



Congratulations to Coach Colette on being recognized for her outstanding accomplishments in Catholic Education.

Read the full article here:

https://www.npsc.ca/news/what_s_new/director_of_education_awards_of_excellence_2024

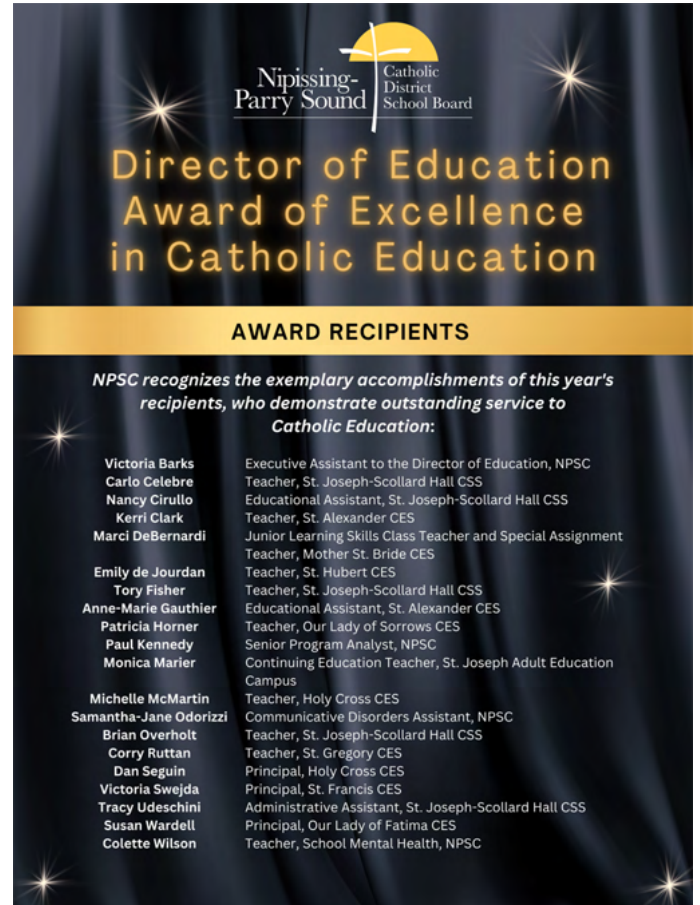


Photo source: Nipissing-Parry Sound Catholic District School Board website



PRIDE IN ACCOMPLISHMENTS!

There's nothing like the feeling of good ol' pride.

Jillian Kmith decided to display her accomplishments with flair!

Nice work, Jillian! Your creativity and swimming skills are fantastic!



Titans in the Spotlight

Check out what our Titans are doing outside the pool.

COMMUNITY BUILDER AWARDS

Congratulations to Annabelle Jackson on her outstanding work in our community in sports and recreation. Annabelle will receive her award along with Dominique Bouchard on May 11.

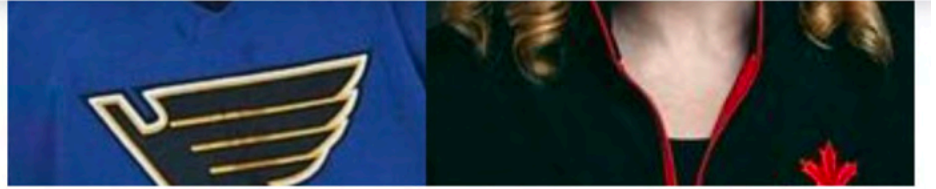
Way to go, Titans!



Photo source: Bay Today



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Former NHLer Steve McLaren and former Olympic swimmer Dominique Bouchard highlight the North Bay Sports Hall of Fame class of 2023.

The 49-year-old McLaren played 6 games in the NHL for the St. Louis Blues and spent 11 seasons in the American Hockey League.

The 32-year-old Bouchard, a former North Bay Y Titans swimmer, won a silver medal for Canada at the Pan Am games in 2015 and competed for Team Canada at the 2016 Summer Olympics in Rio de Janeiro, Brazil.

The North Bay Sports Hall of Fame's 43rd Annual Induction and Awards Dinner event will be held at the Davedi Club on Airport Road in North Bay.

The dinner will be held on two separate nights; Saturday, April 27th and Saturday, May 11, 2024.

The following Inductees and Award Winners will be honoured at this special two-part event for their achievements and contributions to sport in North Bay.

Saturday, May 11, 2024

Inductees: **Dominique Bouchard, Ann-Renée Guillemette, Sue Knight, Gary Kraft, John Loyst, Brian Murray**

Sports Award Winners for 2023:

Thomson Family Award for Contributions to Fastball, Softball, and Baseball – **Lisa Hotte**

Dedication to Soccer (North Bay Youth Soccer) – **Marsha Bower**

James Kelly Memorial Award for Team of the Year – **Eigen Conejos & Ryan O'Donnell**

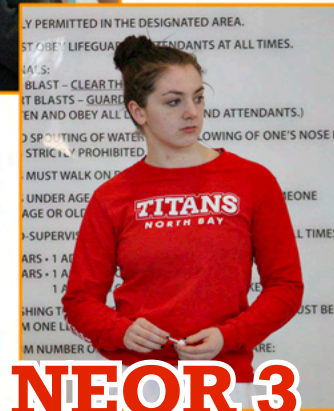
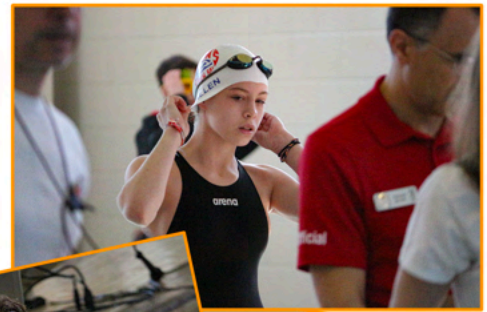
Mort Fellman Memorial Award for Female Athlete of the Year – **Annabelle Jackson**

Britt Jessup Memorial Award for Male Athlete of the Year – **Briir Long**

Pete Palangio Award for Long-time Contribution to Sport – **Marilyn Barlow**

Peter Handley Friend of Sport – **Buddy McLeod**

Mike Mitchell/Larry Avery Award for Contribution to Football – **Paul Butler**



NEOR-3 NORTH BAY 13 & Over





NEOR 3
NORTH BAY
12 & Under

NEOR 3 NORTH BAY

Thanks to all of our volunteers for making our NEOR 3 MEET a grand success. If it wasn't for your time and generosity, events like this would not be possible. These are just a few shots of our crew. Officials, meet management, canteen volunteers, food prep, high school volunteers....we do it all... WITH A TON OF HEART.



Upcoming Events

May 11 2024	NEOR Fred Rams Regional Championships 11 May 2024 - 12 May 2024 Event Category: Competition COMPETITION FOR ALL MEMBERS WHO ARE 14 & UNDER AND DO NOT HAVE DEQUALIFYING STANDARDS
May 13 2024	2024 Olympic Trials 13 May 2024 - 19 May 2024
May 13 2024	BOARD MEETING - May 13, 2024 13 May 2024 Event Category: Board Meeting Location - 2nd floor up the elevator just inside Gate 2.
May 30 2024	Age Group International 30 May 2024 - 02 June 2024 Event Category: Competition
Jun 10 2024	BOARD MEETING - June 10, 2024 10 June 2024 - 08 July 2024 Event Category: Board Meeting Location - 2nd floor up the elevator just inside Gate 2.
Jun 13 2024	Ontario Summer Youth-Junior Provincial Championships 13 June 2024 - 16 June 2024 Event Category: Competition COMPETITION FOR PERFORMANCE MEMBERS WHO MAKE THE QUALIFYING STANDARDS
Jun 14 2024	Ontario Summer Festival Championships 14 June 2024 - 16 June 2024 Event Category: Competition COMPETITION FOR PERFORMANCE MEMBERS WHO MAKE THE QUALIFYING STANDARDS
Jun 22 2024	Collingwood Invitational 22 June 2024 - 23 June 2024 Event Category: Competition
Jul 04 2024	Ontario Summer Swimming Championships 04 July 2024 - 07 July 2024 Event Category: Competition COMPETITION FOR PERFORMANCE MEMBERS WHO MAKE THE QUALIFYING STANDARDS
Jul 08 2024	BOARD MEETING - July 8, 2024 08 July 2024 Event Category: Board Meeting Location - 2nd floor up the elevator just inside Gate 2.
Jul 13 2024	Dr. Paul Hauch Invitational 13 July 2024 - 14 July 2024 Event Category: Competition



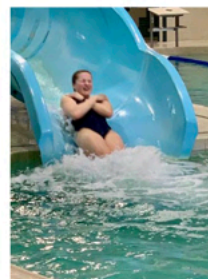
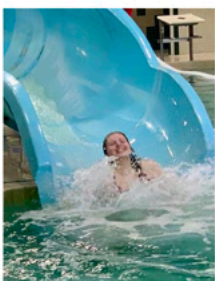
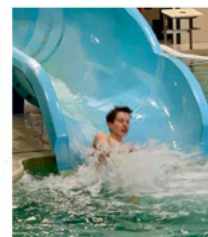
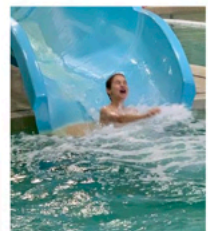
SWIMMER OF THE MONTH



February

March





Sturgeon Falls Pool Training

What a success!! The two weeks were great for the swimmers that took advantage of the training sessions in Sturgeon Falls. Families carpooled, our coaching staff was able to collaborate with the Sturgeon Team and most importantly, the water slide at the facility also got some use by our team. What a great way to cap off a tough training session. A big thanks to the Sturgeon Falls Sharks and the Town for accommodating us. The team is now in a good position to have a strong season end...just kidding, the swim season never ends...😞