



Gooooo-zette

September 2022

*Your source for
all things Titans!*

Welcome!

Welcome Swimmers and Swim Families to the 2022-2023 swim season from the Titans' Executive Board. We are excited to introduce the first issue of the Gooooo-zette. Your monthly source for all things Titans.

The Gooooo-zette is meant to raise awareness of everything that is going on with the Titans including reports from our Coaches, updates from our Executive members, and upcoming events and meets. Most importantly, we hope that the Gooooo-zette becomes a place where you can be creative, share a story or picture or poem or whatever you want.

As you will see, for this issue, we have had quite a few contributors which is fantastic. I hope that we can continue to build interest in the Gooooo-zette and make it better and better every month.

We are already collecting submissions for our Halloween issue. You can send these to me at president@nbtitans.com.

I look forward to seeing you around the pool.

Mike



Events Calendar

September

Sept 6 - First Training day
Sept 10 - Swap Meet
Sept 24 - Parent Drop In / Open House

October

Oct 1 - Dryland Breakfast
Oct 10 - Thanksgiving
Oct 15 - Titans' Time Trial (in-town)
Oct 21 - Team Special Event (details coming!)
Oct 29-30 - NEOR 1 (Sault Ste. Marie)
Oct 31 - Halloween



Summer Adventures

Violet Allen - Surfer

Hi, I'm Violet! This summer my family and I travelled to the East coast of Canada and we tried surfing for the first time at Lawrencetown Beach, NS. It was so much fun and I can't wait to surf again one day.



Beau Routley - Baseball

This summer I played baseball for the first time. My team name was the Biscuits. I made some new friends and had fun. The positions that I played were shortstop, outfield rover, left field, right field, and third base. My team even won the championships and then my coach gave me the game ball!

Stephanie Moore - Swimmer

Hi...my name is Stefanie and I've been swimming with the Titans since 2020. I did lots of fun stuff this summer but one cool thing was swimming a leg of the Tour de Trout which is run by Joanne and Chantal Brousseau. It's a fundraiser for the YMCA Strong Kids Campaign. Throughout the summer, they have different swims in Trout Lake and Four Mile Bay. I wasn't able to make many but the one I did go to was really windy! Definitely different from swimming in the pool! I really liked participating and hope that I can participate in more next summer!





Creativity Explored



Open House Contributions

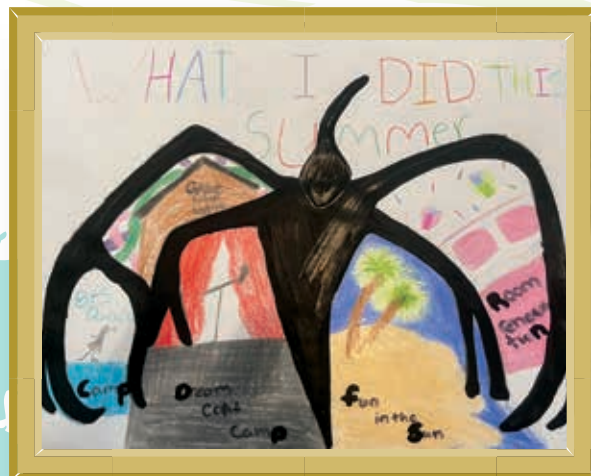
A big thank you to all the swimmers who contributed their creative talents!



Creativity Explored



Lily Lyle



Naomi Sogbein



Wear Orange

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

Source:

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

Jax Orton

Hi I'm Jax Orton. I'm a member of Dokis First Nation and I'm proud to be an Indigenous swimmer!



Molly Pritchard

hi titans! my name is molly. i'm 13, in the performance group, and i'm indigenous. i also identify as non-binary and two-spirit (i use they/them pronouns). i'm nipissing first nation, or anishinabek. to me, being indigenous means a lot of things, most i can't even describe accurately. being indigenous is like another community i belong to and am accepted in, but it also comes with sadness. may we remember all of those that went to residential school this national truth and reconciliation day. i am proud to be indigenous. i am proud to be who i am.



Executive Updates

In Town Meets

There will be a Titans Time trial on Saturday, October 15 at 7 a.m. All swimmers will be participating in their first taste of competition for this year. I will be sending an email out shortly to all parents looking for volunteers to staff the on deck referee and officials positions. This is a great opportunity to watch your child swim up close and start earning your volunteer points.

Christine Dokis

Past President / In Town Meet Manager
nbtmeetmanager@gmail.com

Out of Town Meets

Welcome to the North Bay Y Titans 2022-2023 Swim Season!! Swim Meets are a great way to see your swimmer in action and doing what they love!!

The majority of competitions that the North Bay Y Titans will compete in take place in other cities and require travel to participate. Meets this season will be in various locales: North, South, East and West. We are even hosting an event at our pool – NEOR#2 in April, which is always an exciting event. You can look forward to hearing about hotels and any other arrangements in advance of an upcoming meet via email.

Please feel free to reach out if you have any questions or concerns regarding an out-of-town meet.

Tara DiBartolomeo

1st Vice-President / Out of Town Meet Manager
nbtmeetmanager2@gmail.com

COA/COC

Hello Titans Families!

My name is Erika, and I am your COA/COC for the 2022/2023 swim season!

You may be asking yourself, what is this? I am your officials representative, throughout the season I will be announcing training sessions for you to get certified for various levels of officiating. Our club needs officials to run meets. Stay tuned Throughout the season, you will be hearing more from me. If you want to learn more about the officials positions, check this link out:
<https://www.swimontario.com/officials/positions>

If you have any questions about officiating, please feel free to contact me at

Erika Bayliss

2nd Vice President / COA/COC
erikabayliss@hotmail.com

Happy Swim season!

Special Events

As we get settled into our back to school, back to swimming routine, we wanted to take this opportunity to let everyone know about plans we have for our Titan team.

Each month we are going to plan an event or outing, to encourage our swimmers get to know one another, and build a sense of community and team spirit! **Our first event is going to be held on Friday, October 21 st.** Save the date, and mark your calendars now, as you won't want to miss out on the fun! More details will follow.

from your member at large,

Angela Money

Member At Large / Special Events Coordinator
nbtspcialevents@gmail.com



Bingo

Welcome to the Titans swim family, my name is Summer Freeman, and I am the Bingo Coordinator for the team. I have held this position for the last year, since joining the team in 2021. It has been a learning experience.

Bingo is one of our largest fundraisers during the year. As a member of the team, families are required to work a bingo session. This way we are able cover the 26 sessions that have been assigned to the Titans. We cover 2 Bingo sessions a month on Sundays at 2pm until 6pm. The Hall can be located at 420 Airport Rd, North Bay, ON.

Here are a few responsibilities during our session:

- Count specials and game books at the beginning and end of night.
- Set up the runners with their specials to be sold.
- Sell game books at the counter.
- Give and receive money to/from runners
- Verify number of specials sold from runners
- End of night deposit to Bingo Hall
- Count opening float of \$750 and setting up float for next charity of \$750
- Photocopy the Volunteer list and give a copy to the hall and one in Titans file folder at the end of the counter in the cabinet.

These are a few items that we take care of during our session, the Bingo Hall has made things simple for the charities.

Last year alone, we raised shy of \$10,000. With these funds raised we were able to purchase a new scoreboard for the team.

If you have never worked a bingo, please feel free to reach out and I will be more than happy to meet up and walk through what we do while volunteering at the Bingo Hall. If you have any questions, let me know.

Summer Freeman

Bingo Coordinator
bingo@nbtitans.com

Volunteers

Our 2022 / 2023 swim season is well underway which also means that our volunteer points program and fundraising is in full swing!

Each family has been asked to help out by participating in a variety of volunteer opportunities. These events will be rewarded with points that will be placed against your annual balance owing.

Returning families are required to earn 200 points while new families will be required to earn 150 points, before the end of the swim season. Points that have not been acquired will be prorated at \$2 per point and collected at season's end.

There will be many chances to earn your balance. Helping with the Swim-A-Thon, and assisting with swim meets will count towards your total. I will also keep you informed as additional volunteer and fundraising opportunities arise. Your balance will be updated monthly in TeamUnify which is a great way to keep track of where you are.

As we are a not-for-profit organization we rely on our membership to volunteer which ensures that our team operates smoothly. This is also a great chance to connect with other families and support our awesome swimmers.

Please don't hesitate to reach out if you have any questions. We're looking forward to another amazing season!

Annie Peach

Member At Large / Volunteer Coordinator
nbtvolunteer@gmail.com

IMPORTANT LINKS

Team Website - <https://www.teamunify.com/team/-cannbt/page/home>

Team Unify - <https://www.teamunify.com/team/cannbt/controller/cms/admin-/index?team=cannbt#/team-feed>

Swim Ontario - <https://www.swimontario.com/>



Coach Update

Hello North Bay Titan Families,

My name is Matthew Fallowfield and I am the Head Coach of the North Bay Titans swim club. I am responsible for overseeing all of our programming and specifically work with the Titans Performance Group.

I hope everyone has enjoyed their summer and are ready to get back to the pool for another season of fast swimming! I'm excited to see that we have many returning families from last swim season and would like to welcome all of our new families that have registered for the 2022-2023 swim season.

A little bit about myself and my swimming philosophies...

This is my second year in the role of the North Bay Titans as the Head Coach and I am feeling very enthusiastic coming into a season that seems to be trending towards normalcy (no restrictions).

I have worked for multiple swim clubs across Ontario; Tillsonburg, ON where I fulfilled the role of Fundamentals & Age Group Coach for the South Western Aquatics (4 yrs), Toronto, ON where I fulfilled the role of Lead Age Group Coach for Lakeshore Swim Club (2 yrs), in Ottawa where I fulfilled the role of Assistant Head Coach and Club Administrator (3 yrs).

I have worked with swimmers at the grassroots, regional, provincial and national levels and believe that a swimmer's potential is only defined by what they believe they can achieve.

A few of my core values and beliefs....

- *competitive swimming should be fun and challenging at any level*
- *a positive, safe and respectful training environment is an expectation*
- *work ethic, coachability and focus are the keys to success*
- *team spirit and camaraderie have the ability to change an outcome*

I highly encourage our membership to become well acquainted with our team website. We will regularly post on our "team feed" with new information pertaining to our programming, news and upcoming events.

Looking forward to seeing everyone at the pool.

Yours in swimming,

Matthew Fallowfield
Head Coach
coach@nbtitans.com



Dryland Program

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 am 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 in meets the athlete wherever 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 there 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

Dryland Training / Equipment Manager
nbytdryland@gmail.com
nbtitansequipment@gmail.com



Behind every GREAT SWIMMER is a great Swimming Parent.