



Go000-zette

October 2022

*Your source for
all things Titans!*

Happy Fall!

Hello Titans!!

The past month has been busy as we ramp into the swim season. We started it off with our Performance Group Breakfast at Sil's Diner organized by Kaili, our dryland coach. It was nice to see everyone away from the pool.

The Titans' Time Trial, at the YMCA, was a huge success with a number of swimmers getting their own personal bests. This was also a great opportunity for our juniors to get a real feel for what an official swim meet is all about. It was great to see the smiling faces. And last week we had over 50 swimmers out for the Titans' first special event in the pool. It was great to see the whole team get out there, make new friends and have tonnes of fun. Check out the pictures enclosed.

Finally, the Performance, Senior and Age Group swimmers are off to Sault Ste. Marie for their first out of town meet this year. The North Eastern Ontario Region (NEOR) 1 Swim meet, put on by the Sault Surge Swim Club, is a great meet and always brings the best out of our team. If you have the Meet Mobile app on your smart phone, be sure to follow the swimmers on the 29th and 30th.

Thanks to everyone that have provided content for this month's issue. It is nice to see what our swimmers are up to away from the pool. Keep the contributions coming. Looking forward to another great month of swimming.

Mike

BTW – check out the Titans' Bulletin Board, for up-to-date Titans' news in the viewing gallery at the YMCA. A big thank you goes out to Tina Guenther, for taking the lead on this.

Hello Titans!

What a phenomenal way to start our special events, with over 2/3 of our team participating! It was obvious that everyone was having a good time and enjoying themselves!

From, how many swimmers can we get into a swim cap, to relays and cheering, the enthusiasm was overflowing. Parents and spectators, could feel the excitement from the swimmers, just by the volume on deck. Way to go team, for coming out and making a splash!

A shout out to coaches Matt and Colette, poolside volunteers Nicole, Crystal and Cassie, for all your help to make this event a huge success! Big thank you, to Smith's Blue Ribbon Distributing, for donating the chocolate milk! Special thanks to Yana and Nicole for stepping up, and helping out with the pizza and treat bag distribution! I couldn't have done it without your help!

****NEXT SPECIAL EVENT****

Halloween is just around the corner and to celebrate, we encourage ALL our swimmers to either dress up for Halloween, carve a pumpkin, or do both. Then, snap a picture and send it to: nbtsspecialevents@gmail.com

All submissions must be sent by midnight November 1st, as voting will take place for best, cutest, scariest and most original costumes and pumpkins, and prizes will be awarded! Happy Halloween!

Your Member at Large and Special Events Coordinator,
Angela Money





Beyond the Pool

The Gomoll Way

Swimming with the North Bay Titans is great exercise. While being in the pool with our teammates and learning from our wonderful coaches is rewarding and fun, there are other activities outside the pool to consider when training.

Here are some photos of Emme, Thomas and William doing the other sport they love -- paddle. They paddle on the North Bay Canoe Club Sprint Team, and all three qualified for the Ontario Championships this past August! Thomas and Will are in C1 and C2, Emme is in K4. Emme is a kayaker, the boys Canoe. Paddling is a GREAT Cross Training sport for swimming. They train year round with the canoe club -- in water May 1 to Oct 31, and then on land through cross country skiing and weight training from Nov to April.





Beyond the Pool

Meet Frankie!

My name is Frankie Felice. Other activities I participate in outside of Titans swimming are basketball, archery and drumming. I did a lot of basketball this year with the NDA team earlier and presently with the Laker's 3 on 3 skill development in addition to practicing with the Spartans competitive team. I started both drum lessons and Archery earlier in 2022. Even though they are both new for me I really like both. I am really excited for the upcoming winter to return training with North Bay's Elite Ski Cross Team. I have a lot of fun training and skiing with them all winter.

My plan for a costume this Halloween is to make a double sided sheet ghost so that I can go to all the houses twice just by flipping my costume front to back or vice versa. I really like making costumes for Halloween. Stay tuned for a photo of my costume after I (mostly Mom) make it.



Practicing archery



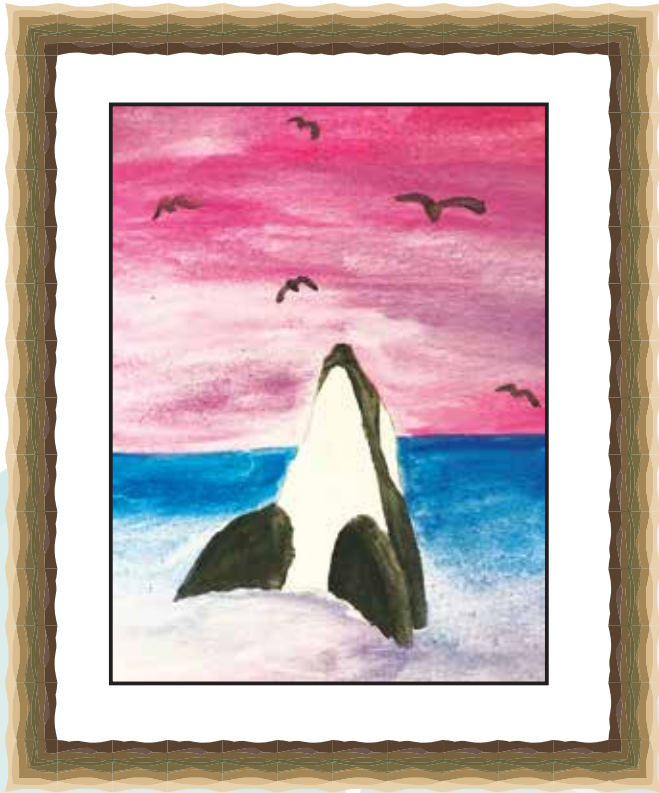
At the berry patch



Meeting the lead singer of The Sheep Dogs



Creativity to Share



Lily Lyle





Competitions

Take your marks...

Titan's Time Trial

Congratulations to all our North Bay Titans on their first in-house time trial. Thank you to all who attended to cheer our swimmers on, and to everyone who organized and volunteered to help make it a success.



Build



Go! Go! Go! Go! Go! Go!



Coach Updates

Hey Team! I hope everyone is having a great October and are settling into the 2022-2023 North Bay Titan training schedules.

It's been awesome to see the swimmers progressing and bonding as a team as we head into a non-restrictive year due to public health requirements. I can tell our club is headed in the right direction and am excited to see what we can accomplish in and outside of the pool!

See below for my tip of the month, upcoming competitions and recent swim meet review.

Head Coach Training Tip of the Month —> Attendance Matters

One of the most important things I can stress to swimmers is to aim for a high attendance if they are keen on seeing results in the race pool.

All of our coaches create a balanced training program that designates certain practices to skills, stroke technique & drills, aerobic/aerobic and speed training. To ensure the best opportunity for progression, it is important to make sure all the above are checked off of the weekly boxes.

There are always reasons that swimmers may not be able to attend training (and from time to time this is of course expected) but ultimately those who put in the time see the best results!

Upcoming Competitions

NEOR 1

October 29-30th
Sault Ste. Marie

TOP FISH #1

November 13th
Sudbury

TROJAN CUP

December 2-4th
Barrie

Swim Meet Review & Highlights

In October our club hosted our first competition of the swim season, the North Bay Titans First Try Time Trial.

I was very thrilled to see the turn out at this meet. We had almost 90% of the team in attendance for this competition and it was a huge feat for all of our new swimmers to get a taste of what it feels like to participate in a Swim Canada sanctioned competition. Hopefully this will build some confidence in our new members and get them ready for the upcoming meets to follow.

This swim meet was also a chance for many of our younger swimmers to watch and become inspired by some of our older/more advanced swimmers in the competition pool (which can be rare as it is typical for swim meets to be split in age by sessions).

I would like to give a shout out to Owen Baas who broke the club record for Boys 13-14 SCM in the 100m IM with a time of 1:10.27. Way to go Owen!

I am looking forward to the next competitions to come.

GO TITANS!

Matthew Fallowfield

Head Coach
coach@nbtitans.com

Coach Updates continued

Junior Development

The Jr. Development group are off to a great start for the season. The coaches have been working with the swimmers to gain the basic fundamental concepts that they will carry with them as they progress through the sport. With the focus on streamline and flutter kick for most of the month of September, swimmers worked on both freestyle and backstroke. In October we introduced whip-kick and breaststroke. The swimmers were all very excited (and maybe a little nervous) for the time trial. They all did an excellent job, and the coaches were very pleased with how they did. We were especially happy to see how supportive the swimmers were of each other and cheering on their group mates. The swimmers and coaches are now preparing for the next meet that most Jr. Dev's will attend, Top Fish, in Sudbury on November 13 th . It is a great opportunity for swimmers 12 and under to experience a swim meet with other clubs.

Samantha Crossley

Assistant Head Coach & Junior Lead Coach
samcrossley_6@hotmail.com

Age Group

The aim is to train group at two levels for each stroke: sprint and endurance, with a heavy drill/teaching focus. Technique is a majority focus. The goal is to learn and train to swim 200IM / 400 IM and the 200M Events for each stroke.

For our practices, we focus on one-stroke each swim practice along with aerobic kicking - in our preparation to become strong IM swimmers. In our first month we have focused on learning drills for each stroke, learning streamlines, learning intervals, and lastly learning the fifth stroke of swimming. Now, our focus is application of drills in refining the full strokes. We are building our program towards long-quality swims and race development for each swimmer.

The other goal is to put swimmers in challenging situations and have them experience new events, in

the upcoming meets. The idea is to make swimmers embrace and experience uncomfortable.

The Titans Age-Group is the most fun group. As a group we are starting to develop a taste for competition and begin to understand how competing makes us better.

Aman Singh Rooprai

Age Group Lead Coach
amanrooprai92@gmail.com

Senior Development

With the beginning of the season now behind us and the middle of the swimming season fast approaching let's take a moment to reflect on how well we have been doing.

So far, we have had a great year with many personal highlights at the team time trial and some group accomplishments within practice. We have been working on creating a positive swim culture within the senior group while developing our technical swim skills and increasing our endurance capacity. We have been focusing on mid distance (200) IM and sprint (50-100) stroke sets in practice while trying to create good habits in the water and when we do dryland.

I would like to try and encourage all swimmers to regularly attend practice to ensure they are optimizing their training schedule and giving themselves the best chance at succeeding when competing at NEOR 1 and Trojan Cup.

Overall it has been a pleasure to coach each and every swimmer these past few months and I'm looking forward to our continuing accomplishments.

Jake See

Senior Lead Coach
jake_see@live.com



Tech Corner

There are three locations that you need to be familiar with to fully connect with the Titan's swim community. These are:

1. Team Unify (Team website)
2. On Deck (mobile phone app – Team Unify companion app)
3. Meet Mobile (mobile phone app – Ontario Swim Meet companion)

Team Unify



The Team Unify platform hosts the Titan's website as well as your swimmer's account information in a separate and secure area. This is where all the Team information resides, and communications are sent from and posted to. When your swimmer was signed up, you will have received an email with instructions to access your account information.
<https://www.teamunify.com/team/cannbt/page/home>

OnDeck



The OnDeck app is the Team Unify mobile phone companion app. It provides real time access to your swimmer's accounts, events, news and much more for the Titans' Swim club. This app is free and it uses the same login credentials as for the Team Unify Website.

Meet Mobile (NOT MANDATORY)



The Meet Mobile app displays real time meet results as data is received during meets from the timer. It can display heat sheets, psych sheets, records, team scores and time standards. In addition to real time results, the app allows access to previous meet results for your swimmer. Current costs are 4.99 USD per month or 9.99 USD per year and can be purchased on your mobile phone app store. Once you download it, the Help Centre will provide details as to how it works.

If you have any questions, please reach out to Coach Matt at coach@nbtitans.com.

Our Executive Member at Large and Volunteer Coordinator, Annie Peach, will also be organizing a ZOOM Meeting in the next few weeks to go over all these communications tools so stay tuned for an invite AND another opportunity to earn volunteer points.

Any questions for Annie can be sent to nbtvolunteer@gmail.com.



Events Calendar

October

Oct 29-30 - NEOR 1 (Sault Ste. Marie)

Oct 31 - Halloween

November

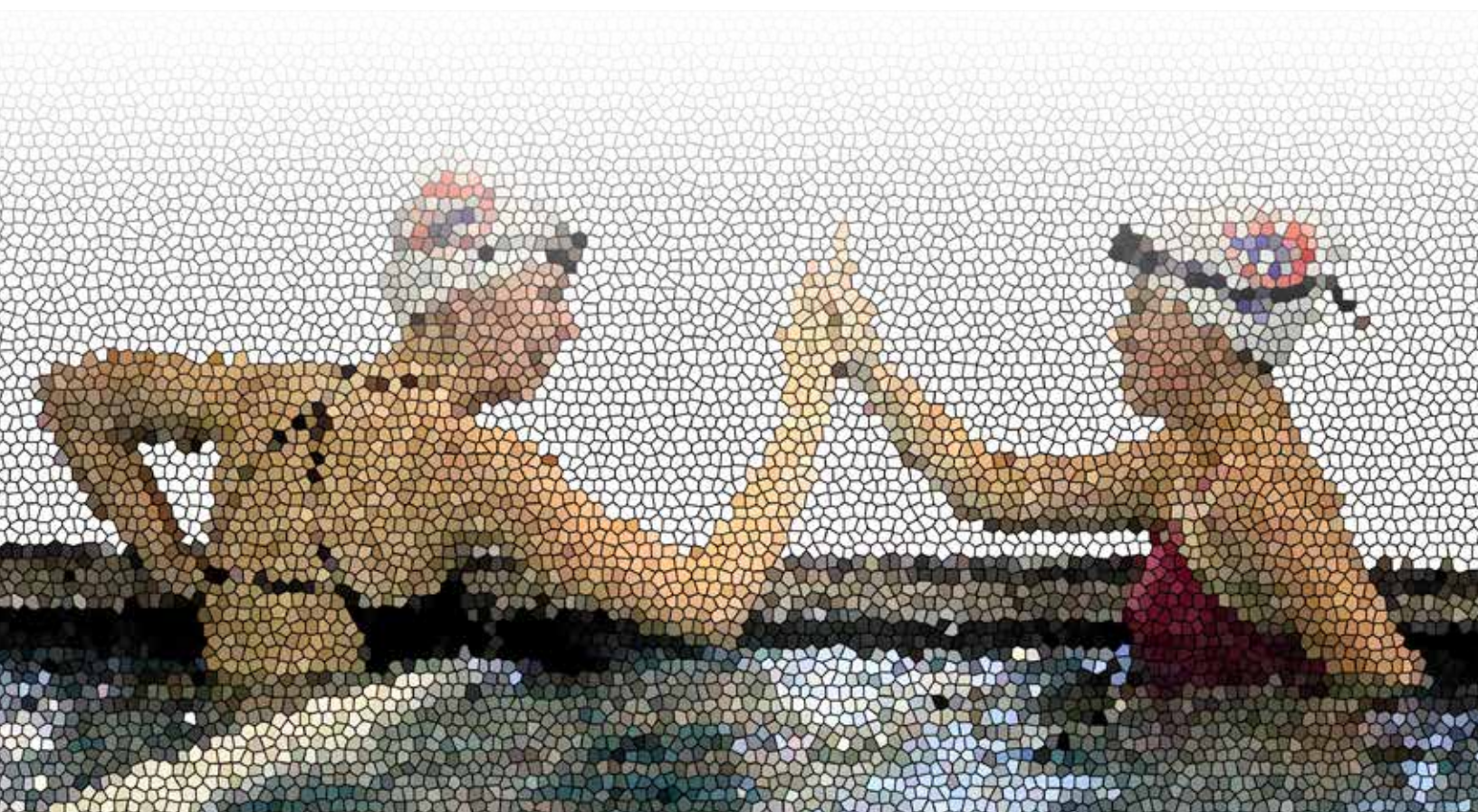
Nov. 1 - Halloween Contest submissions due!

Nov. 13 - TOPFISH 1 (Sudbury)

IMPORTANT LINKS

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

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



SUCCESS is best when it's SHARED.

~ Howard Shultz