



Goooo-zette

Nov./Dec. 2022

Season's Greetings!

Hello Titans!!!

Wow, lots has happened this past month and the November / December issue of the Goooo-zette has a tonne of stuff to share. This month, the Coaches have introduced Swimmers of the Month for each training group. Only one swimmer per ground received a certificate but we are so proud of the effort that everyone has put into this year so far. Keep up your hard work and dedication. By doing this we will continue to see gains.

Halloween was a huge success for our team. We have lots of contributions which include costume and pumpkin submissions. Congratulations to the winners and keep sharing what you do outside of swimming. It is a great way to keep getting to know our teammates better and better as the year progresses.

We have had two swim competitions since our last issue. NEOR 1 in the Sault as well as the Top Fish Meet in Sudbury were both huge successes. I was able to attend both of these meets and see our swimmers kick some butt out there. For some, this was their very first meet and they did great. Keep up the great work.

For this issue, we received a number of recipe contributions. Some of which are healthier than others. But you know what they say, balance is the key. If you have some time, try the recipes out yourself and if you have a favourite of your own, send them along and we will include them in a future issue. If we get enough of these, it may be neat to put together a 2022-2023 Titans' Recipe Book that we could use to raise additional funds for the Club.

As usual, Coach Matt provided some great information for this issue including a Tip of the Month which is Team Unity and Respect. Please take a good read of this tip. The closer we are as a team both on and off the pool deck, the better we will compete in the pool. Coach Kaili also provided a link to a great visualization exercise. It is not only important to train in the pool but also to train your mind if you want to be the best you can be. Check it out.

And finally, we have lots coming up in the months ahead. SAVE THE DATE for the upcoming Holiday Party on December 17th @ the Granite Club. The team will be curling, playing games, eating and much more. You don't want to miss it.

Happy Swimming.

Mike
president@nbtitans.com

EXECUTIVE BOARD OPENING

The Executive Board is looking for someone to volunteer for the position of Treasurer for the remainder of the season. If you are interested, please email Mike Blair at president@nbtitans.com by December 16th to be considered for this position. Details for voting will be provided to the membership shortly.



Swimmer of the Month

Congratulations to October's recognized swimmers!



Junior Group - Annika Patreau



Age Group - Coralie Martin



Senior Group - Sophie Durocher



Performance Group - Owen Baas



Ghosts and Good Times

**Our creative Titans
rocked their costumes
and came up with some
very cool pumpkin
designs.**





Competitions

NEOR 1

Congratulations to all our North Bay Titans on their first NEOR event of the season. Our swimmers and swim families made the trip to Sault Ste. Marie to compete in their first travel event of the season.

Here are a few captures of the weekend. A special thank you to those who volunteered at the meet and to everyone involved in the planning of a wonderful meal for our group. It was great to see our team and their families connect and spend some time together away from the pool.





TOP FISH 1

On November 13th, our Junior Group headed to Sudbury to compete in Top Fish 1. They gave it their ALL and threw in some smiles while doing it! Congratulations to all our swimmers!





Titans' Tested Recipes

Oven Baked Egg Bites

Submitted by Tara DiBartolomeo

Ingredients

2 large eggs
1/2 cup milk or cream
1 cup gruyere or cheddar cheese, grated
2 tbsp. cooked bacon, crumbled (2-3 slices)*
(Optional)
1/2 tbsp. fresh chives*, chopped
2 tbsp. butter, melted
1 tbsp. ketchup*

Instructions

1. Preheat oven to 275°F.
2. If not already done, cook your bacon in the oven or in a skillet until crispy. Crumble into bits and set aside.
3. Reserve 2 tablespoon of cheese and 1/2 tablespoon of bacon. Add eggs, milk, bacon (if using), cheese, chives, and ketchup in a bowl. Whisk well!
4. Using a mini muffin tin, brush melted butter generously inside each cup. (You can also use non-stick spray or liners to prevent them from sticking. If using liners, spray them as well.). *You can also use a regular sized tin if you wish.
5. Using a mini ice cream scoop or small ladle, add the egg mixture to each muffin cup making sure to scoop the bacon/cheese sitting on the bottom of the bowl! Fill each cup to the brim then top with remaining cheese and bacon.
6. Bake for 10-15 minutes on the MIDDLE rack for mini egg muffins and 16-20 minutes for regular sized egg muffins.
7. As soon as you can handle them, GENTLY use a knife or small silicone spatula to loosen the outside of each egg cup to allow your bites to slide out. Turning the tin upside down helps.
8. Do not wait for them to cool or they will be tougher to remove.
9. Eat immediately or store in the fridge for 3-4 days in a sealed container.

*Options:

ham, sausage
Monterey Jack, Boursin, Gouda
fresh dill, mushrooms, peppers, onion
Sriracha

Cinnamon Rolls Recipe

Submitted by Angela Money

Dough

4 cups of flour
6 tsp. of baking powder
2 tsp. of salt
2 heaping tbsp. of white sugar
1/2 cup of butter
2 cups of milk

Filling

1/2 cup of butter
1 1/2 cups of brown sugar
Cinnamon

Frosting

3 tbsp. of soft butter
2 tsp. of vanilla
2 cups of icing sugar
A splash of milk

Dough directions:

Mix dry ingredients together and then add butter. Mix well with hands, make a well and add milk. Using a fork, blend until mixed. Place dough on floured surface and sprinkle a bit of flour on top as well. Form dough into a ball to form a smooth surface on top, then roll out into a rectangle to about 1/4 to 1/2 inch thick. Spread butter over rolled dough right to the edge, sprinkle with brown sugar and then cover with desired amount of cinnamon. Roll up like a jelly roll and slice about 3/4 inch thick.

Place on a parchment lined cookie sheet and bake in oven at 425 degrees for 15 to 18 minutes. When out of the oven, let cool for about 5 minutes and add frosting. Your frosting should have the consistency of peanut butter.

~ENJOY~





Titans' Tested Recipes continued

Vanilla Snickerdoodles

Submitted by Tara DiBartolomeo

Ingredients

- 2 ¼ cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 cup butter, softened
- ¾ cups packed brown sugar
- ½ cup granulated sugar
- 1 pkg. Jell-O vanilla pudding mix
- 2 eggs
- 1 tsp. vanilla
- 2 tsp. ground cinnamon

Instructions

1. Heat oven to 350°F.
2. Combine flour, baking soda and salt.
3. Beat butter, brown sugar and ¼ cup granulated sugar in large bowl with mixer until blended. Add dry pudding mix, eggs and vanilla; mix well.
4. Gradually mix in flour mixture until well blended.
5. Mix remaining granulated sugar and cinnamon in a small bowl.
6. Shape tablespoonful's of dough into balls; roll in cinnamon/sugar mixture and place on cookie sheets sprayed with cooking spray about 2 inches apart.
7. Bake 8-10 minutes or until lightly browned. Cool on baking sheets for 5 minutes and remove to wire racks to cool completely.

Paleo Pumpkin Bars

Submitted by Sarah Blair

Ingredients

- ¾ cup creamy almond butter
- ½ cup pumpkin puree
- 1 overripe medium banana
- ¼ cup pure maple syrup
- 1 tsp. vanilla extract
- 1 tbsp. coconut flour
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1 tsp. baking soda
- ¼ tsp. salt
- 1/3 cup chocolate chips and/or walnuts, optional

Instructions

1. Preheat oven to 350°F.
2. Spray an 8x8 inch baking dish with cooking spray.
3. Place almond butter, pumpkin, banana, maple syrup, and vanilla in a medium bowl. Stir until well combined.
4. Add the rest of the ingredients, stirring until smooth.
5. Pour into prepared baking dish, smoothing with a spatula.
6. Bake for 30 minutes or until a knife inserted into the centre comes out clean.

Calling all Titans!

Do you have a recipe you love and would like our swim families to try?
Did you try this issue's recipes and want to share?

Send your food adventures and recipes to

Mike Blair at: president@nbtitans.com

and we will include it in The Goooo-zette for everyone to enjoy.



Coach's Update

Hey Team!

I hope everyone is ramping up for our upcoming competitions and getting ready to enjoy the holiday season with friends and loved ones.

As we head into the next few months of training, our swimming programs will begin to focus on new levels of progression and continue to focus on building our swimming strokes, skills and fitness levels to ensure our swimmers continue to evolve and improve.

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

Head Coach Training Tip of the Month —> Team Unity & Respect

One of the biggest indicators that a swim club is an amazing team is in the way they foster team unity and respect for one another.

The North Bay Titans is a swim club with roughly 70 members swimming in it. With this size of swim club, it should be recognized that all members that train and compete at different levels and our team roster has a range of different ages.

Now, in my perspective, the best teams are those who respect and support each other; understanding that we are stronger together. NBYT is and always will be a team which is more successful when everyone recognizes each other as a part of something great and understands that the team mentality and focus is for all of our swimmers to succeed and progress, regardless of what group they swim in, what their skill level is or what age they are.

I want all of our swimmers to focus on being there for each other (during practices, competitions, team events) and aim to foster our team unity through inclusiveness and support.

Upcoming Competitions

Trojan Cup (All groups)
Dec 2nd-4th
Barrie, ON

Gatineau Grand Prix (Performance - Qualifiers)
Dec 9th-11th
Gatineau, QC

Dave Kensit NEOR Regional Championships
January 27th-29th
Sault Ste. Marie, ON

Swim Meet Review & Highlights

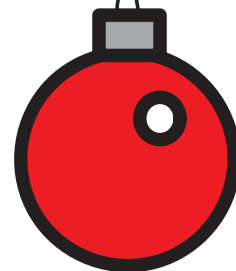
The North Bay Titans swim team attended two competitions this month; NEOR 1 in Sault Ste. Marie and Top Fish 1 in Sudbury.

For many swimmers these were the first full swim meets of the year and our coaching staff were very happy to see a significant amount of personal best performances (close to a 90% PB rate) from our returning Titan swimmers as well as many new first time racing experiences for our first year members. Great job everyone! The first few meets are always great for swimmers to get back to the racing mentality and build their racing skills for more meets down the road; whether it be other invitational competitions or higher level provincial/national championship meets.

I am looking forward to what our swimmers can do in the pool at the next competitions to come!

GO TITANS!

Matthew Fallowfield
North Bay Titans Head Coach





Dryland

<https://youtu.be/tc8XQnCvBNo>

Hi!

The above link is for a swimming visualization exercise. This is an option for the swimmers to try! It was made by an American swimmer and walks the swimmer thru swimming (racing, nerves etc). If your swimmer likes it, it is something they can do occasionally. There are also many other options in this area. If you have any questions let me know!

Let's go Titans!

Kaili



Events Calendar

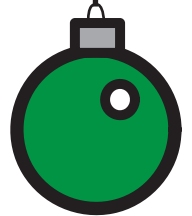
December

Dec. 2-4 - Trojan Cup - All Groups (Barrie)
Dec. 9-10 - Gatineau Grand Prix - Performance Group (Gatineau)
Dec. 10 - Christmas Gift Basket donations deadline
Dec. 17 - Titans' Holiday Party! (Granite Club - Curling, 4:30pm start)
Dec. 23 - Jan. 3 - TITANS' CHRISTMAS BREAK.

IMPORTANT LINKS

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

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



Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved.

~ Mattie Stepanek, American Poet