



Goooo-zette

January 2023

Happy New Year!

Happy New Year Titans!!!

I hope that everyone had a chance to disconnect and relax with family and friends over the holidays. The team is back in the pool now and working hard to get back into shape for the upcoming swim meets in Sudbury and the Sault. A number of swimmers are also getting ready for upcoming Ontario Youth Juniors and the Ontario Festival meets in Toronto which is very exciting for the team.

This issue of the Goooo-zette is jam packed with advice, swimmer achievements, lots of pictures, recipes, swimmer contributions and a fun contest on the last page. Please keep the content coming. We are on a roll.

Facility Upgrades Update

Everyone may be wondering what is happening with the scoreboard and the new starting blocks. Admittedly, we wanted to have these in place sooner. We have been working hard to get contractor quotations to install the scoreboard so that the Club's money is spent responsibly. It looks like we are now coming to the end of this process at which point we will be in a position to get it installed, hooked up and ready for the upcoming NEOR 2 Swim Meet at the Y in April.

If you saw Coach Matt's Instagram post or if you have been around the pool you have likely seen the new Finis Starting Block in place at lane 3. We purchased a single unit to ensure that it was going to meet our needs and fit our existing blocks that are still in good condition with the exception of a couple of them requiring to be levelled. After some testing, we are happy with the functionality and once installed, the team will get the same starts that they experience at many out of town meets. This option was very cost competitive, requiring no modifications to the existing pool deck, zero installation cost and it will result in a long term solution for the team. The other 5 units are currently on order and will be installed as soon as we get them in.

Officials

We continue to organize everything associated with our officials. For those that are interested in getting involved, we will be organizing an in person training session. The "Intro to Swimming Officials" course that will get you started timing. As you are aware, a lot of people are required to put on swim meets. Stay tuned for an announcement on this.

Volunteer Positions Filled

As previously announced, Tina Guenther will be taking over for the Treasurer position on the Executive Board for the rest of this season. As Tina was originally taking care of the Team Bulletin Board in the viewing gallery, we offered this position up and Nicole Mcmillan has will take on this role. Thanks Nicole for stepping up to help out!

As always, let me know if you have any ideas to make the Goooo-zette even better. If you have any questions shoot them my way.

See you around the pool.

Mike
705 471-0796
president@nbtitans.com



All kinds of Art...

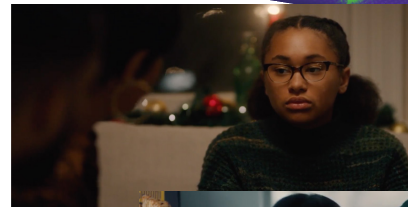
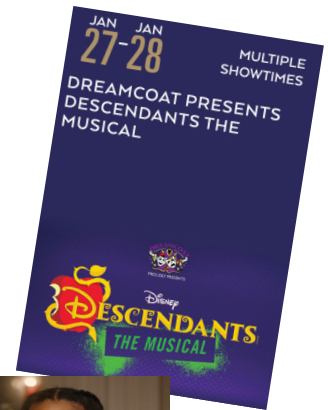
About Naomi Sogbein:

I so very much love to swim...even still that I am only eleven years old and the baby of the performance group. But swimming is not everything to me. I really enjoy acting and singing. For the last three months, I have been rehearsing with Dreamcoat in their Descendants Musical Production as the Fairy Godmother; Ready Hup! - Bippidi-boppidi-boo! Can't wait until production week late January - we all have been working so very hard. Earlier this year, I was fortunate enough to be part of a TV movie called "The Great Holiday Bake War". I played an aspiring astrophysicist, which totally suits me - wink, wink. The movie is available on YouTube.

Some of you may know that I am in French Immersion, and that's cool. But I have wanted to learn the Spanish language for the longest time and have started some Spanish language lessons online and suddenly, "Hola, como estas?"

And finally, have you ever heard of those cat-people? Well, I am a crazy waffle-person. If you ever have a craving for a waffle, I would be happy to share that experience with you, day or night!

Images from: "The Great Holiday Bake War".



Molly Pritchard

Abstract - Watercolour



Special Events

Titans on Ice!

The Titans have been enjoying some special events over the last few months. Along the way some wonderful photos of our Titans in action were captured and shared with us to pass along to you. It is fantastic to see the team spirit and joy when the team has the occasion to spend time together.





Special Events



Celebrating the Holidays

The North Bay Granite Club was this year's venue for The Titans to celebrate the holiday season. Our swim families gathered to take part in some curling and a wonderful meal. Thanks to all who organized this event and to those that contributed great appetizers and desserts.





Coach's Update

Hello all,

I hope that everyone had an enjoyable time away from the pool and spent some very much needed time with close friends and family over the holiday season; I know I did.

I am looking forward to our swimmers getting back into the training pool with their sights aimed high on continuing to focus on improving their stroke and skill development, increase their fitness levels, and push their seasonal progression to its best potential as we reach the half way point in the 2022-2023 swim season.

As you will see below in the "upcoming competitions" section, we do have a lot of competitions coming up this month & into the next. Some of these competitions do have qualifying times that swimmers must have in order to participate; you can find these standards (if there are any) in the technical packages that are available on both the tentative competition calendars or attached to the event itself which can be found on our team website. Swim parents can access their swimmers best time on the "ON DECK" application (smart phone) as well as searching for your swimmer on the Swimming Canada website.

Head Coach Training Tip of the Month —> Coachability & Targeting Areas of Improvement

Many ask, what does it take to continuously progress in the sport of competitive swimming? Well, there are many factors at play.

In my professional opinion, it has a lot to do with how swimmers take the constructive feedback given to them at swim meets/at practice and focus on applying it while they are participating in their scheduled training sessions.

Our swim coaches are always trying to improve swimming skills, sharpen stroke development, build aerobic/speed/fitness levels, and create a fun and challenging environment for our swimmers; but ultimately, it comes down to how the swimmer applies the instruction and feedback they are given.

Swimmers who are able to prioritize and target areas of improvement tend to have longer and continuous periods of seasonal progression. With this being said, I challenge all of our North Bay Titans to reflect on what areas of the sport they can improve and focus on them during their training sessions. If swimmers are unsure of what to focus on (because there are always several things to improve), I recommend asking their lead coach for guidance!

Upcoming Competitions

NCA Last Chance Meet

January 21, Sudbury, ON

Dave Kensit Regional Championships (Qualifier)

Jan 27-29, Sault Ste. Marie

Top Fish #2

Feb 12, Sudbury, ON

Ontario Festival Provincial Championships (Qualifier)

Feb 18-19, Markham, ON

Ontario Youth-Junior Provincial Championships (Qualifier)

Feb 16-19, Etobicoke, ON

Coach's Update continued

Swim Meet Review & Highlights

The North Bay Titans swam at some awesome competitions throughout December! Our Titan swimmers represented North Bay at both the Trojan Cup in Barrie, ON and the Gatineau Grand Prix in Gatineau, QC.

I was very happy to see our swimmers behind the blocks getting more comfortable with events that they have not yet swam and adapting new racing strategies to events they have become more familiarized with.

We had a sufficient amount of all time personal best performances from our swimmers and many fun moments where I saw our team come together in the form of support for one another, team cheers, and getting excited for relays that some have been waiting for (which feels like it has been forever!)

A few highlights of the month include 5 of our swimmers qualify for provincial championship meets. They are as follows:

Chloe Popp – Ontario Youth Junior Provincial Qualifier

Women 16 Year Old Standard
100m & 200m Breastroke

Owen Baas – Ontario Youth Junior Provincial Qualifier

Men 14 Year Old Standard
400m IM (NBYT RECORD BREAKER)

Timothy Corbeil – Ontario Youth Junior Provincial Qualifier

Men 16 Year Old Standard
200m Backstroke (NBYT RECORD BREAKER – Tim also broke the previous record in the 100m Backstroke)

Brooklyn Bayliss – Ontario Youth Junior Provincial Qualifier

Woman 14 Year Old Standard
200m Breastroke

Naomi Sogbein – Ontario Festival Provincial Qualifier

Girls 11 Year Old Standard
50m Freestyle

Looking forward to more Titan team success as we continue through the next few months of our 2022-2023 swim season.

GO TITANS!

Matthew Fallowfield
North Bay Titans Head Coach



You have to expect things of yourself before you can do them.

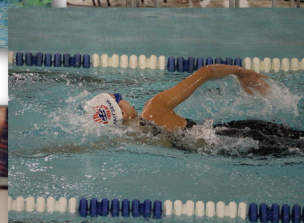
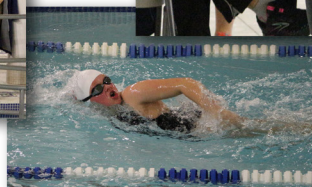
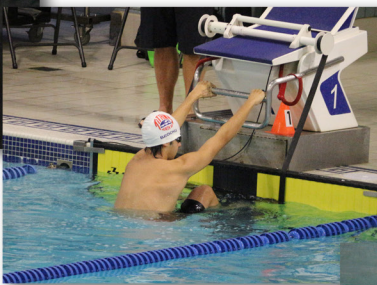
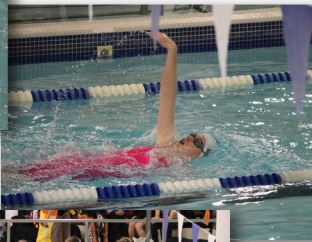
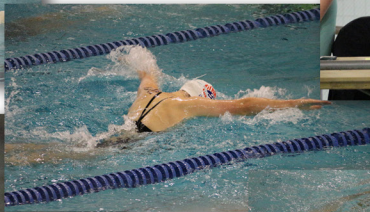
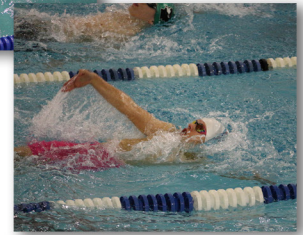
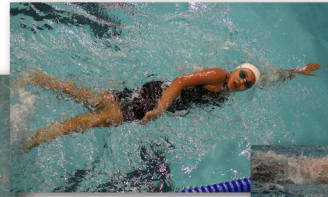
~ Michael Jordan



Competitions

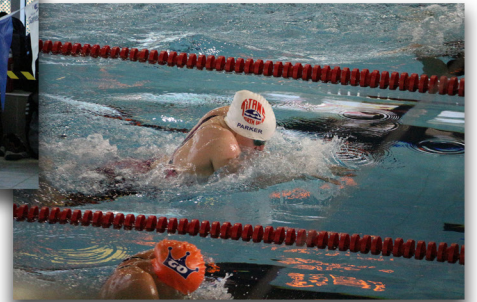
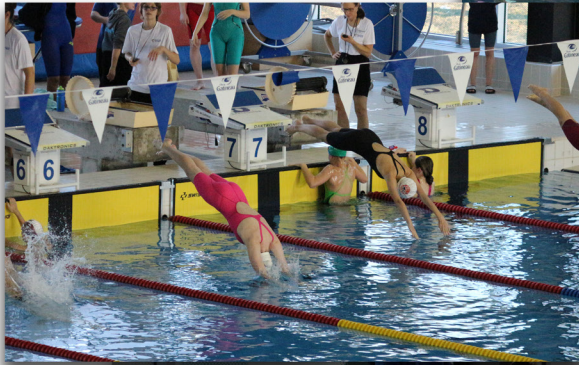
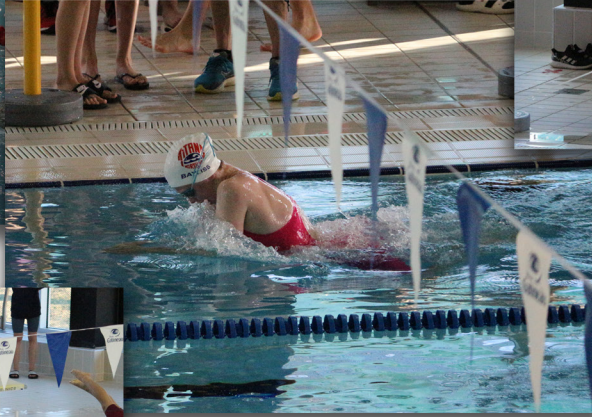
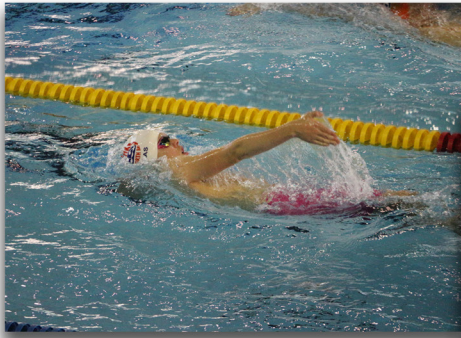
Trojan Cup

The Titans hit the pool in Barrie back in December to compete in the Trojan Cup. It was a great weekend of competition and some lively team spirit!



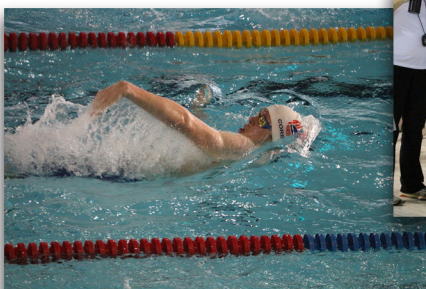


Competitions continued



Gatineau Grand Prix

The Titans' Performance Group competed at the Gatineau Grand Prix in December. Congratulations to the team for putting it all out there!





Titans' Tested Recipes

Christmas Punch

Submitted by Angela Money

Ingredients

2 cups Orange Juice
2 cups Cranberry Juice
1 cup pineapple juice
1 cup ginger ale

Baked Cream Cheese Chicken Taquitos

Submitted by J Blair

Prep: 15 min., Cook Time: 15 min., Serves 8

Ingredients

2 cups	chicken, cooked and shredded
4 oz	cream cheese
1/3 cup	salsa
1/2 tsp	cumin
1 tsp	chili powder
1 tsp	garlic powder
1/4 tsp	salt
1 Tbsp	green onion, finely chopped
2 Tbsp	cilantro, finely chopped
1 Tbsp	lime juice
1 cup	Colby Jack cheese
8-10	small flour tortillas

Instructions

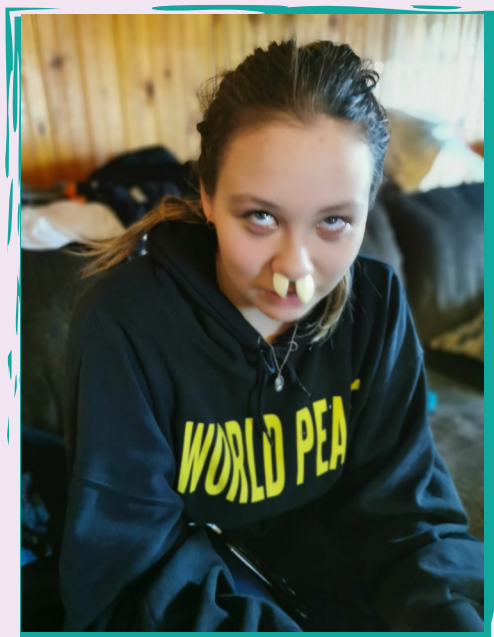
1. Preheat oven to 425 and prepare a baking sheet by lining it with foil and spraying it with cooking spray. Set aside.
2. Soften the cream cheese in the microwave for about 15-20 seconds. In a mixing bowl, combine cream cheese, salsa, cumin, chili powder, garlic powder, lime juice, and salt. Add in the shredded chicken, colby jack cheese, green onions, and cilantro. Stir until well combined.
3. Add about 3 Tbsp. of the chicken mixture about 1 inch from the edge of the flour tortilla. roll it up and place it seam side down on the baking sheet. Repeat with each one and place about 1 inch apart on the baking sheet.
4. Bake for 15-20 minutes or until the tortilla is lightly browning around the edges. Serve with sour cream, ranch, or your favourite sauce.

Source: therecipecritic.com

Author: Alyssa Rivers

Contest Alert!

CAPTION THIS:



Send your captions to Mike at:

president@nbtitans.com

for a chance to win a \$25 Starbucks gift card. The winner will be announced in the February issue of the Gooooo-zette.

Good Luck!

And the winner is...

Congratulations to our Christmas basket raffle winners:

Game On - Beatrice Peach

Shred It - Sally Strang

Cozy - Katie Sloat

Bake It - Gilles Gravelle

Thank you to everyone who donated items for the baskets and their time!