



Go000-zette

February 2023

Hello Titans,

We have lots packed in this issue so we hope that you like it. Keep sending your pictures, recipes and swimmer profiles in. We would also love to get another "Caption this" contest going so send in your silly photos.

We welcome our new 2nd Member at Large, Tanya Wardlaw. When you see Tanya at the pool, make sure that you say hi and congratulations.

Twenty-six new officials were added to the Titans' roster this past week. The Titans' Executive organized a training session at the YMCA and a few others took advantage of online zoom training courses put on by other swim clubs from around Ontario. Stay tuned for more opportunities and also for the upcoming NEOR 2 meet at the Y, March 31, April 1 and 2 for a chance to contribute and gain volunteer points at the same time. We can't run meets without tonnes of volunteers.

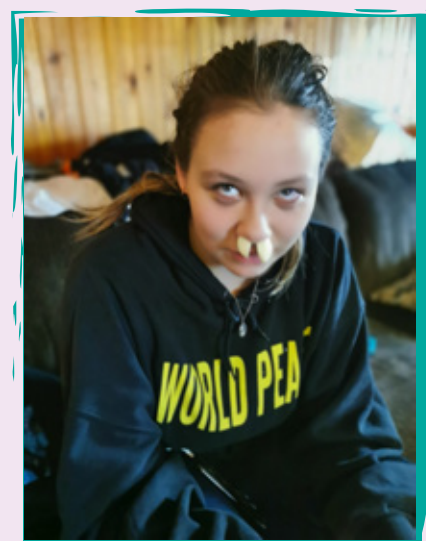
Finally, good luck to all of the swimmers that either made Ontario Festivals or Ontario Youth Juniors and are competing this month. All of the Titans are rooting for you. Trust your training, do your best and most of all have fun. You have won already by making it this far.

Take care and see you around the pool.

Mike
705 471-0796
president@nbtitans.com

And the Winner is...

CAPTION THIS:



Congratulations to Molly Pritchard!

Her winning caption:
"I hope this keeps the nose vampires away"

Enjoy your \$25 Starbucks gift card!
(maybe buy Syd a treat for providing you with some inspiration??)





Coach's Update

Hello everyone,

I hope all have had a good transition back into the training pool and are feeling and swimming well after the holiday break.

As some of you know, we are getting ready to finish the SCM competition season and begin the LCM competition season. For those who are newer members, SCM refers to competitions and events performed in a pool which is 25 meters in length; LCM refers to 50 meter in length (twice the size with less than half the turns!)

Unfortunately, in our region we do not have any 50 meter pools available at the moment as the Laurentian University pool is still under construction, so all of our LCM competitions will be taking place outside the region (Central, Eastern, Western). It is also important to note that although it is technically LCM season in Ontario, it doesn't mean that all competitions are run in 50 meter pool; there are still some SCM swim meets which our club will attend within or close to our NEOR region.

I am looking forward to watching our swimmers experience the LCM competitions as we move forward through the 2023-2024 swim season. I find LCM racing the most exciting.

Head Coach Training Tip of the Month: Swim Smart, Not Hard

The tip of the month is for all swimmers who believe getting to the wall the quickest is **always** the best way to become a better swimmer. Now, I will agree that by working hard and swimming fast all the time does have its fitness benefits, the technical nature of how one swims is always more important in the long run.

Swimmers who are able to use their active listening skills and apply them to training sets typically benefit the most. **Swimmers that attain a higher level of awareness** of what they are focusing on during practice will normally see **long-term progression**, while swimmers that are only

focused on going fast while executing poor form or skill will tend to have ***inconsistent progression***.

Remember, always put skill and technique at the top of your priorities list. It does make a difference!

Upcoming Competitions

Top Fish #2

February 13th @ Hanmer

Ontario Youth-Junior Provincial Championships

February 16th-19th @ Etobicoke

Ontario Festival Provincial Championships

February 18th-19th @ Markham

Barrie Trojan Pentathlon

March 4th-5th @ Barrie

Swim Meet Review & Highlights

Last month our Titan swimmers battled it out with the NEOR region at the Dave Kensit Memorial Championships and represented North Bay proudly. It was great to see many of our swimmers sport a very strong competitive edge at this competition.

Our Team placed Top 5 in the NEOR Region (5th place, only 9 points away from 4th!) and we saw a very high rate of personal best performances from our club.

Also, a big shout out to Owen Baas who was successful in taking down the club record in his performance of the 200m Backstroke. Great job buddy!

GO TITANS!

Matthew Fallowfield

North BayTitans Head Coach



Meet The Cassells!



*Nellie on one of her walks
for the Humane Society.*

Meet Evelyn and Nellie Cassell, both members of the Junior Swim Group. They like to give back to the community - Evelyn loves to bake so she bakes and packages cookie bags for the food bank. Nellie loves animals so she walks the dogs at the Humane Society.



*Evelyn with her 120 count
cookie donation.*

Breakfast of Champions



Stefanie and Naomi refuelled after a Saturday morning practice with a gourmet waffle breakfast that they made all on their own!

Looks like we have two chefs for the next team breakfast ? 🍳

Titan Spirit!





Equipment

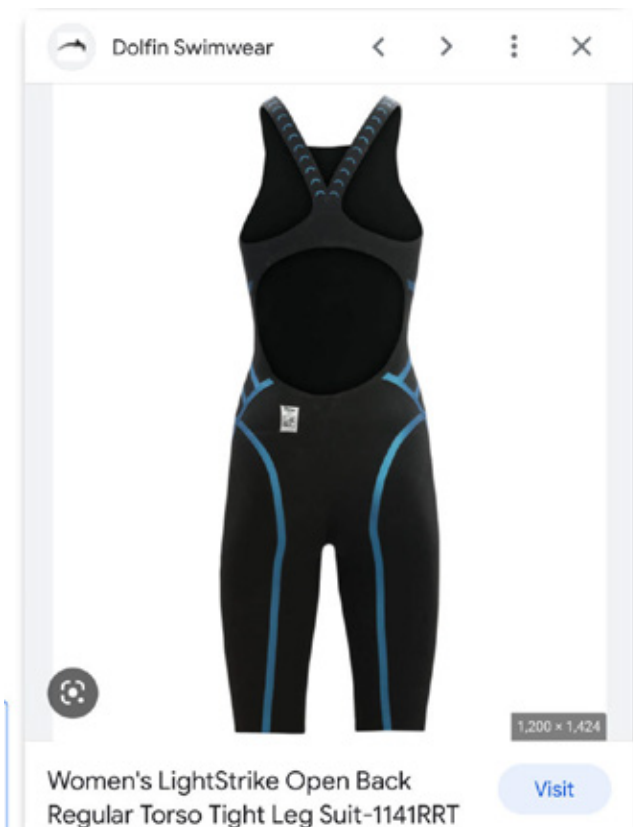
Hello Everyone!

There are 2 girls knee suits bought by members that don't fit! As such they are offering to you!

1. Dolphin brand, black and blue size 26L.
I have it on good authority that this suit fits same size as your training suit.

2. Speedo Power Plus Knee suit, size 26, black. This is an entry level suit and sizing is available online at speedo.

5



Please make sure you look at the type of suit. Anyone interested in these suits or looking for more information can reach out to nbtitansequipment@gmail.com.

Re buying a "technical" racing suit. Sizing is **NOT** standard across the different brands and is different even within the same brand. For your first "technical" suit please ask myself for help, and I can direct you to whom you should talk to. Ideally If you are looking to buy one, it's best to try one on first. These kind of suits are meant to fit tighter, with more compression. Not everyone will be comfortable with it. I'm here to help!

Kaili

BINGO Update

Bingo 2022-2023

We are off to a great start for Bingo coverage. Thank you, for your time in helping raise funds for the North Bay Titans through volunteering at sessions. Bingo is one of our biggest fundraisers a year that brings in just under 10 thousand. Last year, we were able to purchase a time board for the club, with the proceeds from Bingos. Thank you!

Here is the current list for Bingo sessions for the remainder of the year. It has been emailed, and posted at the YMCA for all members to see. If you haven't had the opportunity to sign the Bona Fide list for the city, it is posted at the YMCA on our board until the end of the month.

If you have never worked a bingo, please reach out bingo@nbtitans.com and I will be more than happy to go over what it is that's expected of us when we work at Bingos. Our sessions are on Sundays (bi-weekly) from 2pm-6pm at the Blue Sky Bingo Hall located on Airport Rd.

A big thank you,

Summer

	Volunteer	Volunteer
1 Sun Sept 11th, 2022	Jessica Anderson	Crystal Maeck
2 Sun Sept 25th, 2022	Katharina Guenther	Erika Bayliss
3 Sun Oct 9th, 2022	Baas	Volunteer
4 Sun Oct 23rd, 2022	Carine Corbeil	Melissa Parker
5 Sun Nov 6th, 2022	Natalie Webster	Jim Gomoll
6 Sun Nov 20th, 2022	Dan Routley	Sarah Miller
7 Sun Dec 4th, 2022	Dana Giroux	Mike Patreau
8 Sun Dec 18th, 2022	Leona Coughlin	Zack Govis
9 Sun Jan 1st, 2023	Volunteer	Phil Cassell
10 Sun Jan 15th, 2023	Sarah Allen	Natasha Lessard
11 Sun Jan 29th, 2023	katrina Srigley	Patreau (second bingo)
12 Sun Feb 12th, 2023	Renee Popp	Peter Fuzy
13 Sun Feb 26th, 2023	Melita Fenyvesi	Betsill
14 Sun March 12th, 2023	Alyssa Wallace	Jeff Felice
15 Sun March 26th, 2023	Maggie Preston-Cole	Lindsey Voisin
16 Sun April 9th, 2023	Tracy-Lynn Reside	Jenn Taun
17 Sun April 23rd, 2023	Zapshallas	Nicole McMillian
18 Sun May 7th, 2023	Brochu	Maria Moore
19 Sun May 21st, 2023	Sherell Pizzoferrato	Joanne Amyotte
20 Sun Jun 4th, 2023	Chalice	Shauna Dupuis
21 Sun June 18th, 2023	Jane Campbell	Richard Cook
22 Sun July 2nd, 2023	Kmith	Anri van Soelen
23 Sun July 16th, 2023	Karla Steinbrunner	Horncastles/Mclaughlin
24 Sun July 30th, 2023	Berlhadj	Jackson
25 Sun Aug 13th, 2023	Zaitseva	Orton
26 Sun August 27th, 2023		



Competitions

Last Chance Meet

Titans travelled to Hanmer to compete in the Last Chance Meet to work on their entry times.



*I am building a fire, and
everyday I train, I add
more fuel. At just the
right moment, I light
the match. ~Mia Hamm*

Artwork by Lily Lyle



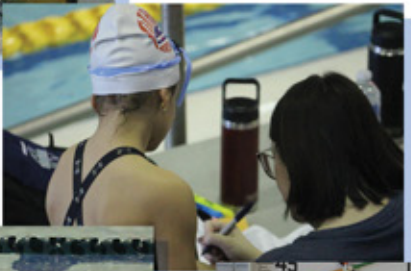
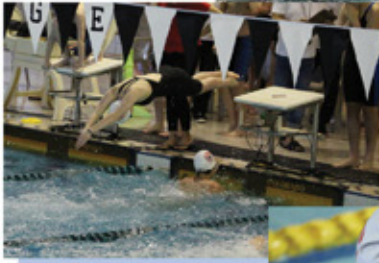
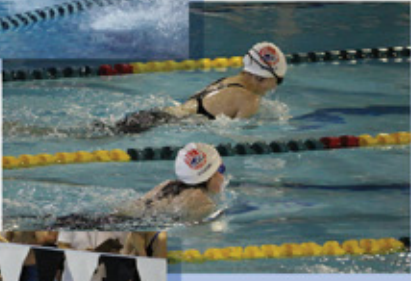


Competitions



Dave Kensit

Here are The Titans in action in Sault Ste. Marie.



Swimmer of the Month

A huge congratulations to all of the swimmers who have been awarded The Titans' Swimmer of the Month.

	Junior	Age	Senior	Performance
October	Annika Patreau	Coralie Martin	Sophie Durocher	Owen Baas
November	Miles Robertson	Emme Gomoll	Andrew Fuzy	Stefanie Moore
December	Maya Reside	Andreena Pizzoferrato	Emma Cook	Chloe Popp
January	Lilly Peach	Ellie Zapshalla	Klarissa Srigley	Jolene Webster



Titans' Tested Recipes

Creamy Chicken Ramen Soup

Submitted by Tara DiBartolomeo

Ingredients

- | | |
|--------------------------|--|
| 1 tbsp. | coconut oil |
| 1 | yellow onion, chopped |
| 2 | red bell peppers, chopped |
| 1 | large carrot, cut into thin 2" long pieces |
| 2 cloves | garlic, minced |
| 1 tbsp. | curry powder |
| 1/2 tsp. | cayenne pepper |
| Kosher salt | |
| 2 (13.5-oz.) cans | coconut milk (shaken well) |
| 3 c. | chicken broth |
| 2 c. | shredded chicken |
| 1/3 c. | chopped fresh cilantro, plus more for garnish |
| 1 package | ramen noodles, reserve seasoning for another use |
| Lime wedges, for serving | |

Step 1

In a large pot over medium heat, heat coconut oil. Add onion, bell pepper, and carrots and cook until tender, 6 to 8 minutes. Add garlic and stir until fragrant, 1 minute. Add curry powder and cayenne and season with salt. Stir until combined.

Step 2

Pour over coconut milk and chicken broth and bring to a simmer. Add shredded chicken, cilantro, and ramen noodles and cook until noodles are al dente.

Step 3

Garnish with cilantro and serve with lime.

