



Goooo-zette

March 2023

Exciting Upgrades!

Hello Titans and Happy St. Patrick's Day. Welcome to the March issue of the Goooo-zette. We have another great issue so we hope that you enjoy it.

Facility Upgrades

We have very exciting news this month with the installation of the scoreboard. The board has been fully tested and it is ready for the upcoming NEOR 2 meet.

The swim team has also been testing out the new starting blocks. We have received some really positive feedback not only on the feel and performance but also the look of them. Can't wait to see them improve the swimmers performances when we compete.

You might also have noticed the new lane ropes that the YMCA has purchased and installed. Our facility is really looking Professional these days. I have been to a number of facilities in Southern and Northern Ontario and I have to tell you, we are pretty lucky.

NEOR Swim Meet

Plans are well underway for the upcoming NEOR 2 meet March 31st, April 1st and 2nd. The Titans' will be hosting the Canteen again this year. It will be located up on the platform just outside of the viewing gallery. We will be selling pasta and sauce, baked goods, water, and Gaterade along with the Swim meet programs.

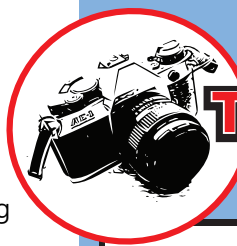
We have also confirmed that Good Glaze will be open and selling smoothies, pastries, sandwiches and salads.

There are lots of opportunities to get your volunteer points at the meet. The link to sign up to be an official, at the meet, is:

<https://www.signupgenius.com/go/10C094Da8AB2Fa2FFC70-neor>

Good luck to all of the swimmers going to Guelph on the 24th of March and can't wait to see you at our meet. Let's make this event one to remember.

Mike
705-471-0796



TEAM PHOTOS

All of the team pictures, including the ones that have been showcased on this and previous issues of the Goooo-zette, can now be accessed by logging into the Team Unity website using your Titan's credentials. A link to the galleries will show up in the menu once you are logged in.

Note: If you are not logged into the site, you will not see the menu link or be able to access these photos. Let me know if you have any questions.



Coach's Update

Hello everyone! I hope everyone is ready for LCM (50m pool) swim season and (hopefully) some slightly warmer weather as we head towards spring (I know I am).

As many are aware, we will be running our own swim meet in April (NEOR 2), which will have 10-12 teams in attendance from the NEOR region. Our Board of Directors are working very hard right now to ensure we host an awesome, memorable experience for all those who are in attendance. It will be quite exciting as this will be the first meet where the Titans will be running a NEOR meet with an electronic scoreboard, updated blocks, and nice new shiny YMCA lane ropes (whoo hoo!)

Also, I am currently working on getting the Titans Swim-A-Thon Package completed and timelines secured for the 2022-2023 swim season. For those who are new, Swim-a-thon is our club's biggest fundraiser. Each year our club raises money for our Club and Swim Canada to support the growth and stability of the sport of swimming. We are looking forward to having as many Titan participants as possible to help invest in our sport in our community.

Please see below and check out my tip of the month, upcoming competitions and swim meet reviews.

Cheers!

Head Coach Training Tip of the Month - Managing the Mental Game

Swimmers spend a lot of their time focusing on their training; sharpening skills & technique while building up their energy systems in order to swim a great performance at their next swimming competition.

They've done all the physical work and are now expecting an amazing swim, what could go wrong? Well, if one is plagued by performance anxiety and negative reactions to nerves, unfortunately more than you'd think.

Dealing with stress and nerves is a normal part of any swimming competition, and the more opportunities for swimmers to deal with those nerves, the better. This is why participation in competition is so important; it exposes athletes to an uncomfortable situation in which they have to manage these feelings.

See below for a few exercises I would like our Titan swimmers to embrace when dealing with the pressure of performance:

►► Visualization Techniques

(closing one's eyes and planning out the performance in it's best possible outcome; everything from the dive in water to the finishing touch of the race)

►► A Designated Safety Item

(something to bring behind the blocks before your performance that will instill confidence and control in the swimmer. eg. a personal item like a small stone, toque, pair of socks, pair of mittens.... really anything that a swimmer can always bring with them before a stressful performance that has meaning)

►► Focusing on the Aspect Control

(eg. thinking about how to execute great starts/turns/underwater skills rather than focusing on the possibility of one's goggles falling off or filling up with water during the performance. Always prioritize controlling the aspects of performance over being fearful of what "might" happen and allowing fear to affect the outcome)

►► Adopting a Signature Move; Building Deck Presence

(bringing your own style & stance behind the blocks can also boost a performance's outcome by setting the competitive mood. eg. putting one leg up on the block before you race, clapping one's hands, jumping high in the air etc. all contributes to the look of a confident swimmers and the actual confidence levels of a swimmer themselves)

Upcoming Competitions

Guelph LCM Invitational (Senior & Performance Groups)
March 24th-26th
Guelph, ON

NEOR 2 (All Groups)
March 31st-April 2nd
North Bay, ON (Whose house? Our house!)

Top Fish 3 (Junior & Age Groups)
April 23rd
Sudbury, ON

Swim Meet Review & Highlights

Through February and March Titan swimmers participated in the Ontario Youth-Junior Provincial Level Championships, Ontario Provincial Festival Level Championships, and the Barrie Trojan Pentathlon.

Our swimmers who represented North Bay at Provincial level competitions did absolutely incredible (Chloe Popp, Owen Baas, Brooklyn Bayliss, Naomi Sogbein) at their meets and came out with a 100% lifetime personal best performances in all their races. Way to go, crew! Also, Owen Baas was successful in taking down a LCM club record in 400 IM (clapping).

Swimmers attending the Barrie Trojan Pentathlon had a great time as well. It was a great opportunity for our swimmers to understand the importance of becoming a well rounded athlete when it comes to stroke/event development! I always say to keep as many doors of opportunity open; swimmer development is always a long process.

GO TITANS!
North BayTitans Head Coach



Competitions

Barrie Trojan Pentathlon



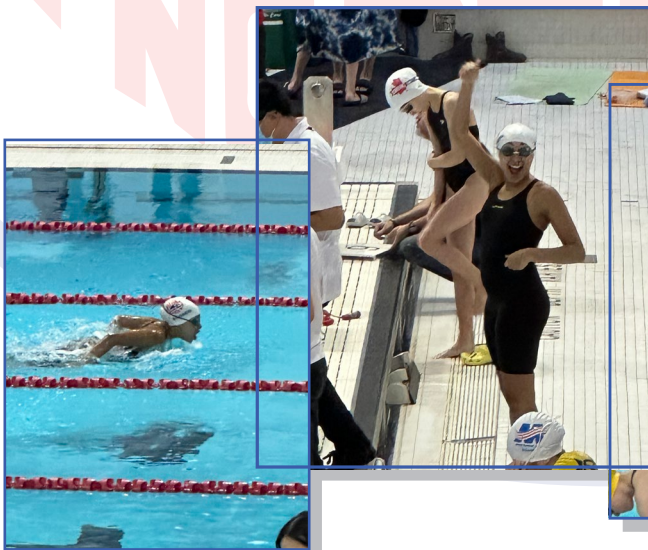
Some of our Titans ready for action!

Ontario Winter Youth-Junior Provincial Championships



Chloe Popp, Coach Matt, Brooklyn Bayliss and Owen Baas

Ontario Winter Festival Championships



Naomi Sogbein in action!

Swimmer of the Month

Congratulations to this month's swimmers!



Violet Allen
Junior Group



Evan Maeck
Age Group



Mouldjilali Belhadi
Senior Group



Abigail Betsill
Performance Group



Persistence can change failure into extraordinary achievement.

Matt Biondi



Titans Out and About...



North Bay Canoe Club NBCC
1d · 🌐

Meet Thomas Gomoll

Athlete's age: 10

Number of years paddling: 1 year

Specialty: C4, 500m

Favorite food: Gnocchi

Favorite pastimes: Ski Cross, Basketball

Why did you become a member of the NBCC Sprint team? Because it sounded really fun (and my sister paddled!)

How much did you know about paddling before you joined? Zero.

What is your favorite thing about being an NBCC Sprint team member? Meeting friends, regattas and going to the Green Store for ice cream!

What advice do you have for someone interested in trying competitive paddling who has never done it before? Don't quit it if you tip!

What are you most looking forward to this coming season? Having fun at regattas!!

[#ckosprint](#) [#canoe kayak](#)
[#northbaycanoeclub](#) [#northbaypaddling](#)
[#gobaygo](#)

Source:
North Bay Canoe Club NBCC
Facebook Page



Myle and Sarah getting creative.



Charlotte catching some rays....and hopefully some fish!



Source:
The Gathering Place
Facebook Page

...and Making The News!