



Goooo-zette

April/May 2023

Hello Titans,

This issue of the Goooo-zette has a tonne of content from the past two months of the season so take some time to see what the Team has been up to.

Summer is finally coming after a slow start to spring. Although it is close to the end of the season, there is still lots going on with the Team regarding Competitions, our end of year party, and our upcoming Annual General Meeting (AGM) to close out. The competitions are well in hand and further details will be provided for the party (refer to the Save the Date post) and AGM as we get closer to the dates.

Elections will be held at the Annual General Meeting (AGM) in July (date TBD).

This year the following positions that will be up for election.

1. 2nd Vice-President (Official's Coordinator)
2. Treasurer
3. 2nd Member-at-Large (Special Events Coordinator)
4. North Bay Youth Sports Association 'Bingo' Representative

If you are interested in joining the Board and contributing to making our Club even better or know of someone that would be a great fit, please reach out to myself or any of the Board members.

See you around the pool.

Mike
705-471-0796

Special Events

Hello Titan Families!

Thank you all for a fabulous fun Friday pool night, as our last special event! By all the smiles, splashing and screaming on deck, it was enjoyed by all! A shout out to the volunteers who helped out on deck and those who served the pizza and snacks afterwards! Without you, we couldn't have done it!

Save the Date!

Sunday, June 25th, 2023

Plans are underway for our year end party! Please save the date, as it's sure to be a ton of fun! I will be looking for volunteers to help with different aspects of this. If you are a fun, energetic person, who likes to plan and play games, reach out and let's chat! If you still need to earn more volunteer points, other volunteers will be needed so please submit your name sooner than later.

Thanks,
Angela Money
Member at Large and
Special Events Coordinator



Coach's Update

Hello NBYT families,

Spring season seems to be here (finally), and we can now cross our fingers that we do not have to see anymore snow hit the ground.

We are in the last 2 months of the swim season with only a handful of competitions left for our swimmers to participate in (see upcoming competitions listed below); all in a long course meter (50m) racing pool. The facilities where these competitions are held are relatively newly built/updated and make for an excellent opportunity for our swimmers to experience. I highly encourage attendance from our membership.

The 2022-2023 Swim-a-thon Package has been sent out and we are hoping to raise \$16,000 this season beat our last seasons record (\$15,056). This season we are fundraising for an ample amount of new training equipment for the NBYT swimmers to use and improve our swim programming at all levels of the club. Happy fundraising, Titans!

Please see below for my tip of the month, upcoming competitions, swim meet review & club highlights.

Head Coach Training Tip - Big Recovery Gains

You have great attendance, work hard every practice, pay attention to all the technical details and skills, but you still aren't achieving the performance results you are expecting. What's going on?

Well, one potential aspect that many swimmers struggle with is how they take care of themselves (physically & mentally) during the periods of rest between training sessions.

This can be in the form of:

- Sleep** (8-9 hours of sleep per night)
- Nutrition/Hydration** (eating the right types of food that will aid in physical recovery)
- Mental Health** (taking a break from focusing on swimming)
- Physical Well Being** (physiotherapy activities / stretching/ tending to soreness)

All the of the above matters and should be prioritized by swimmers if they wish to achieve their performance goals.

Upcoming Competitions

Mac Rising Star #2

May 27th-28th
Markham, ON

Mayor's Cup

June 10th-11th
Toronto, ON

Ontario Festival Swimming Championships (Qualifier)

June 17th-18th
Etobicoke, ON

Ontario Youth-Junior Swimming Championships (Qualifier)

June 17th-18th
Markham, ON

Swim Meet Review & Club Highlights

First off, I would like to mention what a great job our team did running the NEOR 2 regional invitational meet. It was great to see our meet run very smoothly with our new timing system upgrade, scoreboard and starting blocks. I can't wait to see what our next hosted meet will look like. On that note, it was awesome to see our swimmers come together and represent North Bay at our home pool.

Overall, I have been very happy with how our swimmers are performing and watching them progress through the season has been very rewarding. I am excited to see what our swimmers do in the the coming meets that are held in LCM racing pools!

A few honourable mentions for this issue include...

A shout out to Chloe Popp for making the Eastern Canadian National qualifying time in the 50 LCM Breaststroke and also for breaking the club record in the 50 SCM Freestyle (this record was recently held by Dominique Bouchard - a past NBYT swimmer/olympian). Great job, Chloe!

Another record breaker that deserves recognition is Owen Baas; who broke the clubs 50 LCM Backstroke record. Keep it up, buddy!

Also, I would like to congratulate both Annabelle Jackson & Jaxon Orton on being selected to represent Ontario in the 2022 North American Indigenous Games. I'm excited for both of you and know you will do great things on the provincial team. Way to go, guys! Very well deserved. Let's keep up the great work.

GO TITANS!

Matthew Fallowfield
North Bay Titans Head Coach

Fundraising

SWIM-A-THON

Hello NBYT Families,

Once again, our NBYT swimmers will be participating in another season of SWIM-A-THON!

For those who don't know, Swim-a-thon is a fundraiser which hundreds of swim clubs across the country participate in. Every Swim-a-thon helps not-for-profit organizations raise sport awareness and funds for swim program growth & improvement.

This season, the North Bay Titans are specifically aiming to fundraise for new training equipment for all levels of our programming. Last season, we raised just over \$15,000. This year we will see if our club can top that and raise over \$16,000!

How does it work?

1. Our Titan swimmers must first register and create a personal "swimmer link" to share with friends, family and others from the community who would like to support competitive swimming in North Bay. Please make sure each swimmer has their own link so contributions can be tracked properly.
2. Once registered, the "swimmer link" must be sent to Erika Bayliss (erikabayliss@hotmail.com), our swim-a-thon coordinator who will track all contributions over the next 6 weeks.
3. On June 17th or 24th (date will vary depending on which training group your swimmer is in) our Titans will swim as much (and as fast) as they can to reach their training group goal. Titan parents will attend these sessions and keep track of how many laps and how fast each swimmer could finish their goal in.
4. Once the fundraiser end date has passed (June 30th), our top 3 Swim-a-thon contributors from NBYT will be awarded with a cash prize.

Please see the 2022-2023 North Bay Titans [Swim-a-thon Package](#) attached to my email as sent on May 15th.

To register your Titan Swimmer and create their "Swimmer Link", visit the site below:

<https://donate.swimming.ca/>

Happy Fundraising!!
Matthew Fallowfield
North Bay Titans Head Coach

HALIFAX

Hello Titans!

Some of our swimmers are making the trip to Halifax in July for eastern provincials. The swimmers have been working hard raising money to help with expenses for Halifax.

We have currently done a bottle drive which raised \$1250 and sold Twiggs gift cards which raised \$1000. We will be looking to do more fundraising throughout the next few months.

Keep an eye out for our fundraising opportunities.
We appreciate all the support and are very excited to be attending this meet!

Thanks
Erika Bayliss
Halifax Meet Fundraising Coordinator



BINGO Update

Hello Titan Families,

Just a quick reminder, Titan families are required to work a Bingo, to help the team fundraise. Any other bingo after your first bingo worked, we will give you 25 volunteer points. I will confirm with the Volunteer Coordinator after each bingo is worked to ensure we get you your points.

I can't stress enough how Bingo is one of our largest fundraisers that benefits our team. I would like to thank our swim families who have worked a bingo and are scheduled to work a bingo. Without your participation, this would not be possible.

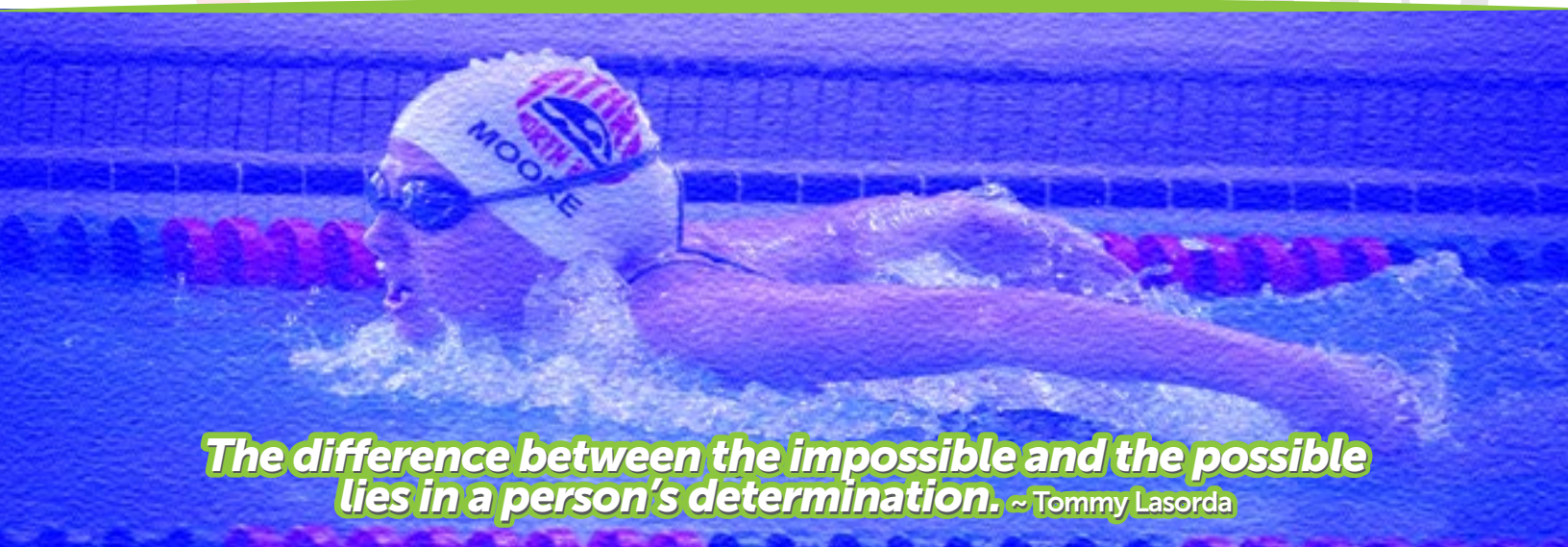
For the remainder of the year, if you would like to be added to a call list where if someone needs coverage we can contact you, please let me know by sending an email to bingo@nbtitans.com.

A big thank you again,

Summer

Bingo 2022-2023

<u>19 Sun May 21st, 2023</u>	Sherell Pizzoferrato	Joanne Amyotte
20 Sun Jun 4th, 2023	Chalice	Shauna Dupuis
<u>21 Sun June 18th, 2023</u>	Jane Campbell	Stacy or Erin Zapshallas
<u>22 Sun July 2nd, 2023</u>	Kmith	Anri van Soelen
23 Sun July 16th, 2023	Karla Steinbrunner	Horncastles/Mclaughlin
<u>24 Sun July 30th, 2023</u>	Berlhadj	Jackson
25 Sun Aug 13th, 2023	Zaitseva	Orton
26 Sun August 27th, 2023	Maggie Preston-Cole	

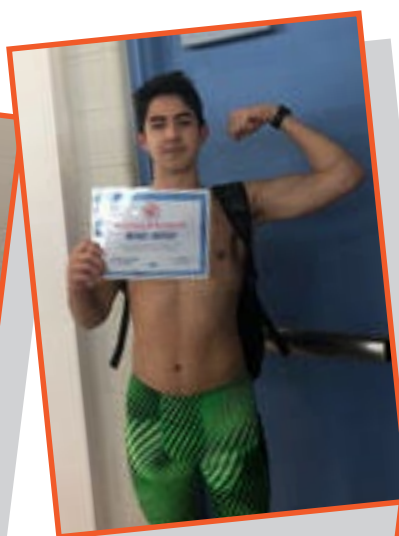


The difference between the impossible and the possible lies in a person's determination. ~Tommy Lasorda

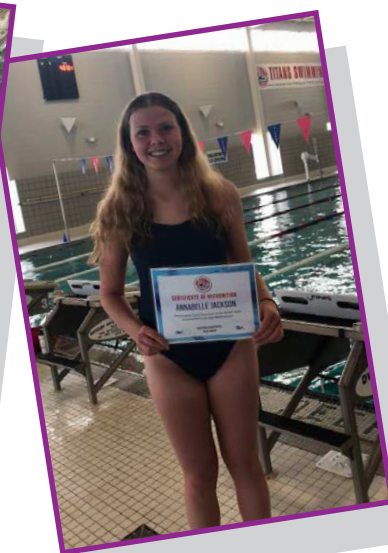
Swimmer of the Month

Congratulations to March-April swimmers!

	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
February	Violet Allen	Evan Maeck	Mouldjilali Belhadj	Abigail Betsill
March	Ella Roberts	Emma Fenyvesi	Miguel Brochu	Naomi Sogbein
April	Reagan Wallace	Ariane Belanger	Jax Orton	Annabelle Jackson



Reagan Wallace
Junior Group
Swimmer of the Month - April





Titans Out and About...

Congratulations to Emma Cook and Sydney Freeman on completing the North Bay Fire and Emergency Service's career camp!

North Bay Canoe Club NBCC

2h · 🌐

Meet William Gomoll

(the pictures are me in the C2 with my twin brother Thomas at a regatta in Ottawa; the other pic is me on the left with my U12 K4 crew!)

Athlete's age: 10

Number of years paddling: 2

Specialty: C1

Favorite food: Hawaiian pizza

Favorite pastimes: Skicross, Competitive Swimming, Basketball (and my family says Im pretty awesome at yo-yo tricks as well!!)

Why did you become a member of the NBCC Sprint team? I love the lake

How much did you know about paddling before you joined? Nothing

What is your favorite thing about being an NBCC Sprint team member? I get to spend every day out on Trout Lake!

What advice do you have for someone interested in trying competitive paddling who has never done it before? Go for it. We are a great group of kids!

What are you most looking forward to this coming season? Racing.

#ckosprint #canoeKayak #northbaycanoeclub #northbaypaddling #gobaygo



Source: North Bay Canoe Club Facebook Page

The City of North Bay

15h · 🌐

Congratulations to the group of young women who celebrated their completion today of North Bay Fire and Emergency Service's (NBFES) career camp.

A joint initiative between NBFES and the four local school boards, the four-day camp allowed 12 high school-aged participants to explore a possible path to a career in firefighting by providing firsthand experience into all aspects of the fire service, including extensive training in fire suppression.



Source:
City of North Bay
Facebook Page



Source: École secondaire catholique Algonquin Facebook Page

BAYTODAY.ca



David Briggs, Local Journalism Initiative reporter
about an hour ago



2 / 8 The class convenes for a photo by the shed in Greenville Playground | Photo by David Briggs

Source: Bay Today

...and Making The News!

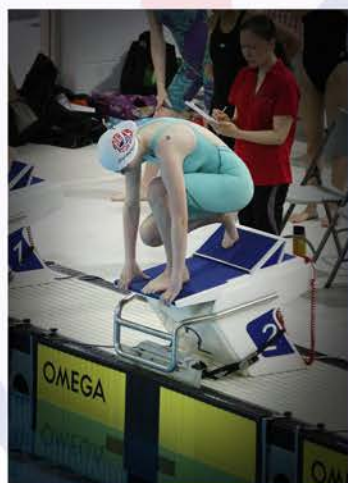


Competitions



GMAC March LC Invitational

Titans and their swim families travelled to Guelph back in March to compete at the Victor Davis Memorial Pool. The four day meet saw our team work hard while having fun in this long course pool.





Competitions



NEOR 2

The Titans hosted NEOR 2 from March 31 to April 2. We were excited to have the visiting teams compete using our updated starting blocks, brand new scoreboard, and updated computer. Swimmers and families enjoyed three days of competition and comraderie.





The Titans enjoyed another evening of fun as they took to the pool for fun and friendly team building competitions.

Gooooo Titans!

