

WHS Royals

Girls Swim & Dive Team Newsletter

Issue 12, October 26, 2025

WEEK AT A GLANCE October 27 - November 2

****Practice Schedules differ based on which competition your swimmer/diver competes at****

MON 10/27 Practice @ OMS
JV Champs 4:00 - 6:00 PM
State/Sections 4:00 - 6:00 PM

TUE 10/28 Practice @ OMS
JV Champs 4:00 - 5:45 PM
State/Sections 4:00 - 6:00 PM

WED 10/29 Practice @ OMS
JV Champs 4:00 - 5:30 PM
State/Sections 4:00 - 6:00 PM

THU 10/30 Practice @ OMS
JV Champs 4:00 - 5:30 PM
State/Sections 4:00 - 5:30 PM
Championship Pasta Party @ Rose's 6:00 - 8:00 PM

FRI 10/31 Practice @ OMS
JV Champs 3:45 - 4:45 PM
State/Sections 3:45 - 4:45 PM

SAT 11/1 State/Sections ONLY Practice
@ OMS 7:45 - 9:15 AM
JV Champs
@ Cottage Grove Middle School
***Timeline posted Mon night**
Start time either 10 AM or Noon
with warm-ups at either 8:30 AM or 10:30 AM

SUN 11/2 Rest & Relax

UPCOMING EVENTS & NEEDS

THUR 10/30 Pasta Party @ Rose's

NEEDS:

- 4 Bread (Seniors)
- 4 Desserts (Juniors)
- 3 Drinks (Sophomores)
- 2 Bottled Water (Freshmen)
- 1 Salad (7th & 8th Graders)

SUN 11/2 and SUN 11/9 Scrapbook helpers for assembly

NEEDS:

- 3 helpers each day

SUN 11/16 Banquet Decorations, Setup, & Clean up helpers

NEEDS:

- 3 Balloons set up
- 2 Banners and Photo booths
- 1 Table Decorations
- 2 Check-in
- 4 After banquet clean up

Sign-up for volunteer opportunities
[HERE](#)

TAPER STARTS

We are T.A.P.E.R., I am T.A.P.E.R.

TICKETS LINKS

Information on tickets can be found
[HERE](#).

We are Confident!

We are Strong!

We are Spirited!

We are Enough!

We are the **Royals!**

[Team Calendar](#)

[Swim Practice & Meet PDF](#)

Updated 10/26

Theme of the Week

“We are T.A.P.E.R., I am T.A.P.E.R.”

10. Trust your Taper.
9. Believe in yourself and the TEAM.
8. Electrolytes and Water- drink lots of healing fluids.
7. Eat healthy nourishing foods.
6. Feel confident you can live your “big meet” goals because of how you prepare and practice daily since August.
5. “All the small things” sharpen the details on your technique and effort at practice.
4. Power Posture, Poise, Walk, Start, Dive, Swim, Streamline, Turn, Finish, Cheer with Royal Confidence. Be You.
3. Visualize yourself swimming/diving your goal times/scores. See yourself doing each step to get there and performing every part of each race or dive, including the smile at the completion and the podium.
2. Control the Controllables. Eliminate distractions (put them in the drawer for a different day). Focus.
1. **Have Fun, Go out there and do your thing!**

Tapering schedules for JV Champs competitors and State/Sections competitors on the next page.

J.V. Champs Taper Swim Practice Schedule

MONDAY Practice @ OMS 4:00 - 6:00 PM

TUESDAY Practice @ OMS 4:00 - 5:45 PM

WEDNESDAY Practice @ OMS 4:00 - 5:30 PM

THURSDAY Practice @ OMS 4:00 - 5:30 PM

Championship Meets Pasta Party at Rose's 6:00 - 8:00 PM

FRIDAY Practice @ OMS 3:45 - 4:45 PM (Halloween night: get home safely and rest for you big meets ahead)

SATURDAY JV Champs @ Cottage Grove Middle School

Timeline will be posted Monday night. It will either start at 10 or Noon. With warm ups at 8:30 or 10:30

Purpose: All Student Athletes get to Taper and experience a Championship Meet as part of their learning and educational experience. To grow the SEC teams depth and future.

Goal: As a Team finish 2nd or 1st at CGMS site.

👁️ Look at Last Yrs Results

JV Champs 2024 [Stillwater Site - Wdby 3rd OMS Site](#)

SUNDAY Rest, Relax and enjoy time with family and friends

State/Sections Taper Swim Practice Schedule

MONDAY Practice @ OMS 4:00 - 6:00 PM

TUESDAY Practice @ OMS 4:00 - 6:00 PM

WEDNESDAY Practice @ OMS 4:00 - 6:00 PM

THURSDAY Practice @ OMS 4:00 - 5:30 PM

Championship Meets Pasta Party at Rose's 6:00 - 8:00 PM

FRIDAY Practice @ OMS 3:45 - 4:45 PM (Halloween night: get home safely and rest for you big meets ahead)

SATURDAY Practice @ OMS 7:45 - 9:15 AM

SUNDAY Rest, Relax and enjoy time with family and friends

SEC CONFERENCE DUAL MEET HOME VS CRETIN-DERHAM HALL FEELINGS & MEMORIES

Victory & Vitality. All enjoyed Celebrating the fabulous Graduating Class of 2026!

Meet Stats & Outcomes

First Time (new WHS event for swimmer): 3 swims

Best Time (WHS personal best time/score): 25 swims

Top 20 Placement

Iris Sorenson-Wagner: 200 Medley Relay-Fly, 27.11, 9th

Greta Straka: 200 Medley Relay-Free, 25.79, 19th

Iris Sorenson-Wagner: 100 Fly, 1:00.41, 9th

Grade Records

Iris Sorenson-Wagner: 200 Medley Relay-Fly, 27.11, 10th

Greta Strake: 200 Medley Relay-Free, 25.79, 7th grade

Self Awareness, Love and Clarity & Tiny Healthy Habit Maker

Chart we completed these at practice. Please display them or put somewhere you see often. Parents check in with your athlete and ask them to share, review and apply the worksheet with you.

X&O, Finishing Wall and 50 free Breath Chart. Plus pre and post event breathing techniques

Lettering Times, Improvement Times & State Time Standards

Updated weekly - refer to it as needed

Meet Results Conference Varsity Meet Results

Team Records and All Conference Weekly Updates

All Conf Week 5 will be posted at the pool and emailed out once received.

Woodbury Way - Royals are there for each other

Happy Birthday Royals!
Clara Davis



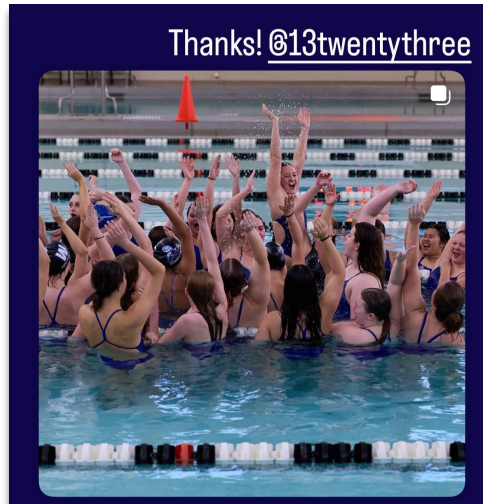
Season 25 History in the Making



SENIOR CELEBRATION MEMORIES

Photo Link

<https://woodburyroyalsports.smugmug.com/202526-Girls-Swim-Dive/Woodbury-vs-Cretin>



SECRET PUMPKIN WEEK OCT 27TH - OCT 31ST

Halloween week we will be exchanging gifts (names drawn this last Saturday) . Throughout the week, provide a hint to who you are and a small gift, based on the themes below. Start your hints broadly and get more specific as we move through the week. Each day place your gift on the table near the whiteboards at the shallow end, with your teammate's name on it.

Don't tell anyone who you have. Be thoughtful with your gifts.

Mon 10/27: Something Affirming (Handwritten note or card)

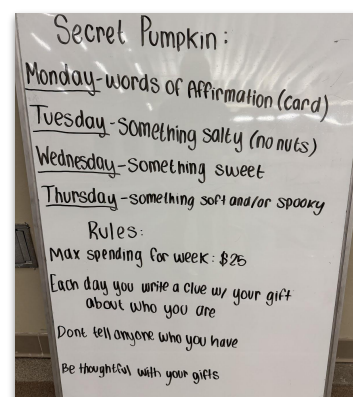
Tue 10/28:: Something Salty

Wed 10/29: Something Sweet

Thu 10/30: Something Scary or Spooky (Reveal day)

The MAX spending for the WEEK is \$25

For any questions, contact Coach liz (949) 922-2761



SAVE THE DATE - CELEBRATE SEASON 2025

WHEN: Sunday, November 17th

TIME: 11:00 am - 2:00 PM

WHERE: Tinucci's, Newport

It's a brunch-tastic banquet. The RSVP form will be sent later on Monday, 10/27/2025 to all parent's/guardian's emails on file. Only one parent/guardian needs to complete the form.

Swimmers & Divers, Team Managers, and Coaches costs are covered by the Boosters. Parents/Guardians and siblings who would like to attend will be \$30/person.

Our Signup Genius page has been updates to add helper positions for decoration setup (balloons, banners, photo booths, and table decorations), check-in leads, and clean up crew. Sign-up for volunteer opportunities [HERE](#)

Backpack or Locker Snacks	Cooler Fuelers
Granola and cereal bars	Sports drinks
Dried fruit-raisins, apricots, apples or peaches	100% fruit juices
Dry cereal	Lowfat/nonfat milk (single servings)
Pretzels	Cheese sticks
Graham crackers and peanut butter	Yogurt cups and squeeze tubes
Oatmeal cookies	Pudding cups
Fig bars	Fresh vegetables
Animal crackers	Peanut butter, turkey, ham or roast beef
Sports drinks	

THE SONG "THE FINAL COUNTDOWN" IS NOW PLAYING IN YOUR HEAD



Tombstone drill and golf set winners



**GOOD VIBES
STRONG TIDES
GROW WITH THE
FLOW**

Swimming Fast When it Counts: Top 10 Mental Toughness Tips

By Dr. Alan
Goldberg/Sport
Psychologist

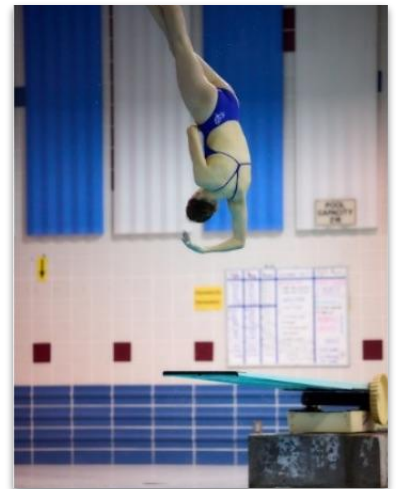
[Digg Image](#) [Reddit Image](#) [Del.icio.us Image](#) [StumbleUpon Image](#) [RSS Feed Image](#) [Mail Image](#) [Print Image](#) [Tweet](#)

There's no question that success in the pool on race day is 95% mental and 5% physical. By the time that big race rolls around, all the hard work has been done. That lifetime best swim is already inside of you, just waiting for you to release it. Make use of these ten mental toughness tips to help you get that fast swim out when it counts the most:

- 1. STAY CALM & LOOSE PRE-RACE** – Staying loose and relaxed the hours and minutes before you swim is the secret to going fast under pressure. Tight muscles wreck your stroke mechanics and kill your endurance, making it impossible for you to swim to your potential. Loose muscles allow your body to perform as trained. Listen to relaxing music, talk with friends, keep yourself distracted from thinking about the race, keep your breathing slow and deep and have fun pre-race to help yourself remain calm and loose.
- 2. LEAVE YOUR GOALS AT HOME ON RACE DAY** – Your goals are a motivational tool that helps drive you to work hard each and every day in practice. They should NEVER be brought on deck with you on race day because they will weigh you down. Swimmers who think about or dwell on their goal times right before and/or during their races, make themselves too nervous and physically tight to swim fast. Remember, you don't have to think about your goal times at meets in order to reach them.
- 3. STAY IN YOUR OWN LANE** – Keep your pre and during race focus of concentration in between your two lane lines on what YOU are doing and NOT on the competition. The more you concentrate on what you are doing, the more relaxed you'll stay, the faster you'll go and the better chance you'll have of actually beating the competition. Conversely, the more you think about and focus on what other swimmers are doing, the more nervous you'll get, the slower you'll go and the less likely you'll be to beat them.
- 4. STAY IN THE "NOW" BEFORE AND DURING YOUR RACES** – One of the more costly mental mistakes swimmers make is to allow their pre- and during- race focus of concentration to "time travel." When you mentally leave the now and jump ahead to the future or fall back to the past, you'll make yourself uptight and sabotage all of your hard work. Discipline yourself to keep your focus in the "now," both before and especially during your races. At the meet, focus on one race at a time and during your races, focus on one stroke or turn at a time.
- 5. BE AWARE WHENEVER YOUR CONCENTRATION DRIFTS AND IMMEDIATELY BRING IT BACK** – It's perfectly normal for you to lose your focus before and during your races because there are usually tons of things that can distract you. Understand that losing your concentration won't really hurt you. What will cause you to consistently swim slowly is losing your focus and not quickly returning it back to the right focus. Discipline yourself to recognize the instant your concentration leaves what YOU are doing in the NOW and quickly bring yourself back.
- 6. KEEP YOUR RACE FOCUS ON FEEL, NOT ON THOUGHTS** – Swimming fast happens when you are focusing on the feel of what you are doing without thinking about it. For example, this could be how much water you're pulling, feeling a stretch under your arm each stroke or feeling your body move forward rather than up and down. Thinking thoughts like "I've got to go faster," "She's pulling ahead of me," or "My arms and legs feel like lead," is a major distraction that will always slow you down. Focus on feel when you race and when thoughts intrude, quickly return your concentration back to the feel of what you're doing.
- 7. HAVE FUN** – If you want to have the meet of your life, then you have to understand that this can only happen when you are having fun before and during the meet. Fun = speed. If you make a meet or any race too important, and you're too serious going in, then that will drain all the fun out of you and in its place will be a lot of nervous tension. When you're having fun, you're mentally and physically loose and relaxed, and as we talked about in point No. 1, staying calm and loose is the secret to swimming fast under pressure.
- 8. FOCUS ONLY ON THINGS THAT YOU CAN CONTROL** – There are a lot of things at meets and in races that are directly out of your control. For example, you have no direct control over how fast your competition swims, what kind of pool you're competing in, who's in your heat or the time you went in your last race or meet. When you focus on these "uncontrollables" either before or during your races, you'll get nervous and physically tight, lose your confidence and swim poorly. Instead, keep your concentration only on those things that you can control.
- 9. KNOW THAT LAST MINUTE DOUBTS AND NEGATIVE THOUGHTS ARE NORMAL** – It's very common to have last minute doubts and negative thoughts pop into your head right before you race. Know that you can still swim your best with this negative thinking going on just as long as you stay calm, accept the thinking for what it is – simply brainwave activity – and then quickly refocus your concentration on the task at hand. Try not to fight with the negative thoughts, replace them with positive ones, or work to keep them out of your mind. This approach only makes the negative thinking stronger. Instead, notice them, accept them as normal, and then refocus.
- 10. TRUST AND LET IT HAPPEN** – You'll always swim your very best when you relax, trust your training and let the fast swim come out, as opposed to trying too hard and forcing it out. When you make a race too important, there's a tendency to respond by tightening up and muscling the race. Instead, trust your training and your body, know the fast swim is inside and just let it happen.

2025 WHS SWIM & DIVE

21 AUG	Conference Relays 2 nd Place
28 AUG	East Ridge V 84-103 JV 84.5-79.5
04 SEP	Irondale V 106-75
06 SEP	Lakeville Relays Invite 5th Place
11 SEP	Park V 114-60 JV 78-79-14
18 SEP	Forest Lake V 107-77 JV 71-59
23 SEP	Buffalo V 101-81 JV 121-54
25 SEP	Stillwater V 83-93 JV 64-95
30 SEP	Roseville V 103-77 JV 76-71
09 OCT	Mounds View V 87-99 JV 65-105
11 OCT	True Team Sections 3rd Place
14 OCT	White Bear Lake V 103-83 JV 75-53
15 OCT	True Team State 7th Place
23 OCT	Cretin-Derham Hall V 104-77 JV 89-72
01 NOV	JV Championships
06 NOV	Sections



[Home](#)

[Away](#)

[Meet Results](#)