

# WHS Royals

## Girls Swim & Dive Team Newsletter

Issue 10, October 12, 2025

### WEEK AT A GLANCE October 13 - October 19



**MON 10/13** Weights @ WHS 3:30 – 4:30 PM  
(Majority of team has Red Cross Club Monday AM)  
[MS AT-Home Dryland Opportunities](#)  
Practice @ OMS 6:30-8:00 PM

**TUE 10/14** **AWAY vs White Bear Lake**  
**@ WBL YMCA 6:00 PM**  
3:20 PM Bus from WHS

**WED 10/15** **True Team State Swimming and Diving 6:00 PM**  
**@ University of Minnesota**  
**[Jean K Freeman Aquatic Center](#)**  
4:00 PM Bus from WHS  
Bus returns approx 10:00 PM

**THU 10/16** Practice @ OMS 6:30-8:30 PM

**FRI 10/17** Rest & Relax

**SAT 10/18** Rest & Relax

**SUN 10/19** Rest & Relax

[Team Calendar](#) [Swim Practice & Meet PDF](#)

### UPCOMING EVENTS & NEEDS

**TUE 10/23** Home vs. Mounds View  
NEED: 4 timers  
2 Post-Meet meal

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

### REST IS BEST

Believe in Yourself, Believe in our Team! You are halfway there (Royals Swim & Dive season is halfway over now)

We are Confident!  
We are Strong!  
We are Spirited!  
We are Enough!  
We are the **Royals!**

### MOVIE RECOMMENDATIONS

 **Theme Team**

[Power Forward | Episode 1: Takeoff](#)

Hocus Pocus

Miracle

Bethany Hamilton: Unstoppable

### TICKETS LINKS

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

# WHS Girls Swim & Dive Team Newsletter

Issue 10, October 12, 2025

## WEEK IN DETAIL

### MONDAY

Weights @ WHS 3:30 - 4:30 PM

[Middle Schoolers Independent at Home Dryland Opportunities](#)

Practice @ OMS 6:30 - 8:00 PM

### TUESDAY

S&D AWAY Meet vs White Bear Lake @ WBL YMCA 6:00 PM

Bus 🚌 3:20pm - Far east end of building at student bus lot off door 40.

(Middle Schoolers Meet Coach Liz at South Entrance at 2:50 - we will head to Bus together from there.)

**Team Purpose:** Relays and exchanges will be a dress rehearsal for True Team State. Give our "second string" a chance to compete in some bigger team score rolls.

**Team Goal:** Win both JV and Varsity Meets.

**Team Prep & Practice:** Think fun, Think Relaxed, [Enjoy](#).

Ticket link: will share once WBL Coach sends.

Bus 🚌 Returns to WHS South Entrance 9pm. Students will text parents when we are 15 min away from WHS.

[Season 24 Dual Meet vs WBL](#)

Varsity -WDBY 92 WBL 85 | JV -WDBY 105 WBL 58

### WEDNESDAY

AA True Team State @ Jean K. Freeman Aquatic Center at the University of Minnesota

Swim & Dive Bus 🚌 4pm - WHS South Entrance

**Team Purpose:** Live out Dreams and Make Joyful Memories that last a lifetime.

**Team Goal:** Top 8 as a Team! Support Each Other. Strong Tides.

**Team Prep & Practice:** Believe in yourself, Believe in our Team! Savor the Success, Savor the Moment. Relish the Team, the teammates and time spent together learning and growing.

Doors Open 4:30 PM | Deck Access 4:45 PM | Warm Up 5:00 PM | Head Coaches Meeting 5:30 PM | Meet Starts 6:00 PM

The secondary pool will be open the entire time for warm up. Will send seating assignments once known.

Ticket link: will share once known.

Bus 🚌 Returns to WHS South Entrance 10:00 PM Students will text parents when we are 15 min away from WHS.

[Season 24 AA TT State Results](#)

WDBY 7th Place

### THURSDAY

Practice @ OMS 6:30 - 8:30 PM

### FRIDAY - SUNDAY

Rest, Relax and enjoy time with family and friends

## SEC CONFERENCE DUAL MEET HOME VS MOUNDS VIEW FEELINGS & MEMORIES

Nice warm up and Thursday night "prelim" Swim/Dive.  
Really pleased to see the skill level, competitive awareness  
and speed/cheetah mode finish 🐆 take a pounce  
forward. Satisfied.

Lots of strong performances by JV resulted in many PBs.

### Meet Stats & Outcomes

**First Time** (new WHS event for swimmer): 4 swimmers

**Best Time** (WHS personal best time/score): 31 swimmers

[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.

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

**Woodbury Way -  
Royals are there for  
each other**

Happy Birthday Royals!

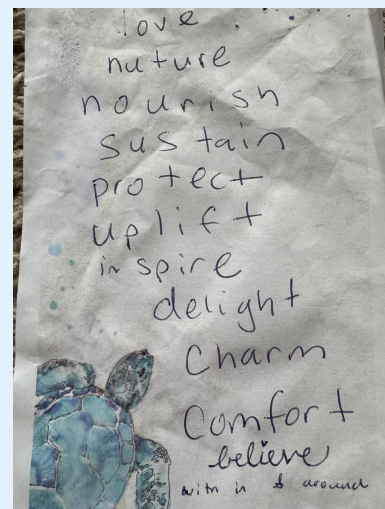
Julie Kim (picture next week)

Control the controllable

#### Things you control:

Your effort.  
Your beliefs.  
Your actions.  
Your attitude.  
Your integrity.  
Your thoughts.  
The food you eat.  
How kind you are.  
How reflective you are.  
How thoughtful you are.  
The type of friend you are.  
The information you consume.  
The people you surround yourself with.

Now is the time to:



Rest is Best, trust the process





## TRUE TEAM SECTIONS FEELINGS & MEMORIES

Go Wild Woodbury, You All played your part excelled and advanced to True Team State at the U of M

### Meet Stats & Outcomes

**First Time** (new WHS event for swimmer): 2 swims

**Best Time** (WHS personal best time/score): 38 swims

**Section Champion** - 1st Place 500 Free and 2nd Place 200 Free Addison Forshee

2nd Place 100 Back and 3rd Place 50 Free Iris Sorenson-Wagner

2nd Place Diving Nina Faulkner

### Podium

200 MR | A: Parmida Ghodsian, Iris Sorenson-Wagner, Eleanor Webb, Evelyn Rundquist

200 Free | Addison Forshee, Kairi Brown

200 IM | Avery Forshee

50 Free | Iris Sorenson-Wagner, Eleanor Webb

Diving | Nina Faulkner

100 Free | Kairi Brown

500 Free | Addison Forshee, Amelia Jones, Avery Forshee  
(A Forshee Jones Sandwich 🥰)

200 FR | A Eleanor Webb, Evelyn Rundquist, Addison Forshee, Iris Sorenson-Wagner

100 Backstroke | Iris Sorenson-Wagner, Parmida Ghodsian

400 Free Relay |

A: Greta Straka, Kairi Brown, Addison Forshee, Amelia Jones

B: Maggie Haines, Avery Forshee, Eva Souza, Parmida Ghodsian

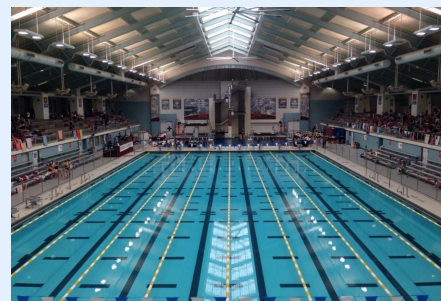
## Woodbury Way - Royals are there for each other

Season 25 History in the Making.

4AA Section 3rd Place  
Finish -Royals Surpassed  
the Team Goal, Trophed  
& Podiumed.



You Did it! We are going to  
the Aquatic Center



Continued on next page

## TRUE TEAM SECTIONS FEELINGS & MEMORIES

Go Wild Woodbury, You All played your part excelled and advanced to True Team State at the U of M

### Meet Stats & Outcomes Continued

#### Top 20

Avery Forshee: 200 Medley Relay - Back, 30.28, 18th place

Iris Sorenson-Wagner: 200 Medley Relay - Breast, 31.05, 3rd

Eleanor Webb: 200 Medley Relay - Fly, 28.02, 16th

Addison Forshee: 200 Freestyle, 1:56.23, 4th

Kairi Brown: 200 Freestyle, 1:59.73, 10th

Avery Forshee: 200 IM, 2:16.26, 15th

Iris Sorenson-Wagner: 100 Backstroke, 1:00.83, 7th

#### Grade Records

Greta Straka: 100 Freestyle, 57.80, 7th grade

Greta Straka: 400 Free Relay, 57.80, 7th grade

#### Results

Growth, Awareness, Self Acceptance and Improvement Occurred Saturday at True Team. Way to show up, move water, break barriers and do your thing!

#### Final Scores

##### 2025 4AA True Team Sections

Stillwater 1412

ERHS 1112.5

Woodbury 1095.5

MV 1071

WBL 538

NT 361

Roseville 290

##### 2024 4AA True Team Sections

Stillwater 906

ERHS 810

MV 605

WDBY 602

WBL 211

## Woodbury Way - Royals are there for each other

This week:

Stay Hydrated

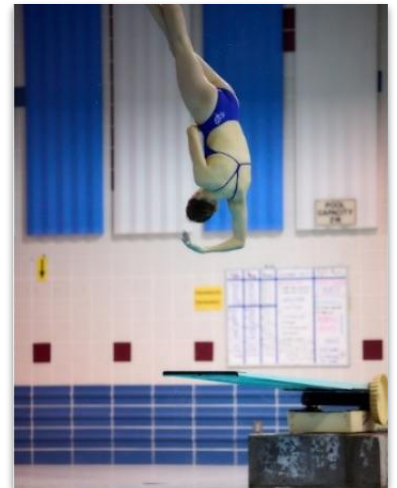


Eat Nourishing Foods -  
simple post practice ideas:

1. Scrambled eggs and avocado toast
2. Protein Shake with fruit/veggies
3. Greek yogurt/Cottage Cheese with fresh fruit
4. Whole grain cereal, fruit, milk
5. Pancakes with nut butter and syrup
6. Breakfast sandwich (English muffin/bagel, egg/meat/cheese)
7. Chicken, Waffles and Blueberries or Pickles
8. Soup
9. Your favorite pasta 🍝

# 2025 WHS SWIM & DIVE

21 AUG	Conference Relays   2 <sup>nd</sup> 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
15 OCT	True Team State
23 OCT	Cretin-Derham Hall
01 NOV	JV Championships
06 NOV	Sections



[Home](#)

[Away](#)

[Meet Results](#)