

# WHS Royals

## Girls Swim & Dive Team Newsletter

Issue 6, September 14, 2025

### WEEK AT A GLANCE September 15 - September 21

- MON 9/15** Weights @ WHS 7:00 – 8:00 AM  
[MS At-Home Dryland Opportunities](#)  
Practice @ OMS 4:00-6:00 PM  
(Pool doors open at 3:30 PM)
- TUE 9/16** Practice @ OMS 4:00-6:00 PM  
(Pool doors open at 3:30 PM)
- WED 9/17** Weights @ WHS 7:00 – 8:00 AM  
[MS AT-Home Dryland Opportunities](#)  
  
Practice @ OMS 4:00-6:00 PM  
(Pool doors open at 3:30 PM)
- THU 9/18** **HOME vs Forest Lake**  
**@ Oltman Middle School 6 PM**  
**Staff Appreciation Night**  
3:30 PM Setup  
4:00 PM Warm-up Starts & Set Up
- FRI 9/19** Practice @ OMS 4:00-6:00 PM  
(Pool doors open at 3:30 PM)
- SAT 9/20** Practice @ OMS 8:00 - 10:00 AM  
Summer September Tree  
10:30 AM - 12:30 PM Nutrition Class  
@ Iris's w/her Grandma & Coach Megan
- SUN 9/21** **Rest & Relax**

### UPCOMING EVENTS & NEEDS

- THU 9/18** Staff Appreciation Night  
Home vs. Forest Lake  
NEED: 4 timers  
2 Post-Meet snacks
- THU 9/23** Parent/Guardian Night  
Dual in the Pool!  
Home vs. Buffalo  
NEED: 4 timers  
1 Chuck-a-duck  
2 Post-Meet snacks

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

### STAFF APPRECIATION NIGHT

Each Royal Senior will invite a staff member to be honored at the start of the meet. All Royals are welcome to ask staff members to watch and cheer us on.

### SWIM & DIVE-A-THON

Continue to help raise funds for our team! Swim & Dive-a-thon is 20 days away!

### TEAM PHOTOS

Our team photos will be on Mon, Sept 29, with 13TWENTYTHREE PHOTOGRAPHY. Swimmers and Divers can also opt to purchase individual sports photos.

### TICKETS LINKS

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

[Team Calendar](#)

# WHS Girls Swim & Dive Team Newsletter

Issue 6, September 14, 2025

## WEEK IN DETAIL

### MONDAY

Weights @ WHS 7:00 - 8:00 AM

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

Practice @ OMS 4:00 - 6:00 PM (Doors open at 3:30 PM)

### TUESDAY

Practice @ OMS 4:00 - 6:00 PM (Doors open at 3:30 PM)

### WEDNESDAY

Weights @ WHS 7:00 - 8:00 AM

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

Practice @ OMS 4:00 - 6:00 PM (Doors open at 3:30 PM)

### THURSDAY

S&D HOME Meet vs Forest Lake @ [Oltman Middle School](#)

Staff Appreciation Night: Each Royal Senior will invite a staff member to be honored at the start of the meet. All Royals are welcome to ask staff to watch and cheer on The Royals.

**Team Purpose:** Staff Appreciation. Represent our Team & School with The Woodbury Way.

**Team Goal:** Diversify the ways we can improve and measure success.

**Team Prep & Practice:** At school share about our team with staff and friends. Invite them to come watch. "Grow with the Flow."

[2024 Away vs Forest Lake](#)

V Wdby 103 Forest Lake 78 | JV Wdby 91 Forest Lake 59

This is the week to get ahead in your classes as much as you can. Communicate with your family and teachers that next week is very busy. What can I do now to get ahead of it?!

### FRIDAY

Practice @ OMS 4:00 - 6:00 PM (Doors open at 3:30 PM)

### SATURDAY

Practice @ OMS 7:00 - 10:00 AM Summer September Tree

10:30 AM - 12:30 PM Nutrition Class at Iris's with her Grandma & Coach Megan.

### SUNDAY

Rest, Relax and enjoy time with family and friends

### NUTRITION WEEK - FOOD CHALLENGES

#### SWIM

**MONDAY** Plunge for Veggie Pizza (distance)

**TUESDAY** 50 Flutter Kick for Oats (time)

**WEDNESDAY** Relay Exchange for Apples+Bananas  
(coaches will score the exchange with dive cards)

**FRIDAY** Kysie Breakout & Carpool Challenge for Pickles  
(skill, developing lung capacity, speed, teamwork)

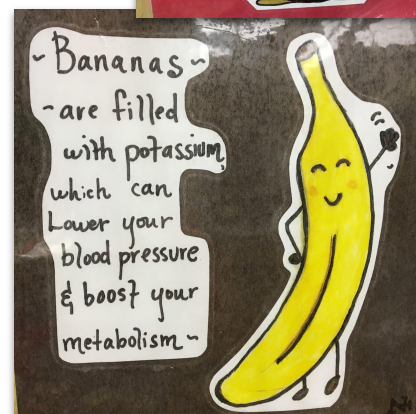
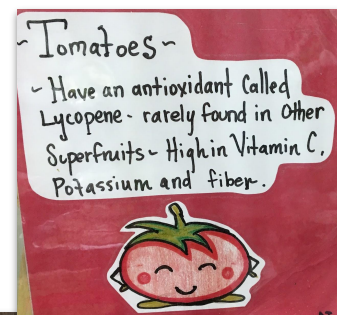
#### DIVE

**MONDAY** Line-ups for Veggie Pizza (Entries)

**TUESDAY** Jumping for Oats (Height)

**WEDNESDAY** Position for Apples+Bananas  
(Tight tucks and pikes off the board)

**FRIDAY** Wall drills for Pickles (side diving)



### A LOOK AT WHAT'S COMING UP FOR WHS HOMECOMING WEEK

**TUESDAY 9/23** Home Meet & Parents Night

**THURSDAY 9/25** Away Meet @ Stillwater

**FRIDAY 9/26** Before School Swim Practice 6:00 - 7:15 am\*

\*Panera Bagels and Cream Cheese for all who attend.

Friday 9/26 Afternoon through Sunday 9/28 - OFF - Homecoming

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



## SEC CONFERENCE DUAL MEET HOME VS PARK FEELINGS & MEMORIES

Aloha, Joy and Pineapple Senior Relay Fun!  
Impressive VIP Youth Night with a great turnout.  
*The Royals are there for each other!*

### POST MEET DUCK CEREMONY – CAPTAINS

Racer of the Meet | Iris S  
Diver of the Meet | Illiya S  
Dead Mouse | Maya O  
Team Spirit | Maddie L  
Woodbury Way | Ava M



### Meet Stats & Outcomes

**First Time** (new WHS event for swimmer): 17

**Best Time** (WHS personal best time/score): 24

### Royal Flush (1st, 2nd, 3rd in an event): 7

JV 200 Free | Racine, Bieze, Engelsrud

Varsity 200 Free | Webb, Av. Forshee, Ghodsian

Varsity 200 IM | Sorenson-Wagner, Rundquist, Souza

Varsity 100 Free | Straka, M. Haines, Souza

Varsity 500 Free | Jones, Ghodsian, Sonkusare

JV 100 Breast | Barrons, Sonkusare, Thorson

Varsity 400 Free Relay |

A: Webb, J. Kim, Kelly, Jones

C: Ghodsian, Av. Forshee, Davis, Sun

B: Rundquist, H. Kim, Mortazavi, Lau

### [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](#)

Woodbury Way -  
Royals are there for  
each other



WE ARE PROUD  
OF THE  
ROYALS!

## TEAM PHOTOS WITH SPORTS PHOTOGRAPHER RICH

**Monday Sept 29th, 2025 at OMS 6:30pm**

**Please wear your Team Suit for the photo**

We will take a team photo first and then individual photos after (you can leave after the team photo if not taking individuals).

\$25 if you want individual photos

This is the same sports photographer we've used the past 5 years.

<https://www.13twentythree.com/produce>

There is No School Monday, Sept 29th. We will practice in the morning and then come back to take pictures in the evening at 6:30 PM.

For practice you can choose:

- Swim practice is at OMS 8:00 AM - 10:00 AM
- WHS Lift 7-8am and OMS Swim 8:30-10am.

## SWIM & DIVE-A-THON OCTOBER 4TH

**Saturday, October 4th, 2025 at OMS 10:30 AM - 2:00 PM**

**The annual Swim & Dive-a-thon is our main team fundraiser!**

The money you raise is used to cover new training equipment, replace older equipment, and for team activities, such as our **END OF SEASON BANQUET!!**

Each swimmer or diver that registers their fundraising page will get their name in the Swim & Dive-a-thon prize raffle. For every \$50 you raise you get another entry into the prize raffle. And, the top 3 fundraisers will be able to select their prizes first!

The Swim & Dive-a-thon party will be at Quinn and Maggie's house on Oct 25th.

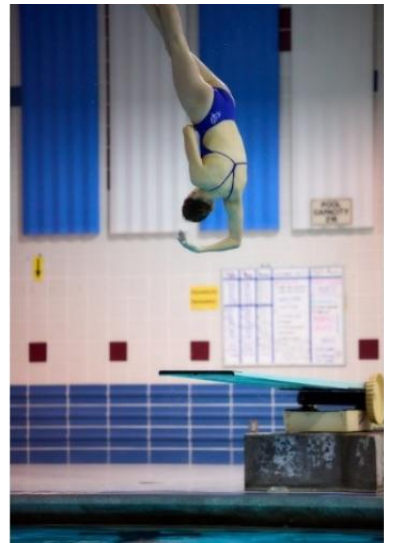
## SPOOKTACULAR FUN!

The Captains are planning an optional team-building event at the [Haunting Experience](#) (Cottage Grove) on the evening of October 4.

Swimmers and Divers wanting to participate need to purchase their own ticket. Advanced purchase is recommended.

# 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
23 SEP	Buffalo
25 SEP	Stillwater
30 SEP	Roseville
09 OCT	Mounds View
11 OCT	True Team Sections
14 OCT	White Bear Lake
23 OCT	Cretin-Derham Hall
01 NOV	JV Championships
06 NOV	Sections



Home

Away

Meet Results