

# WHS Royals

## Girls Swim & Dive Team Newsletter

Issue 4, August 31, 2025



### WEEK AT A GLANCE August 31-September 6

- MON 9/1** No Practice - Holiday
- TUE 9/2** Practice @ OMS 6-8:30 pm  
**Lip Sync Performance @ 6 pm**
- WED 9/3** Weights @ WHS 7-8 am  
Practice @ OMS 6-8:30 pm
- THU 9/4** **AWAY vs Irondale**  
**@ Edgewood Middle School 6 PM**  
Bus @ WHS 3:20 pm  
WMS Pick up by Coach Liz  
@ 2:50 South Entrance  
Bus returns @ WHS 9 pm
- FRI 9/5** Practice @ LMS 3:45 -5 PM
- SAT 9/6** **Lakeville S&D Relays**  
**@ Century Middle School 1 PM**  
**Diving @ 9:15 AM**  
Bus @ WHS 10:30 AM  
Bus returns @ WHS 5 PM  
11 AM Parent meet-up  
@ [Northern Taphouse](#)
- SUN 9/7** Rest & Relax

[Team Calendar](#)

### OUR VOLUNTEERS ARE GREAT

Thank you to all volunteers who took on different volunteer roles last week to help support the Royals! Your efforts are evident and impact the team in a positively powerful way!

### UPCOMING EVENTS & NEEDS

**THU 9/11** Aloha & Youth Night  
Home vs. Park  
NEED: 2 timers  
2 Post-Meet for snacks

Sign-up for these and other opportunities [HERE](#)

### PARENT MEET-UP

For any parent that would like to meet up ahead of the Lakeville Relays, join us at Northern Taphouse in Lakeville at 11 AM Saturday, Sept 6.

### SENIOR SPOTLIGHTS

Starting Tuesday, each senior will be given a unique set of questions to answer, teach or share with the team to celebrate and showcase our seniors.

Tuesday – Addison  
Wednesday - Quinn

### TICKETS LINKS

Coach Liz will email the information when available

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

### MONDAY

No Practice – Holiday

### TUESDAY

First Day of School – 9<sup>th</sup> Grade

Practice @ OMS 6-8:30 PM

Lip Sync Performance & Vote

Monster Mile Wrap-up or Practice

### WEDNESDAY

First Day of School – Everyone else

Weights @ WHS 7-8 AM

Practice @ OMS 6-8:30 PM

Special Surprise Presentation, Mock Meet Set up

Swim for Apples Pentathlon (50 FR, 50 BK, 50 BR, 100 IM)

### THURSDAY

S&D AWAY Meet vs Irondale @ [Edgewood Middle School](#)

BUS Leaves WHS Door 40 (Far East End) @ 3:20 PM

MS Swimmers – Coach Liz Pick-up @ WHS S Entrance 2:50 PM

Bus Returns @ WHS 9 PM – Swims text 15 mins before

**Team Purpose:** Be Tough as Iron Together

**Team Goal:** Win JV & Varsity Meets

**Team Prep & Practice:** Royals on the BUS!

Adding this to our routine to be comfortable with the pattern of riding a bus to a championship meeting

[Season 24 Dual Meet vs Irondale](#) Varsity W 107 / Irondale 77

### FRIDAY

Practice @ LMS 3:45-5 PM, Doors open @ 3:30 PM

### SATURDAY

Lakeville S&D Relays @ [Century Middle School](#)

Bus leaves WHS @ 10:30 with Coach Kysie

Swim @ 1 PM, Diving @ 9:15 AM

Bus returns @ WHS South Entrance 5 PM. Student will text when 15 mins away

**Team Purpose:** Relay, Relay, Relay

**Team Goal:** Top 6 – Right On Reaction Times for Starts & Exchanges

**Team Prep & Practice:** Competing & Cheering at elite championship pool with teams we only see at TT Sections & State

[Season 24 Lakeville Relay Results](#) Woodbury 3rd

## CAPTAINS CORNER | Bus Habits

Addison Forshee



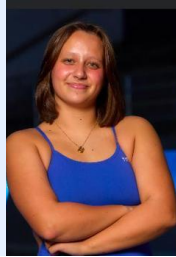
### Bus Habits:

- Listening to my own music and visualizing my races

### Bus Activities:

- Singing along to songs with the team (Evelyn & Eleanor's cheers!)

Brynn Hacker



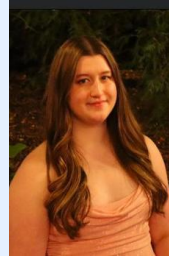
### Bus Habits:

- Using my swim bag as a pillow & relaxing (if room)

### Bus Activities:

- Singing along to hype songs on the way to the meet.

Hailey Kelly



### Bus Habits:

- Show up early
- Pick up all your trash
- Have fun with your friends

### Bus Activities:

- Singing songs
- Talking with friends
- Reading the mee lineup
- Listening to music

Quinn Haines



### Bus Habits:

- Be there on time
- Clean up after yourself
- Thank the driver

### Bus Activities:

- Listen to music
- Relax & visualize

## CAPTAINS WATCH RECOMMENDATION | [Show/Movie]



MOVIE: Good Will Hunting

SHOWS: Ted Lasso (AppleTV+) and Suits (Netflix or Peacock)

## STROKE LAB & MENTAL PERFORMANCE

We prepare every day like it's a big meet, then when it's the big meet it's like clockwork

[2 min Mental Performance Daily with Brian Cain](#)

Watch

[How To Swim the 100m Fly According To The Fastest Swimmer In The World \(Gretchen Walsh\)](#)

Cardio Endurance

[Billy Blanks Tae Bo® Workout](#)

[Cardio Power & Resistance](#)



## SEC CONFERENCE DUAL MEET AWAY VS ERHS FEELINGS & MEMORIES

Starting out the season with **SIZZLING** swims & dives!

### POST MEET DUCK CEREMONY – CAPTAINS

Racer of the Meet | Parmida  
Diver of the Meet | Illiya Back Somersault  
Dead Mouse | Clara  
Team Spirit | Maddie  
Woodbury Way | Iris



### Meet Stats & Outcomes

**First Time** (new WHS event for swimmer): 13 swims

**Best Time** (WHS personal best): 28 swims

### Top 20 List

Iris Sorenson-Wagner | 200MR - Back, 28.45, 7th  
Evelyn Rundquist | 200MR - Breast, 32.84, 13th  
Addison Forshee | 200 Free, 1:56.92, 4th  
Evelyn Rundquist | 200 IM, 2:18.11, 18th  
Eleanor Webb | 50 Free, 25.74, 18th  
Addison Forshee | 100 Free, 54.83, 9th  
Iris Sorenson-Wagner | 200 Free Relay, 24.53, 6th  
Iris Sorenson-Wagner | 100 Back, 1:01.72, 10th  
Parmida Ghodsian | 100 Back, 1:03.67, 17th

### 1<sup>st</sup> Place Finishers

JV 200 MR A | Kelly, J.Kim, Mortazavi, Thorson  
JV 200 Free | Caroline Barrons  
JV 50 Free | Maggie Haines  
V Diving | Nina Faulkner  
JV 100 Free | Lola Terrones  
JV 500 Free | Clara Davis  
JV 200 FR | J. Kim, H. Kim, Chauss, Kelly  
V 200 FR | Webb, Rundquist, Forshee, Sorenson-Wagner  
JV 100 Back | Ivanka Sonkusare  
V 100 Back | Iris Sorenson-Wagner  
JV 100 Breaststroke | Julie Kim

## Good Community Camaraderie & Potato Party



**WE ARE PROUD  
OF THE  
ROYALS!**

## **Royal Flush (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in an event)**

JV 200 Free | Caroline Barrons, Clara Davis, and Rose Lau

## **Royal Competitive Drive**

### **Game Changers (went from behind to get a lead)**

Eva Souza | 200MR B with Ghodsian, M.Haines, Enneking

### **Won't Back Down (swam against fierce competition & gave it their all)**

Addison Forshee | V 200 Free

Evelyn Rundquist | V 200 IM

Iris Sorenson Wagner | V 50 Free

3<sup>rd</sup> Place Varsity A & B Relays

200 MR | Ghodsain, M.Haines, Souza, Enneking

200 FR | Straka, Hacker, Jones, Brown

400 FR | Souza, Ghodsian, Enneking, Brown

### **Chargers (Royals who charged the wall and got the touch out)**

Sophie Enneking | V 200 FR B with Ghodsian, Haines, Souza,

Rose Lau | JV 200 Free

Clara Davis | JV 500 Free

Greta Straka | V 50 Free

Maddie Langness | JV 100 Breaststroke

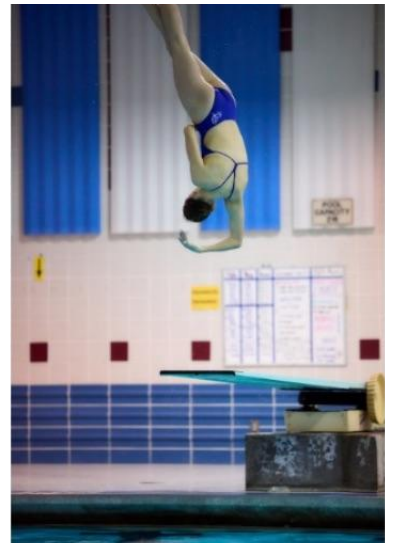
Ida Chauss | JV 400 FR A with Lau, Davis, Sonkusare

Kairi Brown | V 400 FR B with Souza, Ghodsian, Enneking



# 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
06 SEP	Lakeville Relays Invite
11 SEP	Park
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