

Woodbury Royals Girls' Swim & Dive Team Newsletter



DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 6-1

JV Conf Record 6-1

[Woodbury 105 Roseville 64](#)

Woodbury 105 CDH 80

Hastings Invite 1st Place

Woodbury 99 MV 82

[Watertown Mayer 1st Place](#)

Woodbury 102 WBL 78

Woodbury 103 Park 70

Woodbury 97 Forest Lake 84

Simley Spartan Invite 1st Place

Stillwater 95 Woodbury 87

4AA True Team Sections 2nd Place - Wild Card Advance to State

Birdi Golf Event - Thursday, October 20 5pm-7pm: Light Appetizers, Soda, and Lemonade sponsored by the Booster Club. There will be 3 bays reserved for the girls to let loose, practice their swings and have some fun! **Families are encouraged to join** as there will be an area blocked off for us to socialize and enjoy some food and drink. Food beyond appetizers, soda and lemonade offered by the Booster Club will be at the expense of the family or athletes. There are additional bays families can rent as well @ \$50 per bay/hour + \$30 for clubs (or you can bring your own for free). If you've never been there, this is your chance to come check out a fun place in Woodbury! Please reach out to Mary Getzlaff @ getzlaffm@gmail.com if you have any questions.

PURA VIDA BRACELETS:

We still have 25 Pura Vida bracelets available to sell! Please contact Heather Collins to sell or purchase anymore. Also, if you still have money you have not yet turned in, please do so as soon as possible. Heather can be reached at twinks93@hotmail.com or please find her at the meets. Michelle Mauder, or Chris Feigal can also collect money for this fundraiser (Swimmers: Peyton Collins, Peyton Feigal & Diver: Gabby Mauder should be able to accept the money as well and pass along if need be). Thank you!

Season 22 Our Purpose & Mission Statement:

We are VICTORY: We show up present at all the **POOLS**. A place filled with supportive caring teammates and coaches. Each person is valuable and we **VALUE** our **TOTAL TEAM**. We are there for each other, together with **DRIVE**, with focus, determination and joy as we learn, grow, build friendships and Triumph.

Important Special Dates:

Meet Schedule

Tuesday Oct 18 HOME meet vs ERHS. SENIOR NIGHT

Practice over MEA- see week at a glance

Thursday Oct 20th 5-7PM Birdi Golf special team family event

Saturday OCT 22 10 Total Team Breakfast at Payton and Reese Getzlaff's

Saturday OCT 22 True Team STATE at UofM 5PM

Wednesday Oct 26 Team Picture Day

Thursday Oct 27 away vs Irondale at Edgewood Middle School

JV Champs Nov 5- 10 AM Stillwater Middle School

Sections Nov 10,11,12- Stillwater Middle School

STATE Nov 16,17,18 - UofM

Banquet Sunday Nov 20th at WHS Auditorium and Cafeteria

THIS WEEK'S TOP STORIES:

Week 8

October 13 vs. Stillwater

4 first time swims

33 personal best times

1 Top 20 Swim

- Addison Forshee: 100 Free, 56.45, 19th

1 Grade Level Record

- Iris Sorenson-Wagner (7th grade): 100 Fly, 1:06.59

October 15 @ TT Sections

2 first time swims

42 personal best times

8 Top 20 Swims

- Sophia Peterson, 200 MR (Fly), 26.16, from 11th to 2nd

- Addison Forshee: 200 MR (Fly), 28.33, from 17th to 15th (tie)

- Hailey Kelly: 200 MR (Back), 29.86, from 18th to 10th

- Ava Reich: 200 Free, 2:00.35, from 12th to 10th (tie)

- Addison Forshee: 200 IM, 2:15.22, from 13th to 11th

- Maya Tellez: 100 Free, 55.74, from 15th to 11th

- Addison Forshee: 5:21.45, from 11th to 9th

- Cloe Carlson: 100 Back, 59.97, stay in 5th

1 Grade Level Record

- Sophia Peterson (12th grade): 50 Fly, MR 26.16

4AA Section Champions - Congratulations

Gabby Mauder- Diving

Chloe Carlson - 100 Back



Captains will pass out awards Tuesday for last week's meet vs Stillwater and TT Sections

Relay of the Meet Racer of the Meet Dive of the Meet Dead Mouse Award

Team Spirit Award Royal Way Award



Royal Water Teammates of the Week

Varsity: Kairi Brown

JV: Bella Fortuna

Diving: Gabby Mauder

Kairi works hard and leads her lane often. She is a racer and a fighter with her signature next speed finish Her times keep dropping. As a rookie 8th grader Kairi podiumed Saturday in her individual and relay events. Bella is upbeat, loves music at practice and works hard in the pool and at ETS. Thursday vs Stillwater she swam back to back 500 free and 200 FR and did not slow down even when her cap came off. She swim wild and fiercely. Gabby gives her best day in and day out. Gabby took first vs Stillwater and was Section Champion this week with very beautiful dives and super strong scores. She is also very kind and nurturing to her teammates.

Royals Keep it Rolling!

Qualities of a Royal Water Teammate

Hardest Worker, Most Determined, Positive Attitude, Time/Score Improvements, Kind to Others, Follows Safety Plans. Coaches & Captains review, reflect and choose at the end of each week.

THANK YOU TEAM MANAGERS Logan, Aiden, Raymond, Will, Phil, and KATIE *Special Thank you to all the teammates that helped cover splits at Simley;)

[WHS School All Time Records, Grade Level Records and Top 20 Records](#)

[All Conf Updates](#) - sent in corrections Friday. Week 1,2,3,4 posted.

[Power Point Chart used for All Conf and TT State Wild Card \(2014 is the chart used\)](#)

[MNSwimmer Top 20](#)

[End of Season 2022 STATE Standards](#) or 1st or 2nd Place at Sections or top 4 in Diving advance to STATE meet.

Diving Corner

Stillwater Results 10/13/22

1st place	Gabby Mauder	285.30, Rated #1 in state in 6-dive and #2 in 11-dive scores
3rd place (10/7/21)	Eva Nohner	201.90, Personal Best, +23 points better than last year's Stillwater meet
4th place	Halle Linn	180.40, +19 points better than last year's Stillwater meet (10/7/21)
JV-1	Nina Faulkner	161.20, beat two of the Stillwater Varsity divers
JV-2	Zoe Block	135.00, +4 points better than last year's Stillwater meet (10/7/21)

4AA True Team 10/15/22

Gabby, Eva and Halle received medals for top 8 finishes at the Section 4AA True Team diving meet. Last year we finished 1st-9th-10th-12th, so there was team improvement!

1st place	Gabby Mauder	462.35, All-America Consideration score, Rated #1 in state in 6-dive and 11-dive scores, +38 points better than last year's 4AA True Team meet (10/16/21)
5th place	Halle Linn	312.45, did not compete at last year's 4AA True Team meet
6th place (10/16/21)	Eva Nohner	307.55, +7 points better than last year's 4AA True Team meet
12th place	Nina Faulkner	281.20, best middle school diver at the meet, did not compete at last year's 4AA True Team meet

We LOVE our SENIORS! Senior Night Tuesday 10/18/22



WE  **SENIORS**

WEEK AT A GLANCE

Monday Oct 17

Diving 3:15-5:15 @ LMS

V Swim 3:30-5:30PM @WHS

JV Swim 5:30-7PM

Tuesday Oct 18- Senior Night- We Love our Seniors

HOME MEET vs East Ridge

Diving at LMS warm up 3:15PM

Meet 4:30PM following the meet Senior Night and CUPCAKES for both teams.

Swimming at WHS

3:30 Set Up Chairs and lane lines

4-4:30 JV Warm Up

4:30-4:55 V Warm Up

4:55-5:20 V Warm Up

5:20-40 Sprints

*5:40 put touch pads in and check timing system

5:45 Captains, Coaches meet with Official

5:50 Team Meeting in locker room

6 National Anthem

6PM Meet starts

After the meet- cheer, shake hands, **SENIOR NIGHT!** Parents/Guardians of Seniors please come down onto deck. Exit door 13 and enter onto the deck at Door 8 near the deep end. Please avoid locker rooms.

Afterwards CUPCAKES for both teams in the athletic hallway.

GO ROYALS!

Wednesday Oct 19th

ETS 7-8AM @ WHS - light ETS to prep for STATE Saturday

Diving @ LMS 3:15-5:15PM

Swimming @WHS

V 3:30-5:30PM

JV 5:30-7PM

Thursday Oct 20th

Diving @LMS 3:15-5:15PM

SWIMMING @ WHS

JV 8-9AM

V 9-11AM

5-7PM Birdi Golf Team Families Special Event

Friday Oct 21

Diving 3:15-5:15PM @ LMS

SWIMMING @ WHS

JV 8-9AM

V 9-11AM

Saturday Oct 22

10AM Team Breakfast at the Payton and Reese Getzlaff (3123 Edgewater View Woodbury, MN 55125) *Build Your Own Yogurt Parfait, Bagels, Muffins, Fruit, and Juice*

True Team STATE at the UofM

Diving: follow Ricks timeline and Van Schedule

Swimming

2PM Warm Up at WHS

3:15PM BUS

Family Gathering Spot pre meet @ Buffalo Wild Wings on University at 3:00-4:15pm on Saturday (Meet starts at 5pm)

4PM UofM opens for Warm UP

5PM MEET STARTS- Royals Keep it Rocking

A Haiku by Coach Liz (challenge: write one for yourself/team this week) if you do, please share with me. I would love that.

Get Your Sleep this Week

Try Your Best Always, in All Ways, Now.

Take the Pool by Storm.

We are the ROYALS!