

## Woodbury Royals Girls' Swim & Dive Team Newsletter



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## DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 4-0

JV Conf Record 4-0

[Woodbury 105 Roseville 64](#)

Woodbury 105 CDH 80

Hastings Invite 1st Place

Woodbury 99 MV 82

[Watertown Mayer 1st Place](#)

Woodbury 102 WBL 78

## Common team goals and purpose

This week our common team goals are to train hard, push our comfort zones, live in Aloha Spirit Week/Meet vs Park (away) and have a successful rewarding Swim and Dive A-thon.



Aloha Meet vs Park. Fans and team members please dress Aloha.

Following the meet there will be a Pineapple Relay. The 8 seniors will represent Woodbury. This is a tradition Coach Kysie is sharing with the team.

Why Aloha:

1. Friendship. Park Coach Amanda and I began swimming together in elementary school. We share the same love of the sport and the water. When we face each other head on we compete with Aloha Spirit or Fun, Respect, Support and Appreciation for each other's teams.
2. Joy. During College at UWEC my team trained in Hawaii over January. It is some of the most fun swimming I have ever done. I like to try and share Aloha with the team, to keep them upbeat and motivated.
3. [We will practice the Hula a few times this week.](#) Why Hula: builds connection with your hands and the water, understanding time and tempo as a student athlete, team-unity, aloha spirit and fun. **Please make some fun Hawaiian Music Playlists to play at practice.**

# **SWIM & DIVE A THON - Saturday October 1st is our Swim and Dive A-thon. Please make sure you are sending out your links for your sponsorship per length (25 yards) or dive. Max lengths is 120. Max dives is 60. PLEASE reach out if there are any questions or clarification that is needed.**

Goal Team: \$10,000 (we are just over halfway to our goal as of today!)

Goal Per Athlete: \$100+

- Prizes Include: Gift Cards to Lulu, Nektar, Starbuck, and Cash!
  - \$100 gets you one ticket to be entered into drawing for these prizes
  - Every additional \$25 increments (above \$100) gets you another ticket to be entered for a drawing for the prizes
  - Drawing will be done the following week
  - Let's have some fun!
- Light lunch will follow the Swim/Dive-A-Thon at WHS for families (Erberts & Gerberts, Chips, Cookies, & Water)
- Elsmore has ACCEPTED our date! Suits (JoyIn, Speedo, Tyr), goggles, and other gear available for sale. 10% of proceeds goes back to our team
- Please sign up to volunteer [here!](#)
- Each Participant will be given a t-shirt designed by Captains. Please wear prior to promoting the fundraising event for our team.



## **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](#)**

**Wednesday Sept 28th Total TEAM PICTURE**

**3:10 Main WHS GYM Bleachers: Wear 22 Team Tshirt ( you will get Tuesday9/6!) and Dark Pants.**

Followed by optional individual pictures in the pool. Divers first, then Swimmers. **Wear Team Suit and goggles (divers- no goggles unless you want them)** Coach Liz and Captains has the example of the individual photo shoot on their phones. It is a movie clip and won't upload to the google doc. If you want to see it. Text us and we will text the movie clip back.

Same photographer: Rich Peterson. Cost \$25- digital access to Team Photos and your individuals.



**Thursday Sept 29 away at Park. Park Senior Night and ALOHA Meet**

**Saturday Oct 1 Swim and Dive A thon**

**Saturday Oct 1 Parkberry Team Haunted Hayride Outing- connect with Captains for details**

**Saturday Oct 8th Simley Invite. Jr.+Sr. Late Lunch at Jersey's in IGH after meet.**

**Thursday Oct 13 HOME meet vs Stillwater. WHS Parent Night**

**Saturday Oct 15 True Team Sections**

**Tuesday Oct 18 HOME meet vs ERHS. SENIOR NIGHT**

**Practice over MEA**

**Hopefully Saturday OCT 22 True Team STATE at UofM**

**JV Champs Nov 5, Sections Nov 10,11,12 and STATE Nov 17,18,19.**

**Banquet Sunday Nov 20th at WHS Auditorium and Cafeteria**

## THIS WEEK'S TOP STORIES:

Week 5

### September 22 vs. White Bear Lake

10 first time swims

30 personal best times

10 Royal Flushes (WHS takes 1, 2 and 3 in a heat)

- JV 200 Medley Relay (A: I. Sorenson-Wagner, A. Conway, Ad. Forshee & H. Choi; B: I. Chauss, C. Hao, I. Sonkusare & I. Zelm; C: M. De la Torre del Toro, Y. Stafford, Ad. Reich & N. Faulkner)

- Varsity 200 Free (E. Sorenson-Wagner, K. Brown & Q. Haines)

- JV 50 Free 1st through 5th (C. Bancker, Av. Froshee, L. Terrones, C. Hao & H. Choi)

- Varsity Diving (G. Mauder, H. Linn & N. Faulkner)

- JV 100 Free 1st through 4th (I. Chauss, H. Choi, M. De la Torre del Toro, M. Moore)

- Varsity 500 Free (N. Kelly, B. Hacker & D. Hummel)

- JV 100 Back (I. Sorenson-Wagner, I. Sonkusare & M. Moore)

- Varsity 100 Back ( H. Kelly, Av. Reich & S. Peterson)

- JV 400 Free Relay (A: R. Getzlaff, Q. Haines, H. Kelly & Ad. Forshee; B: Av. Forshee, M. De la Torre del Toro, L. Terrones & K. Brown; C: I. Sorenson-Wagner, I. Chauss, Ad. Reich & K. Engelsrud)

- Varsity 400 Free Relay (A: C. Carlson, S. Peterson, H. Hacker & Av. Reich; B: E. Sorenson-Wagner, N. Kelly, P. Getzlaff & M. Tellez; C: E. Serafimov, I. Ryder, N. Mueller & D. Hummel)

### 1 Top 20 Swims

- Ava Hacker: 200 MR (Free), 25.56, 10th

### 2 Grade Level Records

- Iris Sorenson-Wagner (7th grade): 200 MR (Back), 31.35

- Gabby Mauder (11th): 6 Dives, 290.80

Captains will pass out awards Tuesday for last week's meet vs WBL

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: Ava Hacker**

**JV: Lydia Jang**

**Diving: Nina Faulkner**

All 3 royal water teammates turned in personal bests in varsity events at our first home meet vs WBL.

Both Ava and Lydia have been working hard at practice, trying to make their senior season the best season. Their determination is effident. They have also been excellent leaders and team Captains.

Rookie Nina continues to learn and improve each week both at the diving and swimming pools.

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** and Noelle while her knee heals, for caring stuff, posting meet programs, running starts at warm up, taking splits and tracking scores.

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

[All Conf Updates](#) - sent in corrections Friday. Week 1,2 are complete more to come.

[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**

By Coach Rick

The divers took 1-2-3 in the varsity competition and 1-2 in the JV competition at our first home meet of the season! Highlights of meet include Gabby's 60 point 403B, along with breaking the Junior Record, Zoe's 401B for 6's, Halle's 403c for 41.8 points, Eva's 401B for 6.5s and Nina's first Varsity competition with a personal best. Great job Mai and Jason working the table!

White Bear Lake at Woodbury Results 9/22/22

1st place	Gabby Mauder	290.80, Season best, Junior 6-Dive Record
2nd place	Halle Linn	183.75, Personal best by +5 points
3rd place	Nina Faulkner	152.80, Personal best by +13 points, reached lettering threshold
JV-1	Eva Nohner	171.85
JV-2	Zoe Block	133.50

# SENIOR SPOTLIGHT:

Each week we will shine a **light** on a Senior and learn a little more about them.



Name: Ava Reich

Senior: Looking forward to making the most of my final year and building better connections!

Fuel: Chocolate protein chunks, eat your protein after every workout to make sure those muscles stay!

Music: Centuries by Fallout Boy

Favorite Event: 100 fly, it's the stroke i've grown through the most and am constantly challenged by it

Favorite memory: finding out that we were making true team state

Advice: Make sure your muscles are loose before and after practices/meets. If you have a massage gun, use it!! Or else just bang on your arms and legs like I do, but not too hard.

[WEEK AT A GLANCE](#)

## **Monday Sept 26**

ETS 7-8AM @ WHS

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM

## **Tuesday Sept 27**

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM @ WHS

## **Wednesday Sept 28-**

ETS 7-8AM @ WHS

TEAM PICTURE & Individual Photos

Right after school - main basketball gym wear black pants and season 22 team tshirt. We will take team photo on the bleachers

After that we will enter the pool. Please put swim suit on for this year. See details on pictures in newsletters. Divers will go first and head to LMS,

We have the pool until 7PM. We will start JV & V swim practice once individual pictures are over. Once individual pictures are over, V & JV swim practice to follow for about 1.5 hours.

Pick up times will vary. Questions please Email me.

Pictures \$25 , Photographer Rich Peterson

## **Thursday Sept 29**

ALOHA MEET - Fans and team members dress aloha, Hawaiian shirts, surfer, ocean...

Park's senior night! They will celebrate prior to meet.

After 400 FR Coach Kyslie's Pineapple Relay will take place. The 8 WHS seniors will be representing Wdby.

## **Away vs Park and CGMS (no bus)**

4:15 WARM UP

6PM Start

## **Friday September 30th**

6-7:30/45AM V Swim @ WHS

3:30-4:30PM -TOTAL TEAM YOGA swimmers and divers after school in wrestling room . Wear relaxed clothing, bring a towel or mat and water. Special Guest Yoga Instructor Tania

## **See next page for Saturday Schedule**

## **Saturday Oct 1st**

Woodbury Swim & Dive A-thon

Diving @LMS 8AM Start - 60 Dives max

Swimming @ WHS 9-11AM -120 Lengths (25 yds) max. Both squads JV & V arrive at 9. Varsity will go first and go for goal while JV helps count. Then JV will go and go for the goal while V helps count. Each person will have a buddy.

12:30-1 Clean up

Saturday Oct 1st at night Optional ParkBerry outing to the Haunted Hayride. Connect with Captains for more details.

Families and Fans will be able to watch in the POOL Gallery. No cost.

@WHS Elsmore 10:30-12:30. 10% of sales goes to the team. Googles, Suits, and other apparel available

11:30-12:30 Food for team and families (The Booster Club will be providing Erberts & Gerberts, Chips, Cookies, and Water)



**We are the ROYALS!**