

WHS Royals

Girls Swim & Dive Team Newsletter

Issue 8, September 28, 2025

WEEK AT A GLANCE September 29 - October 5

MON 9/29 **NO SCHOOL** - Morning Options:

Weights @ WHS 7:00 – 8:00 AM

Practice @ OMS 8:30-10:00 AM

or

Practice @ OMS 8:00-10:00 AM

(8:00-8:30 AM Stroke Lab)

[MS AT-Home Dryland Opportunities](#)

Team Photos @ OMS 6:30 PM

TUE 9/30 **AWAY vs Roseville**

@ [Roseville Area High School](#) **6 PM**

3:20 PM Bus from WHS near door 40

9:00 PM Bus returns to WHS South

entrance

[Ticket Link](#)

WED 10/1 Weights @ WHS 7:00 – 8:00 AM

[MS AT-Home Dryland Opportunities](#)

Practice @ OMS 6:30-8:30 PM

THU 10/2 Practice @ CGMS 6:30-8:30 PM

FRI 10/3 Practice @ LMS 3:45-5:00 PM

SAT 10/4 Swim & Dive-a-thon @ OMS

10:30 AM - 2:00 PM

SUN 10/5 Rest & Relax

[Team Calendar](#)

UPCOMING EVENTS & NEEDS

TUE 10/9 Home vs. Mounds View

NEED: 5 timers

2 Post-Meet meal

Sign-up for volunteer opportunities

[HERE](#)

SWIM & DIVE-A-THON

We still have \$2,500 to raise in order to meet our goal, and need your continued help to reach it! Keep raising funds, the Swim & Dive-a-thon is less than 1 week away! You can follow along with team progress [HERE](#). For more information see page 6.

TEAM PHOTOS

Our team photos are on Mon, Sept 29 with 13TWENTYTHREE PHOTOGRAPHY. Swimmers and Divers can also opt to purchase individual sports photos. See more details on page 7.

HAUNTED HAYRIDE

The Captains have planned an optional team-building event at the [Haunting Experience](#) (Cottage Grove) on Oct 4. Swimmers and Divers wanting to participate need to purchase their own ticket.

TICKETS LINKS

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

WHS Girls Swim & Dive Team Newsletter

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WEEK IN DETAIL

MONDAY

NO SCHOOL - 2 Different morning training options:

- Weights @ WHS 7:00 - 8:00 AM, then Practice @ OMS 8:30 - 10:00 AM
- Practice @ OMS 8:00 - 10:00 AM (8:00 - 8:30 AM Stroke Lab)

Team Photos @ OMS 6:30 PM

TUESDAY

S&D AWAY Meet vs Roseville @ [Roseville Area High School](#)

Team Purpose: Perform Together in "Unknown Outcome Meet" Roseville is Stronger than last year, be ready to perform on.

Team Goal: Win JV and Varsity Meets.

Team Prep & Practice: Go head to head with Roseville prior to True Team Sections and Sections, especially the Relays.

Meet Starts 6:00 PM [Ticket Link](#)

Bus 🚌 Leaves 3:20 PM from WHS - 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.

Bus 🚌 Returns 9:00 PM to WHS South Entrance. Students will text parents when we are 15 min away from WHS.

[Season 24 Dual Meet vs Roseville](#)

Varsity W 101 / Roseville 83 | JV W 117 / Roseville 62

WEDNESDAY

Weights @ WHS 7:00 - 8:00 AM

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

Practice @ OMS 6:30 - 8:30 PM

THURSDAY

Practice @ CGMS 6:30 - 8:30 PM (ERHS has a home meet at OMS)

FRIDAY

Practice @ LMS 3:45 - 5:00 PM

SATURDAY

10:30 AM - 2:00 PM Swim & Dive-a-thon @ OMS

Swim & Dive-a-thon Challenge & Chart, Greased Watermelon, Team Lunch, and a Cake Walk (each grade will compete for a cake)

SUNDAY

Rest, Relax and enjoy time with family and friends



SHALLOW ROSEVILLE POOL

Roseville is a shallow pool. The deep end is 5 feet and the shallow end is 3 feet.

Sit and slide entry for warm up and cool down. Shallow Dives Only During races.

See photo to the right.

DUAL IN THE POOL MEET HOME VS BUFFALO FEELINGS & MEMORIES

Royal performances were Powerful, Strong and Dominated the Meet. Way to thrive against an equally tough rival.



DUCK CEREMONY – CAPTAINS

The Whole Team for coming Together, Giving it their all and earning the Traveling Trophy Back.

Meet Stats & Outcomes

First Time (new WHS event for swimmer): 10 swims

Best Time (WHS personal best time/score): 22 swims

Royal Flush (1st, 2nd, 3rd in an event): 5

Varsity 200 Free | Ad. Forshee, Brown, Jones

JV 200 IM | Enneking, Sonkusare, Lau

JV 50 Free | M. Haines, Kelly, Terrones

JV 100 Fly | Terrones, Sonkusare, Mortazavi

JV 100 Back | Chauss, Gehrz, Langness

Woodbury Way - Royals are there for each other

It is Shark Week - Bruce The Shark Migrated from WHS to OMS and will be making an appearance in his new home waters. During Shark week Royals explore more, push the comfort zone at practice, support each other, stretch, eat plenty of nourishing foods and get rest.



Happy Birthday Lola Terrones



SEC CONFERENCE DUAL MEET AWAY VS STILLWATER FEELINGS & MEMORIES

Royals Continue to be Steady, Solid and Strong vs
2024 Conf Champions, Stillwater.
Multiple Personal Bests.

DUCK CEREMONY – CAPTAINS

Racers of the Meet |

JV 200 Free Relay C for Winning the

JV 200 FR Relay: Rachel, Sophie,

Avery, Katie

Diver of the Meet | Illiya, 302c

Dead Mouse | Parmida Ghodsian

Team Spirit | Hanna Kim (put in hard events
and crushed it along with always
cheering)

Woodbury Way | Iris Sorenson-Wagner
(picking up trash on the bus)



Meet Stats & Outcomes

First Time (new WHS event for swimmer): 6 swims

Best Time (WHS personal best time/score): 27 swims

[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.

Woodbury Way -
Royals are there for
each other

You don't improve your
life by doing more. You
improve your life by
doing less of what
doesn't matter.

CORY ALLEN

Early Morning Practice
with bagels after!



WHS September Leadership Council



Our Captains attend once-a-month leadership sessions lead and taught by Athletics Director Jodi, which started in August.

Here are some takeaways from their sessions in the Captains Corner.

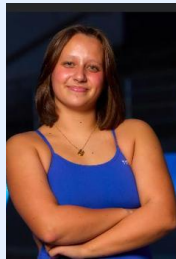
CAPTAINS CORNER | Golden Nuggets

Addison Forshee



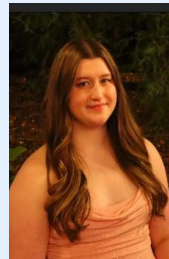
Holding yourself as well as your teammates accountable is a vital part to being a leader

Brynn Hacker



It is important to be both a vocal leader and a lead by example. If you lean to one of those sides, make sure you work on the other so you can be a stronger leader

Hailey Kelly



Lead by not only your voice but also by your example

Quinn Haines



At leadership council we practiced addressing different situations and the correct approach to use for each

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

SWIM & DIVE-A-THON OCTOBER 4th - \$2,500 to go to our GOAL!

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

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

We've opted for the Swim & Dive-a-thon, held once per season, because it's a one-day event that won't interfere with your other school or personal commitments. However, if we don't meet our fundraising goal, we may need to organize additional events, which could require more time and effort from our team members.

What happens at the Swim & Dive-a-thon

Swimmers will swim as many laps as they can in a set time frame and Divers will make as many dives as they can in a set timeframe. Once the Swim & Dive-a-thon is over, the booster will provide sandwiches, fruits/vegetables, drinks, and a little dessert for our participants. Then they will have a cake walk for a little extra fun after the great workout they just got! Parents are not required to stay, but can watch if they want.

If you need help with your fundraiser page or have questions

If you have any questions, or need assistance with personalizing your fundraising page, please don't hesitate to contact our booster president, Bobbi Souza (souzab24@gmail.com) or booster secretary Tina Hacker (tinamhacker@hotmail.com).

What it funds

Our Swim & Dive-a-thon funds the following expenses:

- End of Season Banquet (covers cost for student swimmers and divers, team managers, and coaches)
- Training and Pool Equipment - new or replacement (ex. new yoga mats and power tower training equipment)
- Team gear (ex. New Team Parkas!)
- After-meet meals or snacks
- Senior Banners, Team Photo, Recognition/Gifts, Nonprofit compliance and coach training

Prizes for fundraisers

Each swimmer or diver that registers their fundraising page will get their name in the Swim & Dive-a-thon prize raffle, that will be drawn at the Pasta Party on October 25th. For every \$50 you raise you get another entry into the prize raffle for order of prize selection. And, the top 3 fundraisers will be able to select their prizes first!

TEAM PHOTOS

TEAM PHOTOS WITH SPORTS PHOTOGRAPHER RICH

Monday Sept 29th, 2025 at OMS 6:30 PM

Please wear your Team Suit for the photo

We would like all team members to be available for the team photo at 6:30 PM

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

Coaches: Wear Team Polo and black shorts or pants.

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

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

If you would like individual photos, you can pay Rich Peterson in advance, using Venmo @rich13twentythree

*In the Venmo what is this for section, please enter your swimmer/divers name and "Woodbury HS Girls Swim & Dive 2025"

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.

HAUNTED HAYRIDE

SPOOKTACULAR FUN!

The Captains have planned 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.

PARKAS

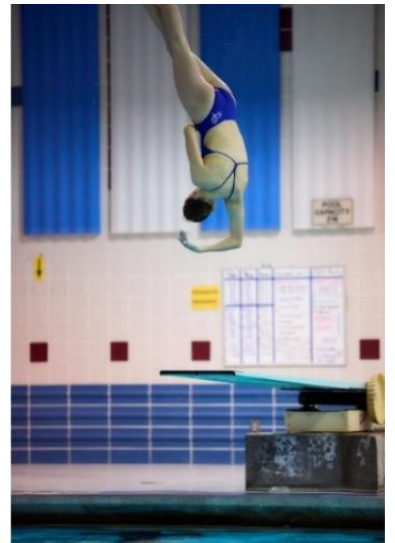
Parka Hand-out starts this Monday night

For those who have returned their signed responsibility sheet and paid the deposit, we be handing out their team parka this Monday after the team photo.

If you have any questions about the parkas, please reach out to booster president Bobbi Souza (souzab24@gmail.com).

2025 WHS SWIM & DIVE

21 AUG	Conference Relays 2 nd 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
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