



WHS Royals

Girls Swim & Dive Team Newsletter

Issue 3, August 24, 2025



WEEK AT A GLANCE

August 25-31, 2025

MON 8/25	7-8 am Weights & Run 6-6:30 pm Lip Sync Battle 6:30-8:30 Practice @ OMS
TUE 8/26	6-6:30 pm Lip Sync Battle 6:30-8:30 Practice @ OMS
WED 8/27	7-8 am Weights 6-6:30 pm Lip Sync Battle 6:30-8:30 Practice @ OMS
THU 8/28	Dual Meet vs ERHS @ OMS 6 PM Pool opens @ 3:30 pm
FRI 8/29	8-10 am Practice @ OMS
SAT 8/30	No Practice
SUN 8/31	No Practice

[Team Calendar](#)

UPCOMING EVENTS & NEEDS

THU 8/28

Meet vs ERHS @ OMS

Need: 3 timers

1 Snack Distributor

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

THANK YOU PARENT VOLUNTEERS

Thank you to all parent volunteers who took on different volunteer roles last week to help support the Royals, your efforts are evident and impacting the team in a positively powerful way.

LAST CHANCE - OPTIONAL TEAM GEAR

Optional Team Gear [order link](#) closes tonight

SENIOR SPOTLIGHTS | SHOW+TELL

Starting Monday, each senior will be given a unique set of questions from Coach Liz to answer, teach or show to celebrate and showcase our seniors

MON – Ivanka

TUE – Chloe

WED - Brynn

THU – Hailey

FRI – Quinn

NEXT WK TUE - Addison

TICKETS FOR ERHS DUAL MEET

Purchase tickets for meet [HERE](#)

Adults \$8, Students \$5

Adults 60+ & Children under 5 FREE

More information about online ticket [HERE](#)

NO PRACTICE SATURDAY - MONDAY

Enjoy the holiday weekend with friends and family and prepare to kick-off the 2025-26 school year.

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

WEEK IN DETAIL

Mon – Wed Lip Sync Battle

WHY: Helps us work together, overcome fear, build tides and confidence

Captains assigned a squad to create 59-sec routine

- Mon & Tue practice: Wed performance/voting
- Winner announced @ post-meet duck ceremony

Mon Monster Mile

7-8 Run/Walk a mile+ weights @ WHS

6-6:30 pm Lip Sync Battle + Practice @ OMS

Swimmer: 1650, 1000, 500, 200 (choice)

Diver: Timed 50

Tues Swim & Dive Practice @ OMS

6-pm Lip Sync Battle Practice

6:30-8:30 pm Practice @ OMS

Wed Practice

7-8 am Weights @ WHS

6 pm Lip Sync Battle + Practice @ OMS

Thu Dual Meet vs ERHS @ OMS | [Have Fun Together](#)

Goal: Take 2nd Place

Prep & Practice: *We will suit up*

- Prepare for TT Sections & TT State (Wildcard)
- Wear team suit or fast suit if you have

[Season 24 Dual Meet vs ERHS results](#)

FRI Practice @ OMS

8-10 am Swim & Dive Practice

Sat NO PRACTICE – Holiday

Sun NO PRACTICE – Holiday

CONFERENCE RELAY HIGHLIGHTS

Captains Awards- Post Meet Duck Ceremony

Relay Racers of the Meet - 400 FR A

Eleanor Webb, Evelyn Rundquist, Greta Straka, Amelia Jones

Team Spirit - Rachel Allred

Woodbury Way - Collins Bieze

8/21/25 Conf Relays Stats & Outcomes

1st Place Royal Relay Finishes x3

200 FR A

Greta Staka, Eleanor Webb, Evelyn Rundquist, Iris Sorenson-Wagner

200 BKR A

Iris Sorenson-Wagner, Eva Souza, Avery Forshee, Parmida Ghodsian

400 FR A

Eleanor Webb, Evelyn Rundquist, Greta Straka, Amelia Jones

Faster, Higher, Stronger

14 Royal Relays were preformed Faster than 2024

First Time (new event at WHS for swimmer): 11 swims

Best Time (personal best time for WHS): 11 swims

[Top 20 List:](#)

Evelyn Rundquist: 200MR - Breast, 33.65, 20th place

Eleanor Webb: 200MR - Fly, 28.40, 19th

Addison Forshee: 200 Free, 2:00.25, 11th

200 FR A relay splits, 400 FR C relay splits have not been recovered yet and are not included in Stats.

Lettering Cuts -Coach Liz - new, we will keep this in a google sheet and have it out by next weeks newsletter.

Royal Competitive Drive

Game Changers - went from far behind to get a lead

Hannah Kim -400 MR C made possible with Sonkusara, Davis, Barrons

Won't Backdown- swam against a fierce competition and gave it their all

Kairi Brown - 800 FR A made possible with Add. Forshee, Av.Forshee, Enneking

Chargers-Royals who charged the finishing Wall and got the touch out.

Caroline Barrons - 400 MR C made possible with Sonkusara, Davis, H. Kim

Katie Engelsrud 200 FR B made possible with Thorsen, Allred, Chauss

Elleanor Webb- 200 Fly A made possible with M.Haines, Hacker, Souza

Amelia Jones 400 FR A made possible with Webb, Rundquist, Straka, Jones

Rose Lau 400 FR B made possible with H. Kim, Barrons, Mortazavi

CAPTAINS CORNER | First Day as a 7th Grader or Freshman

Addison Forshee



I am open and ready to learn new things

On my first day of 9th Grade, I was paired with this very tall girl in my freshman orientation group and was kind of scared of her. Now, she is one of my best friends!

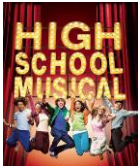
Brynn Hacker



You know more than you think!

On my first day of high school I saw so many swim teammates who waved hi to me!

CAPTAINS WATCH RECOMMENDATION | High School Musical (2006)



A popular high school athlete and an academically gifted girl get roles in the school musical and develop a friendship that threatens East High's social order

TEAM BIRTHDAYS WE CELEBRATED THIS WEEK



Hailey Kelly
Grade 12



Iris Sorenson-Wagner
Grade 10



Ava Wiberg
Grade 9



Maggie Haines
Grade 9

STROKE LAB & MENTAL PERFORMANCE VIDEOS

[Race Club- Master the Step Over Relay Start](#)

[A 50 yard Freestyle done well](#)

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

[Good Things are Happening to Me Affirmations](#)

2025 WHS SWIM & DIVE

21 AUG	Conference Relays 2 nd Place
28 AUG	East Ridge
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 [FINAL]