

Woodbury Royals Girls' Swim & Dive Team Newsletter



DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 6-0

JV Conf Record 6-0

[Woodbury 105 Roseville 64](#)

Woodbury 105 CDH 80

Hastings Invite 1st Place

Woodbury 99 MV 82

[Watertown Mayer 1st Place](#)

Woodbury 102 WBL 78

Woodbury 103 Park 70

Woodbury 97 Forest Lake 84

Simley Spartan Invite 1st Place

SWIM & DIVE A THON Drawings for the prizes will be done this week (we did not finalize them last week so do apologize for the delay. Reminder: Every athlete that raised \$100 will have their name entered into the drawings for the prizes. For every \$25 increment beyond the initial \$100 will receive another chance in the drawing (ex: \$100 = 1 chance, \$200=5 chances)

Prizes include: Lululemon, Athleta, Target, Starbucks, Nektar, Chick Fil A, and other gift cards or cash!

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.

Next Up a Special Article Written by Coach Megan on Competition Preparation. Please read, and enjoy. We will fill the chart out Monday at Practice.

COMPETITION PREPARATION

THE PROFESSIONAL PLAN



Being professional in sport refers to the choices you make and the responsibilities you accept. Any athlete who is serious about performing consistently and achieving their athletic goals should have a professional attitude. Your professional attitude is the way you **behave** so that everything you do supports your ability to perform. Being professional is taking charge of the things that you can control, not trying to manage those things you cannot control, and being able to tell the difference. Thinking about yourself, your sport, other people, and a way of doing things with pride determines the professional from the unprofessional.

ADOPTING A PROFESSIONAL ATTITUDE

To achieve your athletic goals, you must be professional in the way you approach your training, competition, social life, school life, family life, nutrition, and the prevention of injury. To achieve your performance potential, you must take charge of your preparation and create situations which will make things happen – rather than waiting for everything to fall into place or for things to just magically happen.

THE PROFESSIONAL ATHLETE ACCEPTS THE RESPONSIBILITY TO MAKE CHOICES THAT WILL SUPPORT OPTIMAL PERFORMANCE WHILE UNPROFESSIONAL ATHLETES LET OTHERS DETERMINE THE OUTCOME.

The choices you make about how you spend your time, how you treat other people, how you eat, how you sleep, how you control your mind, how you react to things that you can control and to the things you cannot control are all part of being professional in sport.

"EVERYONE HAS A WILL TO WIN, BUT VERY FEW HAVE A WILL TO PREPARE."

VINCE LOMBARDI



The Training Review Chart can be used by athletes to take control of their competition preparation with a professional attitude.

Rate your satisfaction of your own preparation on a scale of one to ten.

TRAINING REVIEW CHART

I would give myself the following rating:	Low.....Average.....High
Staying positive even when performing badly	1 2 3 4 5 6 7 8 9 10
Giving 100% in technical (sport) training	1 2 3 4 5 6 7 8 9 10
Giving 100% in fitness (strength and conditioning) training	1 2 3 4 5 6 7 8 9 10
Doing regular "high quality" imagery training	1 2 3 4 5 6 7 8 9 10
Eating enough of the right foods	1 2 3 4 5 6 7 8 9 10
Monitoring my fluid intake	1 2 3 4 5 6 7 8 9 10
Staying motivated and focused on my goals	1 2 3 4 5 6 7 8 9 10
Taking personal responsibility for mistakes and working hard to correct them	1 2 3 4 5 6 7 8 9 10
Focusing on the controllables	1 2 3 4 5 6 7 8 9 10
Dealing with the daily hassles that bother me	1 2 3 4 5 6 7 8 9 10
Overall training rating out of 100	
Training and Preparation goals to work towards:	

Important Special Dates:

[Meet Schedule](#)

Wednesday Oct 12 6PM Pasta Party at Delaney Hummel's SignUp Genius
<https://www.signupgenius.com/go/70A094CABA823A6F85-hummel>

Oct 13 *Parent/Guardian Meeting Prior to Meet @ 5pm, Room 128 (Classroom in pool hallway) Topic: How can we help as parents/guardians keep our athletes focused during meets!

Thursday Oct 13 HOME meet vs Stillwater. WHS Parent/ Guardian Night If you are available to volunteer please sign up here:
<https://www.signupgenius.com/go/70A094CABA823A6F85-timer>

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

Wednesday Oct 26 Team Picture Day

Thursday Oct 27 away vs Irondale at Edgewood Middle School

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

Banquet Sunday Nov 20th at WHS Auditorium and Cafeteri

THIS WEEK'S TOP STORIES:

Week 7

October 6 away at Forest Lake

October 6 @ Forest Lake

10 first time swims

22 personal best times

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

- Varsity 100 Fly (Av. Reich, Ad, Forshee & S. Peterson)
- Varsity 100 Free (M. Tellez, A. Hacker & K. Brown)
- JV 100 Breast (P. Collins, M. De la Torre del Toro, Izzie Ryder)

1 Top 20 Swims

- Addison Forshee: 100 Back, 1:04.22 18th (moved from 19th)

October 8 @ Simley Invite

4 first time swims

20 personal best times

1 Top 20 Swim

- Addison Forshee: 200 IM, 2:16.22 remains in 13th

1 Grade Level Record

- Iris Sorenson-Wagner (7th grade): 200 Free Relay, 25.28

A box of Fruit Snacks goes to Gabby - Diving, Addison- 200 IM, Chloe, Payton, Addison, Ava H.- 200 FR, Nora- 100 Back. Congratulations on placing 1st in your event at Simley. The Simley Head Coach Tanya swam the same club as I did and went to UWEC & is in the athletics hall of fame at Eau Claire. We have this practice/meet/week- "Do it for the fruit snack" so I like to share that fun tradition with the team at Simley Spartan Invite. Congratulations to all that earned best times or top 16. Divers I will have your fruit snacks delivered this week at practice.

Captains will pass out awards Tuesday for last week's meet vs Forest Lake and or Simley

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: Addison Forshee

JV: Isabel Zelm and Brenna Hyland

Diving: The Whole Diving Squad

Addison gives her best to the team at practice and at meets. She is versatile and comfortable competing in a range of events. Addison can do anything she sets her mind to. She improved two of her top 20 WHS all-time standings and won the 200 IM at the Simley Spartan Invite. Isabel Z. is upbeat, lively, has a positive attitude and joy that is contagious, in a good way. She dropped time in her 100 free at FL then dropped another second in her 100 free at Simley. Times keep dropping, her hard work is paying off.

Brenna crushed the goal set at the swimathon. Then at practice this week started swimming more lengths than ever. Brenna got a new best time in the 50 back. Brenna's goggles came off in the 50 free at Simley, and powered through a tough circumstance with determination, understanding and success.

Congratulations to the diving squad for outing in the lead as we went into the Simley Invite.

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

By Coach Rick

vs . Forest Lake 10/6

1st place Gabby Mauder	289.50, Rated #1 in state in 6-dive scores
3rd place Halle Linn	182.55, +52 points better than last years meet (10/6/21) against FL
5th place Eva Nohner	177.95, +9 points better than last years meet (10/6/21) against FL
JV-1 Nina Faulkner	165.30, 2nd best score, did not compete last year
JV-2Zoe Block	135.50, +13 points better than last years meet (10/6/21) against FL

Gabby, Eva and Halle received ribbons for top 8 finishes on Friday and helped the swimmers win the Simley Invitational. Nina scored 34.50 points on her Back 1ss, 1.5 twists and Zoe got straight 6's, for the first time, on her Forward 1.5ss!

Simley Invitational Results 10/7/22

1st place Gabby Mauder	424.65, All-America Consideration score, Rated #1 in 11-dive scores
4th place Eva Nohner	321.20, Personal Best, +6 points better than last year's Simley (10/8/21)
5th place Halle Linn	320.20, Personal Best, +39 points better than last year's Simley (10/8/21)
9th place Nina Faulkner	294.35, Personal Best by 30 points, best middle school diver at the meet.
Exhibition Zoe Block	235.70, Would have placed 14th if entered in the meet.

SENIOR SPOTLIGHT:

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



My name is Heeryung Choi, and I am looking forward to having a wonderful season and gaining more positive energy than previous years. One of my favorite after practice meals is turkey sandwiches with avocado. I frequently listen to Taylor Swift during my workouts and premeet since I enjoy listening to quiet and relaxing music. My favorite team event was going to a pasta party and haunted house because I had so much fun and was able to get to know the rookies as well as become close to the other teammates who I wasn't really close to before. The best memory of being a Royal was, of course, making it to State last year and cheering extremely hard together during the meets. Finally, I wish you all a great season this year and continued hard work for next season! I will also miss you all!

WEEK AT A GLANCE

Monday Oct 10th

ETS 7-8AM @ WHS

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM

Tuesday Oct 11

Diving 3:15-5:15 @ LMS

*3:10PM Special Guest Alumni Jen Olsen will be presenting for 20 min V mandatory - JV optional. Meet in Pool Gallery.

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

JV Swim 5:30-7PM

Wednesday Oct 12th

ETS 7-8AM @ WHS- optional

Diving @ LMS

Swimming @WHS

JV & V 3:30-5:30PM

* Right at 3:30 we have a Surprise Guest Speaker. Royals need to be in the pool gallery by 3:22 with swim suits on ready to swim right after. Middle schoolers coming from off site try to make it to pool gallery by 3:30PM.

6PM Total Team (diving, team mangers, swimmers)Pasta Party @ Delaney's House.

10031 Bridgewater Pkwy

Woodbury, MN 55129

Thursday Oct 13th - vs Stillwater HOME parent/guardian night. Celebration to follow the meets

Diving @LMS Warm Ups 3:30, Meet @ 4:30PM

SWIMMING @ WHS

Set Up 3:30PM

Warm UP 4:30PM

Meet @ 6PM

Friday Oct 14

Diving 3:15-5:15PM @ LMS

TT Section Team Practice 3:30-5:15PM

Saturday Oct 15th

True Team Sections @ Stillwater Middle School

Diving 9AM - connect with Coach Rick for full details

Swimming

BUS 11:45AM

Warm Up Starts after Diving

Swimming 2PM MEET

return to WHS around 6/6:30PM

*all team members welcome to be present and cheer on the team at the Meet. The more the more powerful we are. If we podium all Royals Present will be able to podium with the team. Top 3 teams podium. Top 8 podium with medal ceremony after each event. All entries score points towards the team score. The higher you place the more points the team scores. A,B,C,D Relays score points and help determine if we make it to State. 1st place TEAM at Sections advance to STATE. 4 Wildcard TEAM entries will be rewarded to teams with the highest NISCA powerpoint. The line up is based on this for True Team Sections. If you would like to ride the bus and are not entered in the meet please connect with Coach Liz

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 Strom.

We are the ROYALS!

