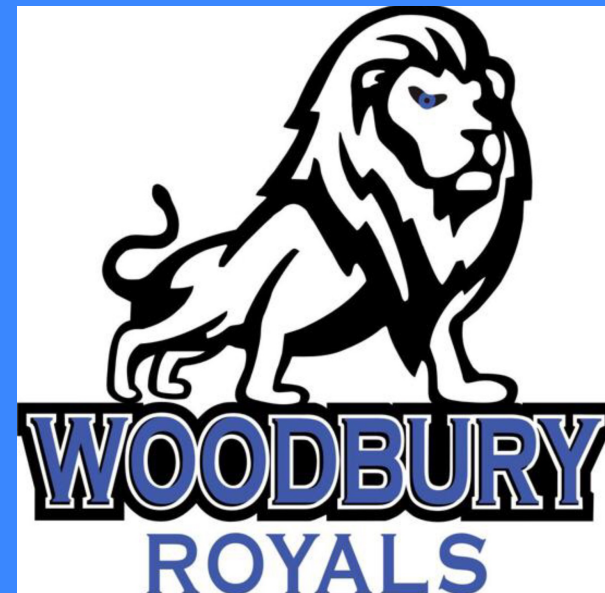




Season 25

**Intention: Grow with  
the Flow**



Team Handbook 2025

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# WHS Girls Swim&Dive

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Grades 7-12

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Team Members, Parents/Guardians & Coaches

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\*\*\*Please note the contents in this handbook are derived from many sources, including but not limited to: Coaches- former and present- Woodbury Swim/Dive coaches and their coaching peers, Woodbury High School Activities Department, Woodbury High School, the Minnesota State High School League, and other related websites/resources.

### Coach's Introduction

Welcome to the Woodbury Royals Swimming and Diving team. As a participant in our program you will become part of a long proud tradition in swimming and diving excellence. We are excited you will be part of our Royal Pride Family!

New to our program we are confident that you will find: commitment, hard work, new friends, excitement of competition and the chance to fulfill your goals and dreams. To returning athletes, we are confident you will shift into high gear when you represent the Royals. Welcome parents/guardians, families, veterans and newcomers alike. We hope you find this handbook helpful as we work together to make swimming and diving a terrific experience. We strongly encourage families to watch meets in person if able.

The philosophy of our program is to help student-athletes reach their full potential; to have every individual be a valuable member of our team, and to compete together at our highest possible level. We are most powerful as a team coming together as a group under one common goal.

Each of us has a task to perform: **Student-athletes** must attend school, practices & meets, be active listeners, learn their studies & sport well, and give their best effort. **Coaches** must lead, prepare, plan, teach, motivate and support the student-athletes and total team. **Parents/Guardians** must encourage and support their child and total team. *Together We Can!*

The high school swimming and diving season is a short stop in the life of a student-athlete. We encourage all swimmers and divers to participate in additional high school sports, Sumner Swim or Dive, Dryland, join a swimming/diving club or go for a walk outside with family. If you have any questions about our program, please feel free to contact Head Coach Liz Horan.

Please refer to the Student Athletic Handbook for other Woodbury High School policies. Also there are a number of websites that you can use for reference:

<https://www.mshsl.org/>  
<http://whs.sowashco.org/>  
<http://www.whsactivities.org/>

Minnesota State High School League  
Woodbury High School  
Woodbury High School Activities

Woodbury Royals Swimming and Diving Head Coach  
Liz Horan- [royalwater.coachliz@gmail.com](mailto:royalwater.coachliz@gmail.com)

**(949)922-2761- Parents Text Coach Liz your name and your student-athletes name :from your best emergency contact number. We will also carry a copy of Emergency Contact Info submitted to the school at registration.**



## Requirements for Starting the Season

**Registration. Info at**  
<https://www.whsactivities.org/>

### **Physical Examination**

- You must have an athletic physical on file in the Activities office.
- An athletic physical must be completed every three years (grades 7 and 10).
- The exam shall be completed by a physician and filed before participation is allowed.

### **Emergency Medical Information**

- The athlete's parent/guardian must complete a form that gives information on how to contact parents/guardians and gives permission to be treated by a physician/hospital when parent/guardian cannot be contacted.

### **Minnesota State High School League Eligibility and Parent Permit Form**

- Must be signed and on file in the athletic office each year before participation is allowed.

### **Scholastic Eligibility**

- Refer to Woodbury HS Student-Athlete Handbook.

### **Athletic Fees**

- Must be on file at athletic office before participation is allowed.
- Please speak to Activities Office if you need to request financial assistance.

Waivers: 3 waivers were added last year that must be signed before cleared to participate.

First Day of Practice Monday August  
11,2025

**Visit the Team Website Often  
for updates & information**

<http://www.whsactivities.org/page/show/1083787-girls-swim-and-dive>

 Buses 2025:

Away Conf Dual Meets  
Saturday Invites  
Sections, TT State, Sections, State

Pick Up / Drop Off @WHS

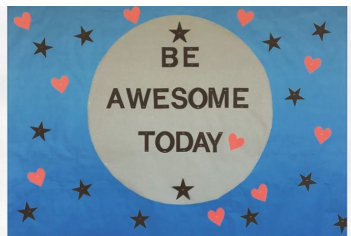
Monday -Friday between 2:30 and 3:30 Buses will need to pick up and drop off at the far east end of the building at the student bus lot off door 40.

Saturday's buses can pick up and drop at the south entrance.

No Buses:

In district conf meets vs EHS or PHS,  
Conf Relays, JV Champs @ OMS





### What you will need:

#### Practice & Positive Attitude

Tennis Shoes  
Workout clothing  
Sports Bra  
Foam Roller (can store at pool for season)  
Good quality practice swimsuit(s)  
Goggles  
Swim cap  
Water bottle( never share)  
Personal Mesh bag with equipment (can store at pool)  
Snorkel, Fins, Nose Plug  
Shammy- divers  
Towel  
Deck shoes( crocs or flip flops)  
Prescriptions/inhalers (never share)

#### Meets & Make It Happen Mindset

TEAM competition suit  
TEAM swim cap  
Goggles

#### **Warm Clothes to keep the body health & temp regulated between races:**

Team Apparel, Warm Ups, Optional Warm Blanket, Stocking Hat, Mittens, Socks  
Water bottle (never share)  
Healthy snack (for ready space at meet)  
2 towels- 1 for during meet & 1 for after  
Shammy- divers  
Deck shoes (crocs or flip flops)  
Prescriptions/inhalers (never share)

Foam Roller

**YOUR BODY IS CAPABLE OF AMAZING THINGS**

**YOU SHOULD FEEL GREAT ABOUT EVERYTHING YOUR BODY CAN DO.**

You know what helps? When the people around you agree to focus on the positive. When you talk about how strong and powerful you all are, with no room for negativity. When your team understands there's so much more to your bodies than what you look like.

That's when the right equipment—like a sports bra—can help you feel comfortable, confident and ready to play.

**#MADETOPLAY**

**LEARN MORE AT NIKE.COM/MADETOPLAY**

Made to Play

**DOES MY SPORTS BRA FIT?**

Sports bras are built for comfort and coverage and designed for play and movement. Different bodies need different styles and sizes. That's expected! Here are some easy ways to find the right bra for you.

**TRY IT ON**  
Take three bras into the fitting room. Feels too loose? Too tight? You might need a different size OR a different style.

**JUMP FOR JOY**  
Try a star jump. It should feel low on bounce and big on comfort.

**RAISE YOUR ARMS IN THE AIR**  
The chest band should stay put. If it rides up, try a different bra that fits a bit tighter.

**STRAPS**  
Not too long, not too short. Has a bit of stretch, but not too tight.

**CHEST BAND**  
Snug, but not tight. Doesn't ride up. Lays straight across your rib cage front and back.

**BREATHE EASY**  
Take a few deep breaths. If that's tough, try a bigger size or different type of bra that feels better for you.

**TIP** If you can fit two fingers between your body and the band, it's a good fit. If you can fit more than two fingers, it's time to try a smaller size. Feel like you're not fully supported? Try a different style that offers more coverage or more support.

**Team Suit (Elsmore)**  
**Team Gear (Advanced Sportswear)**  
**Caps & Booster Club**

Ordering Links will be made available  
on the website and team emails  
<https://www.whsactivities.org/meeting>



## All Practices Pool, Locker Room, Deck, Dryland, Weight Room, Bus, Trips

- **Be Respectful**
- **Be Present & Safe**
- **Be a Communicator**
- Be CONFIDENT : Do your best.
- Teamwork
- Have Fun
- Be Kind, Be Caring, Be a Total Team player.
- Bathroom breaks between sets or diving activities not during them.
- Inappropriate behavior will result in removal from practice and is an absence.
- Continued inappropriate behavior will result in dismissal from the team.
- Wear proper tennis shoes and work out clothes.
- Have Questions? Ask coaches.

## All Meets

- Be respectful toward coaches, teammates, opponents, parents, officials and oneself.
- Positions will be determined by coach/coaches. Taken into consideration will be: Scores, Times, Points, Attendance and Behavior.
- Show Good Sportsmanship & Have Fun.
  - -Participate in team cheers
  - -Watch and Cheer on your teammates (no homework or cell phones on deck, try to be present in the game, in the moment. PLEASE avoid use of cell phone & devices.)
  - -No cell phone use in the locker room.
- Be Present & Safe
  - -Only leave the pool deck once you have permission from your Coach
  - -Always watch races and cheer on your teammates.-Game Changers! try to be present in the game, in the moment. PLEASE avoid use of cell phone & devices.)
  - -Stay behind the blocks with your relay until they race is finished.
  - -Home meets please arrive on time. Captains & Team Managers in charge of Meet Set Up.
  - - Do your assigned or planned pre-meet warmup & cool down with your group.
  - -Team Competition Suit, Cap and Googles
  - -Clothing or clothing over swimsuit is required on school property and school buses, this includes shorts or pants (before/after practice, bus rides to/from meets).
- Royal Pride
- Line up as a team for our National Anthem
- Respect calls and decisions made by Meet officials.
- You are representing the yourself, the team, WHS and the Woodbury Community.

## Away Meets

- Bus/Travel:
  - -Be at bus pick-up location 10 minuets before the bus time.
  - -Late for bus = CALL/Text immediately Coach Liz= Not riding Bus
  - **-If you are not riding the bus. Please email Coach Liz.**
  - -Wear appropriate attire on the bus: Team Spirit Clothing and Team Parkas

## \*\*\*PARENT PICK-UP\*\*\*

It is expected that parents/guardians will be available to pick up their student-athlete in a timely manner (5 minutes past bus drop off for away meets) following all meets and practices. We ask student-athletes to call/text when we are about 15 minutes from the high school so that arrangements can be made for pick-up. Everyone's time is valuable, please be respectful. PLEASE note that after 1 late violation your student-athlete will not be entered in the next away meet.

## Injuries/Medications

- If you are injured and require medical attention you must have a physician release to resume practice.
- If you require medication (inhaler, insulin, etc.) you must inform the coach and have your medication on the pool deck in case you need it.
- If you are rehabilitating an injury, all Physical Therapy exercises must be done prior to practice.
- If you need to see the trainer at the high school, please sign in/out & record date +times at both the pool (Coaches copy) and athletic trainers office(Athletic trainers copy).
- If you sustain an injury at practice or a meet, if able please see/wave/shout a coach over immediately to address the issue.





## Student-Athlete Expectations

Swimmers, Divers & Team Managers should treat membership on the team as a privilege. They must recognize responsibilities, expectations, and behaviors associated with membership on the team.

### School Work

- You are a Student-Athlete. You are a student first and an athlete second.
- Use time wisely and keep ahead of your homework and studying.
- It is your responsibility to seek help from teachers, coaches, and parents, if needed.
- GPA of all individuals Grade 10-12 is factored into Academic Achievement Award at Sections
- GPA of Seniors is used for Senior Academic Achievement Awards at Sections 3.75+
- Maintaining a 2.0 grade average is part of the team lettering requirements.
  - Coaches will periodically access student-athlete grades to confirm GPA requirement

### Attendance

#### Absence/personal day:

**Student-Athlete Team members** please CC your parent or guardian and email Coach Liz if you will be absent.

\* See 2025 Lettering Policy

\* If a student-athlete misses more than 50% of the school day, for any reason, participation is not allowed, in practice or a meet, that day

\* More than 30 minutes late or leaving practice early= 1/2 absent

#### Attendance+Participation at practice the Day Before a Meet:

**Student-Athlete Team members** who do not participate in a practice the day before a meet will not be able to compete in the meet the following day unless the Coach has been made aware by email prior to the Practice absence the day before a meet. This is for your Safety/Health, Team Preparation/Organization & Line Ups/Dive Lists/Relays.

\*Team Managers first priority is Meets or assigned role/project. Please do your best to be present on meet days. ***“The Pool is the Place to Be” “The Road to Results”***

***Improving our 2025 Team Attendance, Participation, Accountably, Daily Experience & Joy.***

### Expected Behavior and Conduct

#### Eligibility

- Comply with all team, School, MSHSL rules and regulations.
- Report to the Coach any issue or developments that may affect eligibility status.
- Team members will not use illegal drugs, alcohol and tobacco. School and MSHSL guidelines will be used for violations.
- During August, September, October and November do not donate blood or plasma.





## Practice

You are expected to be at practice ready to be and do your best.

Some days you will be strong, energetic, calm, tired, emotional or even exhausted.

This is to be expected, with continued dedication these days will produce great results in the long run.

You will find within yourself more vigor, if you use your

**team, teammates, Coaches, Captains and team, intention, motto & purpose.**

make every day,

every workout,

every set or dive,

an opportunity to unlock the champion within. 

**Pay Attention to the Details.** You will get stronger, more flexible and some days your muscles will get sore; this is natural. You may experience a sharp muscle pain; this is most times a muscle cramp. We will teach you Training Tips to relive the pain. Example: “Rolling Out” & “Rest & Refresh”.

*If you are experiencing any sickness or pain that can't be relieved it is time for you to see a trainer. If your injury or illness requires the attention of a physician you must obtain a physician's permit to practice. If your sickness is related to Covid 19 please follow our Schools Covid 19 Preparedness plan on what to do if sick.*

**Power to Play. Period.** Check this link out for information on menstrual health & sports.

<https://powertoplayperiod.com/>

## Injuries/Medications

- If you are injured and require medical attention you must have a physician release to resume practice.
- If you require medication (inhaler, insulin, etc.) you must inform the coach and have your medication on the pool deck in case you need it.
- If you are rehabilitating an injury, all Physical Therapy exercises must be done and done prior to practice.
- If you need to see the trainer at the high school, please sign in/out & record date +times at both the pool (Coaches copy) and athletic trainers office(Athletic trainers copy).
- If you sustain an injury at practice or a meet, if able please see/wave/shout a coach over immediately to address the issue.





The Olympic motto is *Citius, Altius, Fortius*, a Latin expression meaning "**Faster, Higher, Stronger**".



## Measuring Progress

Improve your daily habits. Overcome fears. Amplify your Confidence and Creativity. We are all always learning. Know that loosing and winning are a part of all teams stories and goals. Accept that failures and success are apart of each individuals academic and athletic journey. Throughout the season you will have highs and lows. Each individual will have a chart. We will Practice Goal Setting Skills daily. Learning things about ourself from failures and success. Be fearless. Never compare yourself. You are a unique individual. Be You! "Faster. Higher. Stronger. /Not Faster Higher Stronger than someone else/ Just..... **Faster. Higher. Stronger.**

**COMPARISON  
IS THE THIEF  
OF JOY.**

—  
*Theodore Roosevelt*





• RELAYS

Place	1	2	3	4	5	6
Points	8	4	2	0	0	0

• INDIVIDUAL EVENTS

Place	1	2	3	4	5	6
Points	6	4	3	2	1	0

## Dual Meets and Dual Meet Varsity Heat Scoring

Our goal in each dual meet is to outscore our opponents. Follow along with a meet scorecard available on the team website. To accomplish this goal the coach must create a line-up that attacks the opponent's weaknesses, while not compromising our teams' strengths. The fastest, most versatile swimmers and the most capable divers will be used. However, every effort will be made to allow everyone to participate. This may come in the form of varsity, junior varsity, and exhibition events. Everyone should show Royal Pride and respect for the efforts of yourself, your teammates and your competition. SEC Dual meets are Conf Meets and the outcome determines our Conf. Standing and All Conf List.

Some evenings we will be returning late due to factors out of our control. Times listed on the schedule for bus times are the best guess estimate. We will have your student-athlete text you when we are 15 min away from WHS.

INVITATIONAL SCORING

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

## Invitational Meets 🏆

These meets will either follow a championship or relay meet format. Again, our main goal is to outscore all other opponents. These meets are typically on Saturday and last longer than a dual meet. In order to be prepared, please pack healthy snacks, drinks, and additional deck clothes.

## Championship Meets 🏅

The season end meet for a swimmer or diver will depend on the qualifying time or score they are able to achieve. This varies from True Team Sections, True Team State, JV Champs, Section Prelims, Section Finals and the State Prelims, State Finals championship meets. Each meet has a successively more difficulty qualifying standards. Individuals must make the standard to qualify; relays are made up at the discretion of the coach of the fastest, most capable, most dependable, and most deserving athletes that day. For these meets we will be tapering, resting, shaving, fueling our bodies with nutrient rich food, drinking plenty of water, wearing different suits, and other success habits common to all competitive teams!

It is the coaches' discretion as to who swims/dives in each event all dual, Invite and championship meets. Athlete input is requested each week on Monday and is not the final choice.



## **SOCIAL MEDIA**

Social media outlets such as Facebook, Twitter, Instagram, and others are an integral part of students' lives. While it may seem that these are private, they are in reality very public. Messages that are posted to friends and social sphere are often posts to the entire community, whether intentional or not. These include administrators, parents, teammates, as well as young members of our community that look to our student-athletes as mentors.

Woodbury High School student-athletes are expected to hold themselves to high standards when in public and when using social media. Imagine everything that is posted online will be on the front page of the newspaper tomorrow. The following are expectations when using social media:

- 1) Do not post sexual content. Nothing explicit, suggestive, or objectifying.
- 2) Do not make references to alcohol or drugs. No pictures of alcohol, talking about being drunk or using drugs.
- 3) Do not insult others and do not participate in or instigate challenges or battles. Fight your battles on the playing field, resolve your differences in person. This includes taking video and/or sharing video of fights that take place.
- 4) No swearing or use of inappropriate language. This includes the use of symbols in place of letters that imply words and abbreviations of words.
- 5) You are responsible for monitoring your account and profile pages. If someone posts something disrespectful or violates above said rules, take it down.
- 6) The above rules apply to retweets, reposting of other peoples messages, and posting of song lyrics, quotes, etc.

**Failure to adhere to and follow these guidelines may affect your participation in Woodbury High School activities per the MSHSL Code of Responsibilities.**



## Travel 🚌

When we travel by bus to another community you are representing our community, school and team. You are expected to be on your best behavior, wear team spirit clothing and new team Parkas once available. Plan on being at the bus 10 min before it is scheduled to leave. The bus will wait for no one. If you are late, you will miss the bus. If your behavior on the bus is inappropriate, you will no longer be allowed to travel with the team.

🌴 Aloha Night & 💙 Youth Night	Thursday Sept 11, 2025 Home vs Park	Swim & Dive @ OMS
👑 Staff Appreciation Night	Thursday Sept 18, 2025 Home vs Forest Lake	Swim & Dive @ OMS
❤️ Parent/Guardian Night * "Dual in the Pool"	Tuesday Sept 23, 2025 Home vs Buffalo	Swim & Dive @ OMS
👑 Senior Night	Thursday Oct 23, 2025 Home vs CDH	Swim & Dive @ OMS



## 2025 Special Meet Events

Updated 5/8/2025



## Motivation, Attitude & Mindset

In any athletic training program, motivation, attitude & mindset are key factors in helping us stay Committed & reaching GOALS. In order to reach our goals, it is necessary to be committed to what we would like to accomplish. In 2023 we will continue and implement a variety of positive habits and support systems to help us on the journey.

- Leadership: Captains, Seniors
- Pride Families (Practice Pods)
- Big Sister/ Little Sister
- Accountability Captains or Partner
- Weekly PenPal between Swimmers & Divers
- Dream & Dash Board
- Secret Pumpkin



Grit is that 'extra something' that separates the most successful people from the rest. It's the passion, perseverance, and stamina that we must channel in order to stick with our dreams until they become a reality."

## Physical Training

Increasing your level of fitness will lead you to achievement of your goals. Total fitness is comprised of many components, each of which you will need in your training program.

Reaction Time

Agility

Strength

Speed

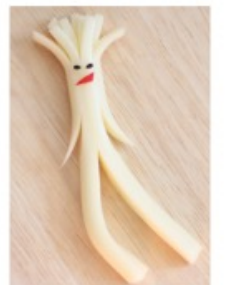
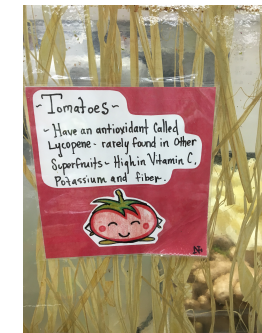
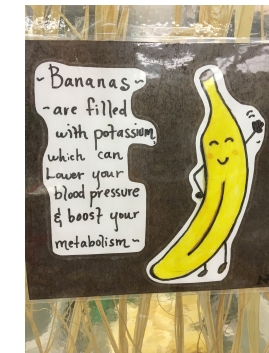
Power

Flexibility

Endurance

Balance

Recovery



## Rest & Refresh

When you are putting stress on your body to become stronger and faster you need to balance your workload with quality rest. Your coach will allow for this within your training plan; however, it is up to you to complete all your tasks and allow for a good **8 hours of sleep each night**.

## Nutrition

When you are training, the demands on your body are increased and it is important that you maintain a well balanced diet to meet the demand. The following are some suggestions for a healthy diet.

- Eat more plant foods, especially fresh fruits and vegetables.
- Eat food made from whole-grains, including breads, cereals and pastas.
- Eat more fish and poultry and leaner cuts of beef and pork.
- Drink more 100% fruit juices and water
- Eat 3 well-balanced meals each day, and 2-3 healthy snacks in between.





# WHAT IS TAPER?

Training Base

Attitude

Pride

Eating Healthy

Rest

“It’s the most wonderful time....of the season”

Ask your Coaches, Captains & Seniors for more ideas, suggestions and ways to approach & experience the ultimate TAPER.

All Seniors are Leaders and Role Models for our younger athletes.

All Sophomores and Juniors of the Graduating Class of 2026, 2027 are candidates for 2026 Season Team Captains.

Good Vibes  
Strong Tides



### **Qualities of a Captain: Royal Pride Captains**

P- Perseverance

R-Respect

I-Integrity

D-Determination

E-Enthusiasm

### **Roles of a Captains: Top 5**

1. 1st on Deck, Lane Lines, Meet Set Up/Clean Up , Willing to Lead Stretches, Locker Room Clean Up, Bus Clean Up. A Captain is in good standing academically and adheres to the Team Handbook, Woodbury High School Handbook and MSHSL Rules.
2. Cheering & Motivating others at both practices and meets.
3. Communicates well with and supports the Coaches & Team's Purpose, Goals and Agreement.
4. Focuses on Team Unity, is Approachable and Inclusive.
5. Hardest Worker Daily. Is present and gives it their all during pre-season & in-season leadership training, practice, sets, water x, dryland, yoga/pilates, visualization, dream journaling, and MEETS.

<https://www.whsactivities.org/captains>

To learn more about the 26 Team Captains and leadership program visit our webpage.

### **Team Meeting, Season Reflections & What is Next:**

#### **December**

Resume and Interview with Coaches

Speeches in-front of team, why they would be a strong leader.

Team vote.

All Captain Candidates meet with Coaches at coffee to go over results and moving forward.



*Inside us beats the heart of a student-athlete  
Determined to succeed*

*We are different  
We are the same  
We are united by 1 common goal*

*We practice, We push  
We strive, We sacrifice  
We Have FUN, We Succeed  
Together We are the Royals*

*Sometimes we fall short  
Sometimes we just fall*

*And We get back up  
Stronger than before*

*It is our Education, Team and Focus  
Our Chance, Our Year,  
For Some, Our Senior Year,  
Our Determination  
Our Motivation  
Our Love  
Our Joy  
Our Legacy, Our Teamwork & Royal Pride  
Go..... ROYALS!*

### **THE ROYAL ROUSER (SCHOOL SONG)**

On you Royals, on to Victory  
Win that game, come on let's go  
With a bang let's let them know  
That we're the Royals gang and  
We'll win a vict'ry here tonight.

On you Royals, hit them hard and low  
For the glory of our name let's fight  
Let's go! Team! Win! Team!  
For the Royals Blue and White

Rah! Rah! Yea! Royals!  
Rah! Rah! Fight!  
W-O-O-D-B-U-R-Y . . . Woodbury! Woodbury!

Yeaaaaaaaay ROYALS!

### **Student-Athlete Agreement**

**You have made a commitment to the WHS Swim and Dive TEAM. Your personal and team safety and success is directly related to your dedication. The safety and success of the team requires each member to be reliable and dedicated to their individual and team goals. This Handbook and any current guidelines from the district and MSHSL was created to help you and the team be safe and successful.**

**By signing, I've read, understand, and accept the Terms and Conditions of this Handbook.**

**Student-Athlete Signature:**

---

**Date:**

---

**\*Your Swim & Dive coaches also agree and will follow the terms and conditions.**



**WELCOME  
TEAM 2025  
GOOD TIDES, STRONG VIBES  
GROW WITH THE FLOW**



