

WHS Royals

Girls Swim & Dive Team Newsletter

Issue 11, October 19, 2025

WEEK AT A GLANCE October 20 - October 26



MON 10/20 Weights @ WHS 7:00 – 8:00 AM
[MS AT-Home Dryland Opportunities](#)
Practice @ OMS 4:00 - 6:00 PM

TUE 10/21 Practice @ OMS 4:00 - 6:00 PM

WED 10/22 Weights @ WHS 7:00 – 8:00 AM
[MS AT-Home Dryland Opportunities](#)
Practice @ OMS 4:00 - 6:00 PM

THU 10/23 **HOME vs Cretin-Derham Hall**
@ Oltman Middle School 6 PM
3:30 PM Setup
4:00 PM Warm-up Starts & Set Up
Senior Night Celebration after the meet ends

FRI 10/24 Practice @ OMS 4:00 - 6:00 PM

SAT 10/25 Practice 8:00 - 10:00 AM for
Sections/State competitors
Practice 8:00 - 9:00 AM for JV
Champs competitors
Pasta Party at Quinn & Maggie's

SUN 10/26 Rest & Relax

UPCOMING EVENTS & NEEDS

TUE 10/23 Home vs Cretin-Derham
Hall
NEED: 3 timers
2 Post-Meet meal

SAT 10/25 Swim & Dive-a-thon Pasta
Party
NEED: 4 drinks (Seniors)
2 Bottled Water (Juniors)
4 Salads (Sophomores)
2 Bread (Freshmen)

Sign-up for volunteer opportunities
[HERE](#)

WE LOVE OUR SENIORS

Thursday is Senior Night vs. CDH at Home (OMS) with some Senior Capstone/Highlights and "last chance, fast dance swims"!

After the meet will be Senior farewell speeches by underclassman, on deck family photos, Senior Final Splash, plus cupcakes for the team.

TICKETS LINKS

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

We are Confident!
We are Strong!
We are Spirited!
We are Enough!
We are the **Royals!**

MONDAY

Weights @ WHS 7:00 - 8:00 AM

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

Practice @ OMS 4:00 - 6:00 PM (Pool doors open @ 3:30 PM)

TUESDAY

Practice @ OMS 4:00 - 6:00 PM (Pool doors open @ 3:30 PM)

WEDNESDAY

Weights @ WHS 7:00 - 8:00 AM - LAST ONE

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

Practice @ OMS 4:00 - 6:00 PM (Pool doors open @ 3:30 PM)

THURSDAY

S&D HOME Meet vs Crefin-Derham Hall @ [Oltman Middle School](#)

3:30 PM Setup, 4:00 PM Warm-up Starts & Set Up

Team Goal: Win both JV and Varsity Meets

After the Meet: Senior Night Celebration

- Senior farewell speeches by underclassman
- On deck family photos
- Senior Final Splash
- Cupcakes for the team in the cafeteria

[Season 24 Dual Meet vs CDH](#)

Varsity Wdby 101 CDH 83 (exh at 400 FR)

FRIDAY

Practice @ OMS 4:00 - 6:00 PM (Pool doors open @ 3:30 PM)

Section/JV Champs Teams practice together

SATURDAY

Practice @ OMS 8:00 - 10:00 AM for Sections/State competitors

9:00 - 10:00 AM for JV Champs competitors

Pasta Party @ Quinn & Maggie's 6:00 PM

Halloween costume contest and Swim & Dive-a-thon prize drawing

SUNDAY

Rest, Relax and enjoy time with family and friends

SEC CONFERENCE DUAL MEET HOME VS WHITE BEAR LAKE FEELINGS & MEMORIES

Total Fun, Relaxed and triumphant
performances by the Royals.

Meet Stats & Outcomes

First Time (new WHS event for swimmer): 8 swims

Best Time (WHS personal best time/score): 18 swims

Top 20

Iris Sorenson-Wagner: 200 IM, 2:17.80, 17th

TRUE TEAM STATE FEELINGS & MEMORIES

Present, In the moment,
Happy, Satisfied to return for the 5th year

Meet Stats & Outcomes

Best Time (WHS personal best time/score): 30 swims

Top 20

Iris Sorenson-Wagner: 200 Medley Relay-Back, 28.00, 5th

Parmida Ghodsian: 200 Medley Relay-Back, 30.18, 18th

Evelyn Rundquist: 200 Medley Relay-Breast, 32.80, 12th

Eleanor Webb: 200 Medley Relay-Free, 25.33, 11th

Parmida Ghodsian: 100 Back, 1:03.48, 16th

Iris Sorenson-Wagner: 100 Breast, 1:08.23, 4th

Evelyn Rundquist: 100 Breast, 1:13.54, 16th

Grade Records

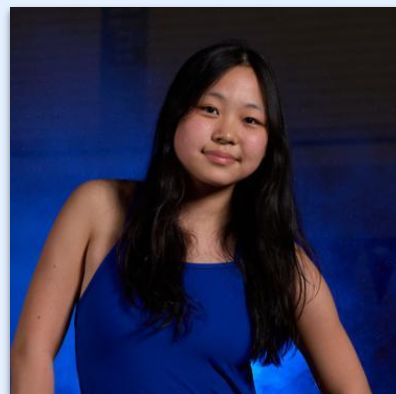
Greta Straka: 200 Medley Relay-Fly, 30.27, 7th grade

Greta Straka: 50 Free, 26.38, 7th grade

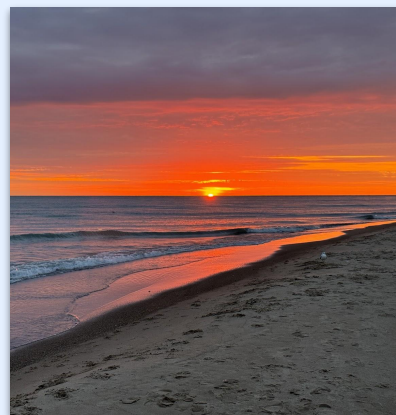
Woodbury Way - Royals are there for each other

Happy Birthday Royals!

Julie Kim



Season 25 History in the Making



SECRET PUMPKIN

SECRET PUMPKIN WEEK OCT 27TH - OCT 31ST

Halloween week we will be exchanging gifts. On Friday 10/24 we will draw a teammate's name (with a list of their likes). Throughout the week, provide a hint to who you are and a small gift, based on the themes below. Start your hints broadly and get more specific as we move through the week. Each day place your gift on the table near the whiteboards at the shallow end, with your teammate's name on it.

Mon 10/27: Something Affirming (Handwritten note or card)

Tues 10/28: Something Salty

Wed 10/29: Something Sweet

Thur: 10/30: Something Scary or Spooky (Reveal day)

Royals will be drawing their secret pumpkin on Friday Oct 24th.

The MAX spending for the WEEK is \$25

This is optional, let Coach Liz know if you don't want to participate



PASTA! PRIZES! COSTUMES! OH MY!

Quinn and Maggie are hosting our annual pasta and swim-and-dive-a-thon prize party with a Halloween twist.

You will also have the opportunity to compete outside the pool with a Halloween costume contest.

See you on Sat Oct 25th @ 6:00 PM

HALLOWEEN PASTA PARTY

BANQUET

SAVE THE DATE - CELEBRATE SEASON 2025

WHEN: Sunday, November 17th

TIME: 11:00 am - 1:00 PM

WHERE: Tinucci's, Newport

It's a brunch-tastic banquet. The RSVP form will be sent later this week.

Swimmers & Divers, Team Managers, and Coaches costs are covered by the Boosters.

Parents/Guardians and siblings who would like to attend will be \$30/person.

*Sign-up Genius will be updated this week to add volunteers needed for setup, check-in, and clean-up.

JUST A FEW WEEKS TO GO

Time for the Climb

Focus our efforts on pushing the comfort zone;

- ★ Doing a challenging technique or skill daily so it becomes second nature at big meets
- ★ Specifically training for high school swimming and diving events
- ★ Completing the 2 power lifts left this season

Wednesday is our last day in the weight room.

Upcoming meets and events

- Thursday, Oct 23rd ~ Last Dual Meet
- Saturday, Nov 1st ~ JV Championships
- Thursday, Nov 6th - Nov 8th ~ 4AA Sections
- Thursday, Nov 13th - Nov 15th ~ 4AA State
- Sunday, Nov 16th ~ Team Banquet @ Tinucci's

[Self Awareness, Love and Clarity & Tiny Healthy Habit Maker Chart](#)

we completed these at practice. Please display them or put somewhere you see often. Parents check in with your athlete and ask them to share, review and apply the worksheet with you.

[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.

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

Royals, it is time for the climb!



Clean water bottles

If it's in your water bottle, it is in your body. Think about it.



We peeked inside a few Royal water bottles and found mold growing!

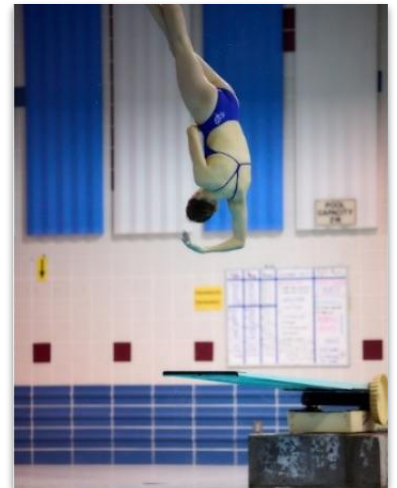
How to keep your water bottle clean:

[Water bottle healthy habits](#)

[Water bottle healthy habits \(2\)](#)

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 5 th 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 V 103-77 JV 76-71
09 OCT	Mounds View V 87-99 JV 65-105
11 OCT	True Team Sections 3 rd Place
14 OCT	White Bear Lake V 103-83 JV 75-53
15 OCT	True Team State 7 th Place
23 OCT	Cretin-Derham Hall
01 NOV	JV Championships
06 NOV	Sections



[Home](#)

[Away](#)

[Meet Results](#)