

## Woodbury Royals Girls' Swim & Dive Team Newsletter 3



## DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 2-0

JV Conf Record 2-0

[Woodbury 105 Roseville 64](#)

Woodbury 105 CDH 80

Hastings Invite 1st Place

## Common team goals and purpose

This week our common team goals are

to win as a total team vs Mounds View on Thursday. This meet will be a good match up and provide some excellent competition. The last few years this has always been a close meet.

Saturday get some POOL Records at Watertown Mayer, Win the Plunge and the meet as a team. The team that wins earns pizza after the meet.

### 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.

Important Special Dates:

### Meet Schedule

Monday Evening Sept 19th CycleBar Ride

6PM arrive 6:10 Team does a short 15 min ride, 6:30PM Ride for the Royals Girls S&D.

Here is the link to sign up for your Community Fundraiser ride on Sept. 19th at 6:30!

[https://members.cyclebar.com/book/cyclebar-woodbury/piq\\_7712967](https://members.cyclebar.com/book/cyclebar-woodbury/piq_7712967)

Feel free to spread this to whoever you would like to sign up. You will need the link to sign up for the ride, it won't be shown online or on the app since it is a community fundraiser ride. The price is set at \$25 a bike and the money goes to the Woodbury Girls Swim & Dive Team.

Thursday Sept 22 HOME meet vs WBL. Senior, Staff and Youth Appreciation Night

No practice Sept 24: Saturday of Homecoming

Wednesday Sept 28th Total TEAM PICTURE

3:10 Main WHS GYM Bleachers: **Wear 22 Team Tshirt ( you will get Tuesday9/6!) and Dark Pants.**

Followed by optional individual pictures in the pool. Divers first, then Swimmers. **Wear Team Suit and goggles (divers- no goggles unless you want them)** Coach Liz and Captains has the example of the individual photo shoot on their phones. It is a movie clip and won't upload to the google doc. If you want to see it. Text us and we will text the movie clip back.

Same photographer: Rich Peterson. Cost \$25- digital access to Team Photos and your individuals.



**Thursday Sept 29 away at Park. Park Senior Night and ALOHA Meet**

**Saturday Oct 1 Swim and Dive A thon**

**Saturday Oct 1 or 8 Parkberry Team Haunted Hayride Outing**

**Thursday Oct 13 HOME meet vs Stillwater. WHS Parent Night**

**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**

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

**Banquet Sunday Nov 20th at WHS Auditorium and Cafeteria**



Try this cookie recipe from Coach Megan



### Two Ingredient Cookie

**Ingredients:**

1 cup instant oatmeal  
2 large bananas, peeled and mashed (best to use ripe, browning bananas; should amount to about 1 cup of banana mush)

Preheat oven to 350

Mix ingredients together

Add "mix-ins" of choice (e.g. chocolate chips, raisins, nuts, dried fruit, coconut, flaxseed) BUT not too many or cookie "dough" won't hold together

Spoon onto a greased baking sheet (makes about 16 cookies) - note that cookies do not spread much, so can be placed close together

Bake for 15 minutes

These "cookies" make a great portable breakfast

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THIS WEEK'S  
TOP STORIES: W vs CDH Thursday Night and 1st Place Team Finish at Hastings Invite.

Week 3

Highlights from the dual vs CDH and Hastings Invite

**September 9 @ Cretin Durham Hall**

24 first time swims

27 personal best times

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

- JV 200 Medley Relay (A: Q. Haines, I. Sorenson-Wagner, K. Brown, B. Hacker; B: I. Sonkusare, P. Collins, L. Terrones, C. Bancker; C: M. Moore, C. Hao, A. Montazavi, L. Jang)

- JV 50 Freestyle (K. Brown, A. Conway, D. Hummel; exhibition took 4th - B. Hacker and 5th - R. Getzlaff)

- Varsity Diving (G. Mauder, E. Nohner, H. Linn)

**September 10 @ Hastings Invite**

13 first time swims

13 personal best times

[- 4 Top 20 Swims](#)

- Hailey Kelly: 200 MR (Back), 30.72, 19th

- Ava Reich: 50 Free, 25.82, 15th

- Maya Tellez: 100 Free, 56.25, 15th

- Addison Forshee: 100 Back, 1:04.54, 19th

[- 1 Grade Level Records](#)

1 Grade Level Records

- Iris Sorenson-Wagner (7th grade): 200 MR (Fly), 30.33

Captains will pass out awards Tuesday for last week's meets. CDH and Hastings

**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: Maya Tellez**

**JV: Caitlin Bancker**

**Diving: Halle Linn**

Maya has been focused and training hard at practice. She won the 200 freestyle vs CDH. This was the 1st event Royals won that night and helped all the Royals believe -"Yes We CAN" even if CDH was fast on paper going into the meet. She also did her part on Relays and Won the 500 Freestyle at Hastings. Caitlin has been a lane leader, present and determined at practice. Thursday night she swam her first 27 50 free on a Relay. Hard work pays off. Halle earned 3rd place in diving at CDH helping the Royals get a Royal Flush and give us a 13 point lead. Her efforts all week at practice, working on twisters and higher degree of difficulty dives was evident in her results; at CDH and Hastings.

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, and KATIE** and Noelle while her knee heals, for caring stuff, posting meet programs, running starts at warm up, taking splits and tracking scores.

## [WHS School All Time Records, Grade Level Records and Top 20 Records](#)

[All Conf Updates will start next week.](#) - scroll down to see past years

[Power Point Chart used for All Conf and TT State Wild Card \(2014 is the chart used\)](#)

[MNSwimmer Top 20](#) **CONGRATULATIONS! Woodbury!** ( list includes Single A and Double AA)

9/12/22

200 freestyle relay 1:45.38 19th Ava Reich, Ava Hacker, Addison Forshee, Maya Tellez

9/12/22

400 freestyle relay 3:49.20 14th Ava Reich, Addison Forshee, Sophia Peterson, Maya Tellez

9/12/22 6 Dives Gabby Mauder

[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

The divers performed well, taking 1-2-3 and helping the the swimmers win the meet against Cretin - Derham Hall.

vs CDH Results 9/8/22

1st place Gabby Mauder 258.35

2nd place Eva Nohner 175.55

3rd place Halle Linn 173.45, Personal Best

JV 3rd place Nina Faulkner 132.45, Personal Best

JV 4th place Zoe Block 116.25

The divers scored the most diving team points at the Hastings Invitational, finishing 1st-3rd-6th-12th. Diver of the meet would be Zoe who corrected her double bounce on her back approaches and score a personal best! She would have finish 11th if we had been allowed 5 divers to compete. Note that the Hopkins meet on 9/17 was canceled. We will have an 11-dive inter-squad meet at Lake MS on that day.

Hastings Invite Results 9/10/22

1st place Gabby Mauder 230.55, won the meet by 30 points

3rd place Eva Nohner 172.25, +2 points better than last years Hastings Invite

6th place Halle Linn 161.50, +8 points better than last years Hastings Invite

12th place      Nina Faulkner      122.60, first year at this meet.

EX                Zoe Block            135.15, +14 points better than last years Hastings Invite, Personal Best

## SENIOR SPOTLIGHT:

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



**SENIOR :**Lucy Jacobson

I'm looking forward to experiences like meets, pasta parties, football games, etc. with my friends and teammates.

My favorite after practice snack/meal is sushi.

My favorite pre-meet song is sheluvme by Tai Verdes.

My favorite event is the 500 freestyle because I enjoy pushing myself to hold a faster and more consistent pace each meet.

My favorite memory from the team is playing games and getting to know people at pasta parties and when we go to the haunted house.

A piece of advice I'd give to my teammates is that when you're upset or you didn't swim well, give yourself a minute to think it through and validate it, and then let go and move on to your next race. Focus on the team as a whole and having fun!

**SWIM & DIVE A THON** - The portal will open September 6th and run thru October 1st.

Goal for the Team: \$10,000

Goal Per Athlete: \$100+

- Prizes Include: Gift Cards to Lulu, Nektar, Starbuck, and Cash!
    - \$100 gets you one ticket to be entered into drawing for these prizes
    - Every additional \$25 increments (above \$100) gets you another ticket to be entered for a drawing for the prizes
    - Let's have some fun!
  - Food Truck or Food Venue following the Swim/Dive-A-Thon at WHS for cash purchase
  - Elsmore has ACCEPTED our date! If you are able to volunteer at the Elsmore booth during this day please contact Mary Getzlaff: [getzlaffm@gmail.com](mailto:getzlaffm@gmail.com)
  - A signup Genius will be coming out for our fun day
- .....

## WEEK AT A GLANCE

### **Monday Sept 12**

ETS 7-8AM @ WHS

Diving 3:15-5:15 @ LMS

V Swim 3:30-5:30PM @ WHS \* Guest Zoom Presenter Coach Jenna Nace to get us ready for Watertown Mayer Coach Dave Nace Memorial Meet at 3:30PM. She just welcomed a baby this summer so she is zooming this year with a unique presentation for us. 15 min long

JV Swim 5:30-7PM @ WHS

### **Tuesday Sept 13**

Diving 3:15-5:15 @ LMS

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

\* 5-5:30 Guest Speaker Jenny Stoltenow. Woodbury Alumni who started Loyal Royals now called WHS Super Fans.

JV Swim 5:00-7PM @ WHS

### **Wednesday Sept 14**

ETS 7-8AM @ WHS

### **Wednesday continued**

Diving 3:15-5:15PM @ LMS

V 3:30-5:30PM

JV 5:30-7PM

### **Thursday Sept 15th**

[AWAY vs MV](#)

Bus leaves WHS @ 3:30 Returns WHS @ 9:30PM

### **Friday Sept 16th**

Diving 3:15-5:15 @ LMS

\* will discuss and decide Monday at ETS about AM or PM practice this week.

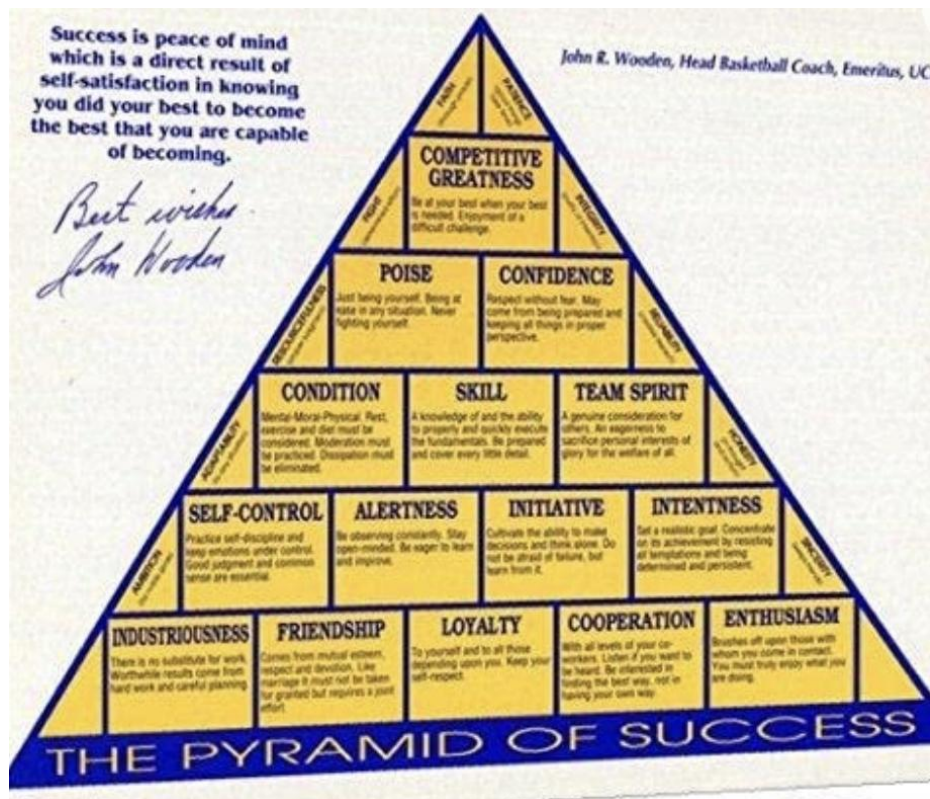
**Saturday Sept 17th : [WaterTown Mayer INVITE](#) after 50 Free is the PLUNGE!**

Swimming BUS leaves WHS @7:45AM

Meet Starts @ 10:30AM

Return to WHS @ 2:30/3PM

Divers 11 Dive Intrasquad at LMS



I grew up sailing, mostly because my Dad loved this sport and excelled at it. I learned a lot from this sport. And every good boat needs a good swimmer/lifeguard;) When sailing there are all these different jobs and skills that have to be performed sometimes simultaneously for success on the water to occur. It is similar to High School swimming and diving in that there are all these different events, dives, heats, lanes, leadership, team managing, Relays and teammates that all come together as one. You are doing this! Keep it UP.

Love this video of sailing teamwork and hard work from the first America's Cup all women's team in the 90s. [Please view to be inspired.](#) Did you see the dolphins?



**We are the ROYALS!**