

Woodbury Royals Girls' Swim & Dive Team Newsletter



DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 5-0

JV Conf Record 5-0

[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

Common team goals and purpose

This week our common team goals are to improve our finishes and increase our foot speed/tempo. The Turbo Zone. Shark Week! Thursday we compete against Forest Lake. Saturday we hope to Win the Simley Invite for the 3rd year in a row.

SWIM & DIVE A THON - Wow. What a fun Saturday at Woodbury!

You raised \$9,642!!! What an accomplishment, not only the funds you raised for your team, but that you swam 1200 laps to do it! THANK YOU!!!

Drawings for the prizes will be done this week. 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!

Thank you for all the volunteers that took pictures, served food, ran errands, or cheered the team on. We couldn't do these activities without you!

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. Please read and enjoy.

ANXIETY IN SPORT

ANXIETY

Cognitive (mental) anxiety- caused by nervousness and concerns we have about the demands of the situation. Examples include feelings of worry, lack of confidence and inability to concentrate.

Somatic (physical) anxiety- results from how we interpret the physiological reactions in our bodies. Feelings of muscle tension, sweaty palms, butterflies, and increased heart rate.

STRATEGIES FOR MANAGING ANXIETY AND AROUSAL

Typically, mental anxiety is a limitation to performance and needs to be addressed. However, physical anxiety can be quite useful within manageable levels.

The technique for reducing excessive anxiety should be matched with the type of anxiety being experienced (mental anxiety requires a mental strategy, physical anxiety requires a physical strategy).

10 TIPS FOR MANAGING SPORTS AROUSAL

1. Ideal performance state awareness

It is important that athletes understand which arousal levels result in their best performance. Often, this is a trial-by-error process, but the process can be strengthened by paying careful attention to pre-competition feelings and following performance.

2. Pre-competition arousal check

Your pre-competition routine is a simple technique which encourages you to pause for a few moments and read your mental/physical arousal levels. Are you in the 'zone'? If not, you need to apply one, or more, of the techniques described in order to alter your arousal to a desirable level for peak performance.

3. Appraisal changing

When athletes experience increased levels of mental anxiety, they are usually worrying about three things:

1. The demands of the situation
2. Their ability to cope with these demands
3. The consequences of not meeting the demands of the situation

This type of negative thinking ultimately results in anxiety and poor performance.

Train yourself to be more confident by practicing positive self-talk on a regular basis. Positive thinking will lead to a successful performance.

4. Imagery

Recalling previous good performances and seeing future success have been shown to be extremely beneficial for some athletes.

When anxiety becomes a problem pre-competition, you can find a quiet place and do some positive imagery where you see yourself performing well and overcoming the challenges presented.

5. Focused breathing

Taking a few deep breathes is a great technique which works for most people. Focusing on relaxation in the fingertips and toes is a quick way to promote full body relaxation.

6. Deep relaxation training

Deep relaxation is a powerful way of reducing physical anxiety in the days leading up to competition. It is also a very helpful way of recovering from a hard training session and generally reducing the results of physical stress.

ANXIETY IN SPORT

7. Re-interpret feelings

Rather than interpreting the physical symptoms of anxiety as negative and potentially harmful to performance, interpret them as a sign of readiness and eagerness to compete.

8. Inspirational music

Many athletes find that music is very effective for a pre-competition pump up. The selection of music is important and very individual.

FOCUSED BREATHING ROUTING

Step 1: Find a place where you can sit down without being interrupted

Step 2: Breathe deeply in through the nose and out through the mouth according to the following:

Inhale through the nose: count IN, TWO, THREE, FOUR

Exhale through the mouth: count OUT, TWO, THREE, FOUR

Focus: on relaxed fingertips

Step 3: Breathe deeply in through the nose and out through the mouth according to the following:

Inhale through the nose: count IN, TWO, THREE, FOUR

Exhale through the mouth: count OUT, TWO, THREE, FOUR

Focus: on relaxed toes

Step 4: Repeat this breathing process as many times as you need.

Step 5: Stand up and silently repeat "I feel ready—I feel good"

9. Physical exertion

When athletes are feeling tired and need to recharge, some sort of physical exercise or movement can work very quickly. Increased breathing and heart rate will activate the body and mind resulting in the feeling of being more energized. This may be used to increase psychological activation and assist the athlete in entering the 'zone' and achieving an ideal performance state.

10. Activating cues

The use of cue words or phrases can effectively increase arousal and help the athlete in entering the 'zone'.

EXAMPLES OF ACTIVATING CUES

"Come on—let's go"

"I love competition"

"I need to be my best today—let's really focus"

"This is tough competition—I'm really pumped"

"The pressure is in today—this is what I love"

"This is the big one—let's get it"

THINK IT.
WANT IT.
GET IT

CREATE A "HIGHLIGHTS REEL"

Use visualization of your best or most successful performances to enhance confidence. Play this highlight reel often in your mind.



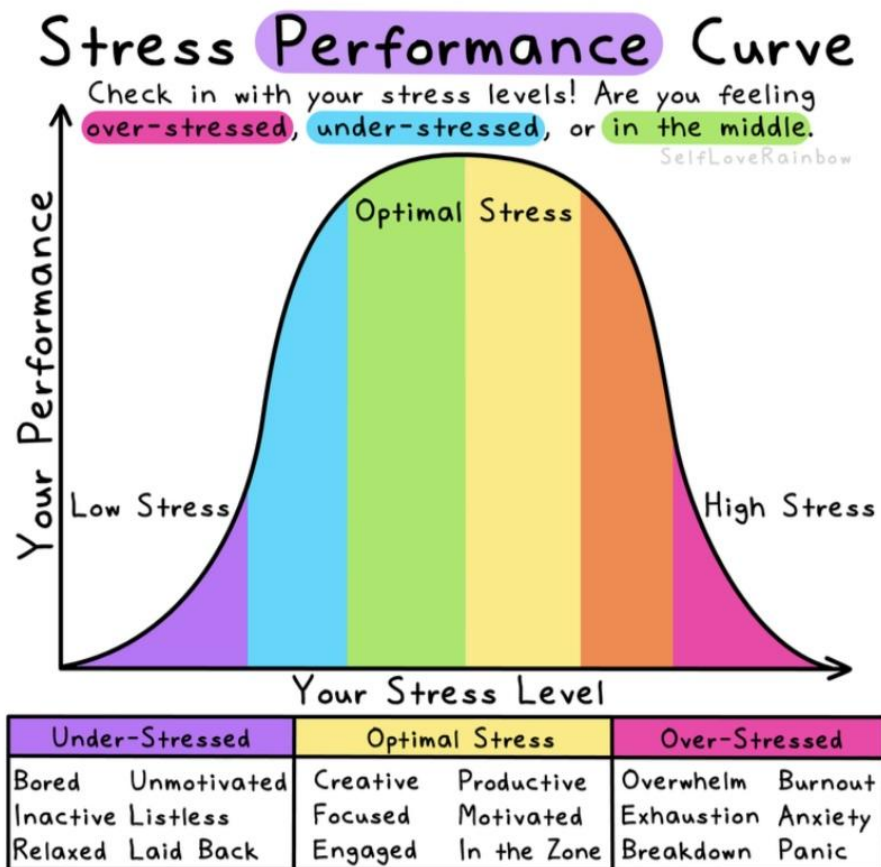
ANXIETY IN SPORT

THE ZONE

It is believed that athletes have a lane of arousal levels within which they perform their best. If the athlete is above or below this lane, performance declines. The lane within which best performance occurs is known as the 'zone of optimal functioning.'

It is very important for athletes to read one's body and identify signs and symptoms which signify being 'in the zone.'

If an athlete falls out of the 'zone' and performance suddenly declines, the athlete will most likely require a major calm down before performance begins to improve again. Therefore, there is an even greater need for athletes to achieve proper arousal levels prior to, and during, competition.



Adapted from *The Mental Game Plan* (Bull, Albinson, & Shambrook)

Important Special Dates:

[Meet Schedule](#)

Thursday Oct 6th vs Forest Lake swim away [NO BUS](#) @The Education Center of Forest Lake Area Schools/dive home @ LMS

Saturday Oct 8th Simley Invite. Jr.+Sr. Late Lunch at Jersey's in IGH after meet.

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

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 Cafeteria

THIS WEEK'S TOP STORIES:

Week 6

September 29 @ Park

10 first time swims

36 personal best times

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

- Varsity 200 Free (Av. Reich, Ad. Forshee & A. Hacker)
- Varsity 200 IM (M. Tellez, N. Kelly & L. Jacobson)
- JV 50 Free (Q. Haines, C. Bancker & R. Getzlaff)
- JV 100 Fly 1st through 4th (S. Rundquist, P. Getzlaff, L. Jacobson & K. Brown)
- Varsity 100 Fly (Av. Reich, S. Peterson & I. Sorenson-Wagner)
- JV 100 Free (D. Hummel, H. Choi & L. Jang)
- Varsity 500 Free (Ad. Forshee, E. Sorenson-Wagner & Av. Forshee)
- JV 100 Back 1st through 4th (Q. Haines, R. Getzlaff, E. Serefimov & I. Sorenson-Wagner)
- Varsity 100 Back (N. Kelly, I. Sonkusare & M. Moore)
- Varsity 400 Free Relay (B: Av. Reich, Q. Haines, R. Getzlaff & D. Hummel; A: M. Tellez, S. Peterson, P. Getzlaff & A. Hacker; C: Ad. Forshee, L. Jacobson, E. Serefimov & N. Kelly)

1 Top 20 Swims

- Hailey Kelly: 200 MR (Back), 30.53, 17th (moved from 19th)

Captains will pass out awards Tuesday for last week's meet vs Park

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: Hailey Kelly

JV: Ida Chauss

Diving: The Whole Dive Squad!

Hailey is happy and upbeat daily. She trains hard. At the meet this week she tried some different events, breaking the 1 min barrier in the 100 free. She also jumped up 2 spots on the Top 20 list in the 50 Back/200MR. Ida always gives her best at practice and meets. She is focused and determined. Ida swam the 200 IM for first time as a Royal and dropped 10 seconds from her previous time. The whole dive squad had a remarkable week. All had improvements, Royal Flush in Varsity and 1,2 in JV.

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 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](#) - 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

The divers took 1-2-3 in the varsity competition and 1-2 in the JV competition in our meet against Park.

Park of Cottage Grove vs Woodbury Results 9/29/22

1st place	Gabby Mauder	287.65, Rated #1 in state in 6-dive scores
2nd place	Halle Linn	196.25, Personal best by +13 points
3rd place	Eva Nohner	192.05, Personal best by +2 points
JV-1	Nina Faulkner	170.35, Personal best by +18 points
JV-2	Zoe Block	140.65, Personal best by +5 points

SENIOR SPOTLIGHT:

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



*What you are looking forward to the most for Senior Year?:

Keeping our winning streak from last year and watching the team improve

*Fuel-Favorite Snack or Meal after practice?:

Frozen Oreos and a Honeycrisp apple

*Music as a Motivator: Favorite PreMeet Song or Workout Song?:

Mobamba

*Favorite event and Why?:

100 Fly, I love sprinting non free!

*Favorite memory being a Royal?:

Last year's True Team State meet.

*Piece of advice you would give your teammates that helped you be a successful student-athlete:

Have fun! Once you let the stress of homework, tests, practices, and meets get to you everything feels harder than it is, and it makes everything much less fun. When you're on the deck and in the water, take that time to relax and unwind from the stress of the day and what you have left to do.

Recipe from Coach Megan



GOOD FOOD GOOD MOOD



Chicken Pesto Sandwich

Ingredients:

- 2 cups shredded chicken breast
- 1/4 cup greek yogurt
- Salt and black pepper to taste
- 1 baguette, sut into 3-4 equal pieces, toasted
- 2 cups arugula
- 2 Roma tomatoes, thinly sliced
- 8 ounces mozzarella, sliced

For the basil pesto

- 1 cup fresh basil leaves
- 3 cloves garlic, peeled
- 3 tablespoons pine nuts
- 1/3 cup grated parmesan
- salt and black pepper to taste
- 1/3 cup olive oil

To make the pesto, combine basil, garlic, pine nuts and parmesan in the bowl of a food processor; season with salt and pepper. With the motor running, add olive oil in a slow stream until emulsified; set aside.

In a large bowl, combine chicken 1/2 cup pesto, greek yogurt, salt and pepper, to taste.

Serve sandwiches on baguette with arugula, tomatoes, mozzarella and chicken pesto mixture.



WEEK AT A GLANCE

Monday Oct 3rd

ETS 7-8AM @ WHS

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM

SWIMMING @ The Education Center of
Forest Lake Area Schools 943 SW 9th Ave.
Forest Lake, MN 55025

Warm UP 4:30PM

Meet @ 6PM

NO BUS

Tuesday Oct 4

Diving 3:15-5:15 @ LMS

"fishes out our water"

JV & V Swim at CycleBar arrive at 6:15PM
class is 6:30-7:15PM we have 10 plus bikes
open for parents interested in riding with the
team. Connect with Liz to have a spot.

Friday Oct 7th

JV+Varsity 3:30-5PM

Diving @ Simley Invite. Starts at 6PM

Wednesday Oct 5th

ETS 7-8AM @ WHS

Diving @ LMS

Swimming @WHS

V 3:30-5:30PM

JV 5:30-7PM

Saturday Oct 8th

Simley Invite

*no bus- upper classman Jr. & Sr. and
Coaches have a team building meal at
Jersey's in IGH following the meet around
3pm. Large Table is reserved.

WARM UP: 10:15-10:55 (woodbury is in
flight one) 11:35-11:50, sprints
lanes 3,4,5,6. relay starts lanes 1,2,7,,8

Thursday Oct 6th - vs FOREST LAKE
swim away/dive home

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

MEET STARTS: NOON

We are the ROYALS!