

Woodbury Royals Girls' Swim & Dive Team Newsletter



DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 7-1

JV Conf Record 7-1

[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

Stillwater 95 Woodbury 87

4AA True Team Sections 2nd Place - Wild Card Advance to State

Woodbury 107.5 East Ridge 76.5

AA True Team State 5th PLACE

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

Wednesday Oct 26 Team Picture Day

3:10 Main WHS GYM Bleachers: Wear 22 Team Tshirt and Dark/Black 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 Oct 27 away vs Irondale at Edgewood Middle School

JV Champs Nov 5- 10 AM Stillwater Middle School

Sections Nov 10,11,12- Stillwater Middle School

STATE Nov 16,17,18 - UofM

Banquet Sunday Nov 20th at WHS Auditorium and Cafeteria

THIS WEEK'S TOP STORIES:

Week 9

October 18 vs East Ridge

3 first time swims

34 personal best times

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

- JV 50 Free (I. Sorenson-Wagner, Y. Zhai & P. Getzlaff)
- JV 100 Free (J. Zhai, A. Conway & R. Getzlaff)
- JV 100 Back (I. Sorenson-Wagner, I. Sonkusare & I. Chauss)

5 Top 20 Swims

- Iris Sorenson-Wagner: 200 MR (Back), 30.46, 17th (tie)
- Addison ForsheeL 200 MR (Free), 25.68, 12th
- Ellsa Sorenson-Wagner: 200 MR (Back), 30.35, from 19th to 15th
- Ava Reich: 50 Free, 25.71, from 15th to 13th
- Chloe Carlson: 100 Back, 59.65 stays in 5th

2 Grade Level Records

- Iris Sorenson-Wagner (7th): 200 MR (Back), 30.46
- Iris Sorenson-Wagner (7th): 100 Back, 1:06.38

October 22 @ True Team STATE

34 personal best times

15 Top 20 Swims

- Payton Getzlaff: 200 MR (Free), 26.08, 18th
- Addison Forshee: 200 MR (Fly), 27.40, 10th (tie)
- Ava Reich: 200 Free, 1:56.32, 3rd
- Addison Forshee: 200 IM, 2:11.68, 5th
- Ava Hacker: 50 Free, 25.72, 14th (tie)
- Sophia Peterson: 100 Fly, 1:00.63, 7th
- Nora Kelly: 100 Fly, 1:01.85, 9th
- Maya Tellez: 100 Free, 55.51, 9th
- Ava Hacker: 100 Free, 56.09, 16th (tie)
- Addison Forshee: 500 Free, 5:17.94, 6th
- Nora Kelly: 100 Back, 1:01.01, 6th
- Sophia Peterson: 100 Back, 1:01.73, 7th (tie)
- Hailey Kelly: 1:04.41, 20th
- Addison Forshee: 100 Free, 55.64, 11th
- Ava Reich: 400 FR Relay, 54.52, 10th

2 Grade Level Records

- Addison Forshee (9th): 200 MR (Fly), 27.40
- Addison Forshee (9th): 200 IM, 2:11.68

Captains will pass out awards Tuesday for last week meets vs East Ridge and True Team State

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: Sophie Peterson & Payton Getzlaff

JV: Katie Engelsrud

Payton jumped on to the WHS Top 20 list Saturday at State. She is a key Relay Player and had PBs in her individual events. Her consistent hard work in the weight room and pool is evident in her results. She has excellent attendance, determination and drive. Sophie slayed in both the 100 fly and 100 back Saturday at State (making her an official backstroker). During the week she came to JV practice and taught butterfly, sharing her gift and helping improve the whole team. Katie gives it her all at practice. She is bubbly, upbeat and intelligent. Tuesday vs EastRidge she swam her events with confidence and joy.

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](#) - Week 7 posted. (week 8 will be out Monday)

[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

The divers performed well in helping the swimmers defeat the East Ridge swimming and diving team on Tuesday.

East Ridge results

| | | |
|-----------|---------------|---------------------------------------------------------------------------|
| 1st place | Gabby Mauder | 284.35, Rated #1 in state in 6-dive and 11-dive scores |
| 2nd place | Eva Nohner | 192.30, +9 points better than last year's East Ridge meet (10/7/21) |
| 4th place | Halle Linn | 170.05, +15 points better than last year's East Ridge meet (10/7/21) |
| JV-1 | Nina Faulkner | 165.70, performed her 203c for the first time, beat two Varsity ER divers |
| JV-3 | Zoe Block | 130.65, +2 points better than last year's East Ridge meet (10/7/21) |

The four Woodbury divers scored 153 team points just behind Wayzata's 159 team points to claim the second best diving team in the state, at the AA True Team State Meet! Gabby claimed top Power Point earner for all swimmers and divers with 149 power points with her win in the diving competition. Second place was 147 power points earned in the 100 butterfly. Nina got to compete against other top 7th graders in the state. Together with the swimmers, we finished in 5th place as a team. AA True Team State 10/22/22 results

| | | |
|------------|---------------|----------------------------------------------------|
| 1st place | Gabby Mauder | 455.65, All-America Consideration score |
| 10th place | Halle Linn | 307.35, 105 power points, 20th place last year |
| 13th place | Eva Nohner | 297.40, 102 power points, 17th place last year |
| 19th place | Nina Faulkner | 205.40, cut at 8, best 7th grade diver at the meet |

Woodbury Divers Go 1,10,13,19 at True Team State!

Congratulations Diving Squad!



SENIOR SPOTLIGHT:

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



Ava Hacker

I am looking forward to the week of our dual meet with Eastridge, true team sections and true team state

My favorite meal after practice is peanut butter and banana toast with honey

My pre-meet song is Movie Star by Jack Harlow

My favorite event is the 50 freestyle because I love giving a race my all and not worrying about conserving any energy

My favorite memory as a Royal is either beating Eastridge or finding out we were going to true team state

[WEEK AT A GLANCE](#)

*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.

LEVEL UP 22 is here! Allow yourself to discover and absorb new/old knowledge and skills. Be little sponges of the sea. *** Must be completed if you have a goal of lettering.** With your favorite event in mind research and share with Coach Liz a youtube video on your favorite high school event. It can be a drill, skill, aspect of sport ect. Please include a write up on why you found the video you choose valuable to your continued improvement.

We are the ROYALS!

Monday Oct 24

7-8AM ETS @WHS

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM

Tuesday Oct 25

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM

Wednesday Oct 26th

ETS 7-8AM @ WHS

TOTAL TEAM Picture Day

3:10 Main WHS GYM Bleachers: Wear 22 Team Tshirt and Dark/Black Pants.

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

your individuals. Pay in check, cash or venmo. If Venmo (rich13twentythree) when sending venmo write- Woodbury Girls Swim & Dive. Swimmer/Diver First and Last Name Divers will head to Lake for practice after

Swimmers will practice after * ending time may vary maybe about 6PM depending on how long photos take. We will have all swimmers text before we get in the water the end time to rides.

Thursday Oct 27th

LAST Dual Meet Away vs Irondale @ Edgewood Middle School

BUS 3:15

Meet Starts 6PM

Return 8:30/9PM

Friday Oct 28

JV & V Swimming @ WHS 3:30-5PM

Diving @ LMS 3:15-5:15PM

Saturday Oct 28th

Swimming V @ WHS 8:30-10:30AM

Diving @ LMS

Scrapbooking 101: October 30 with Lynda Carlson from 1-3pm. If you're interested in helping put books together for the team please join the volunteers at the Carlson Residence!!

Shout out to Theresa Hummel, Michael Chauss, and Lynda Carlson for always taking the extra action shots of our athletes!



Breakfast of Champions!



Fans gathering together before we watch our ROYALS!!!



Birdi Golf Fun!