

## Woodbury Royals Girls' Swim & Dive Team Newsletter



# DRIVE

Section TEAM earns Academic **Gold** Standard! Grades 10-12 have an average GPA of 3.75 for higher!

WAY TO GO ROYALS with strong academics and drive in the classroom.

**Varsity Conf Record 8-1**

**JV Conf Record 8-1**

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

**AA True Team State 5th PLACE**

**JV CHAMPS- Champions**

### 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

Sections Nov 10,11,12- Stillwater Middle School

#### STATE Nov 16,17,18 - UofM

Banquet Sunday Nov 20th at WHS Auditorium and Cafeteria 3-5:30PM

*If you are interested in volunteering in helping with the banquet please sign up here!*

*Thanks in advance for your help!*

<https://www.signupgenius.com/go/70A094CABA823A6F85-banquet>

Section/State Podiums: Please Wear Woodbury Royal Team Parkas, Jackets, or Sweatshirts. Focus on our team and make sure we are following the protocol. Possible DQs can occur if not followed.

Note from MSHSL

## **MSHSL awards platform protocol**

**NOTE: Per MSHSL policy all athletes on the award platform must be wearing school attire (warm-up jacket, etc.). No hats are allowed. No extra items may be brought with them on the platform. Please make sure your athletes are aware of this procedure.**

**THIS WEEK'S TOP STORIES:**

**Week 11**

Nov 5th @ JV CHAMPS

49 personal best times

10 out of 12 Events Won by Woodbury

2 of the events Woodbury went 1,2

200 MR 1. Woodbury A R. Getzlaff, A. Conway, L. Terrones, I. Sorenson-Wagner  
8. Woodbury D K. Engelsrud, I. Zelm, I. Ryder, A. Reich

200 Freestyle 1. Avery Forshee, 3. Noelle Muller

200 IM 1. Iris Sorenson-Wagner

50 Free 1. Amari Conway, 2. Reese Getzlaff

Diving 2. Zoe Block

100 Fly 1. Izzie Ryder

500 Free 1. Avery Forshee, 5th Bella Fortuna

200 FR 1. Woodbury A I. Sorenson-Wagner, A. Conway, A. Forshee, R. Getzlaff

4. Woodbury B. C. Bancker, C. Hao, L. Terrones, I. Ryder

7. Woodbury C. P. Collins, H. Choi, M. Bergren, L.Jang

100 Backstroke 1. Reese Getzlaff, 2. Noelle Muller, 4. Ivanka Sonkusare, 6. Ida Chauss

100 Breaststroke 1. Amari Conway, 3. Peyton Collins

400 FR 1. Woodbury A. I. Sorenson-Wagner, A. Forshee, L. Jang, N. Muller.

5. Woodbury B. S. Hegge, C. Hao, I. Sonkusare, I. Chauss

6. Woodbury C. B. Fortuna, M. Bergren, L. Holm, M. Moore

**\* congrats. Ribbons 1-8 will be handed out at the Banquet on stage and podium.**



## **Royal Water Teammates of the Week**

**Varsity: Noelle Muller and Peyton Collins**

**JV: Adalyn Reich and Yannetta Stafford**

Noelle Muller had perseverance this season and triumphed with multiple PBs at JV Champs. She placed 1st 400FR, 2nd 100Back and 3rd in the 200 free. Noelle is known for her team spirit and shared that camaraderie with the team by hosting the pasta party Friday. Peyton Collins has worked hard all summer and fall both in the weight room and the pool. Saturday it paid off, in an outside lane she got in there taking 3rd in the 100 Breaststroke. She also slayed her 200 MR breaststroke split. Adalyn's positive attitude is like sunshine for the team. Saturday at JV Champs she was "on fire" turning in PBs everytime she stepped up to the block to race. Yannetta is a rookie this year. She always ask inquisitive good questions and is a true swimmer. At her first big finals meet Saturday she hustled winning or taking 2nd in her heats and dropping time.

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

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

[All Conf Updates](#) - final is Posted Congratulations. \* Medals and Certificates will be handed out at Banquet. Photoed- Swimmers, All Conf, All Conf HM, and Top 100.



[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.

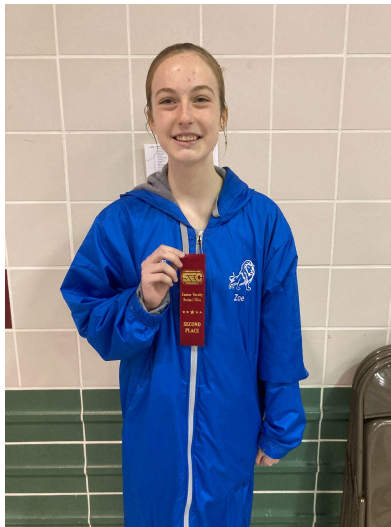
**Scrapbook Assembly Session II - Sunday, November 13 1-4pm**

Come and join a fun filled afternoon and assist in assembly of the scrapbook pages for our swimmers and divers. We include pictures, stats and accomplishments for each team member and creates a memory of their amazing season on the team. Looking to share the process to ensure that this tradition continues in the future. No experience required, just come and enjoy creating this special memory for the team! **Reach out to Lynda Carlson with interest or**

questions. carsch02@hotmail.com or just come when you can on **Sunday, November 13th, 1-4pm at 9613 Hillingdon Road.**

## Diving Corner

Zoe Block led off our post season competition with a Personal Best score of 141.55 and a 2nd place finish at the JV diving meet, Saturday morning, at Cottage Grove Middle School. This is a +22 point increase over her score from last year. Zoe has completed three years with the team without ever missing a practice! Congratulations Zoe on a fantastic season!



The Creative Divers had some fun with a team tradition Monday at practice.



**OPEN DIVE Tuesday Nov 22 after school @ LMS**

Attention All Team members (Swimmers and Divers) Tuesday Nov 22 3:15-5PM

Rick will host open dive. Come and enjoy the diving board! I will be there too and maybe try a back dive. Will be a nice way to end the trimester.

## WEEK AT A GLANCE

### **Monday Nov 7th**

Diving 3:15-5:15 @ LMS

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

\*JV Champs participants please stop by the pool to fill out end of season reflections, captains/team awards voting.

*\*Section participants will do this the following Monday Nov 14th*

### **Tuesday Nov 8th**

Diving 3:15-5:15 @ LMS

V Swim 3:30-5:15@WHS

### **Wednesday Nov 9th**

Diving 3:15-5:15 @ LMS

3:15PM National Signing Date. Team Member Ava Reich is committing to Mankato State. This is a team/school event and will be held at WHS after school (room TBD). Team members please wear School Spirit or your 2022 Royal Blue Team Tshirt. Congratulations Ava R!

*\*After, Sections swimmers will practice for about an hour.*

### **Thursday Nov 10th**

Diving 3:15-5:15 @ LMS

Early Release for Team Lunch at Panera. Noon.

3PM Bus

5:30PM Swimming Section Prelims at Stillwater Middle School

Bus Return 9/9:30PM

### **Friday Nov 11th**

V @ WHS 3:30-4:30PM

6:10PM Diving Sections at Stillwater Middle School

### **Saturday Nov 12th**

Bus 11AAM

1:30PM Section Swimming/Team Score Finals at Stillwater Middle School

All Royal Teammates are allowed to be on deck with Team. If you want to ride the bus and are not competing, please contact Coach Liz

Bus Return around 5PM

**TAPER : IS HERE!**

**Level Up 22: Thank you for all the entries. Fascinating, learning always.**

**We are the ROYALS!**