



Woodbury Royals Girls' Swim & Dive Team Newsletter 2



DRIVE

Lip Synch Battle 22

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 1-0

JV Conf Record 1-0

[Woodbury 105 Roseville 64](#)

Highlights From Guest Speakers



Thank you Kristen Nelsen and Mr. Getzlaff for presenting for us this past week.



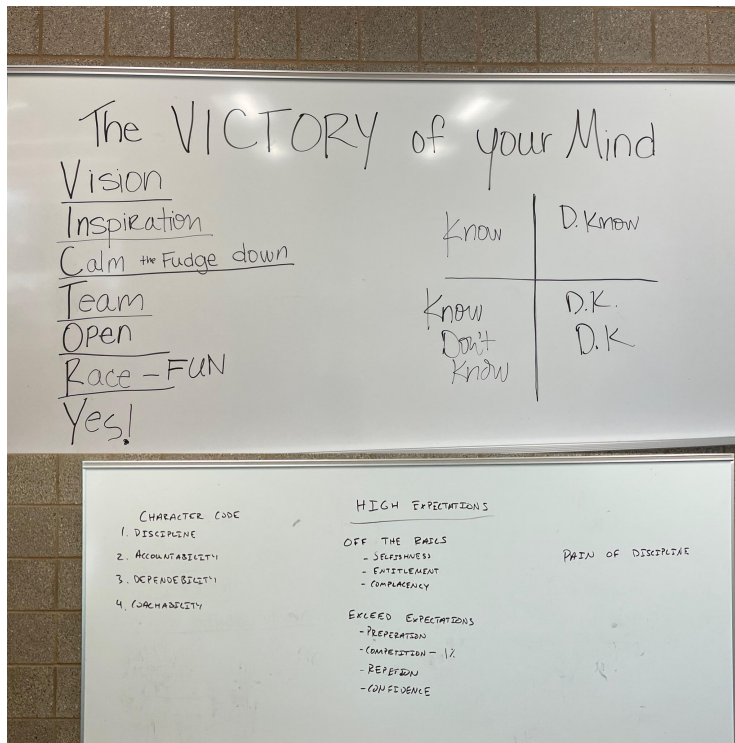
Remember to hum to help calm down. HMMMM and try these. When expanding breathe in. When shrinking breathe out.

▶ Triangle breathing, 1 minute

▶ Calm Sunrise Breathing Animation - HRV (Resonant, Coherent) Breathing

WRITE DOWN AN I AM OR WE ARE AFFIRMATION. EXAMPLES WE ARE WINNERS, WE WIN BIG AND WE WIN OFTEN. WE ARE RACERS.

Next week as you start school get in the habit of preparation, competition, repetition and confidence. HELPFUL HINT-(REVIEW YOUR SCHEDULE THE NIGHT BEFORE AND PACK YOUR BAG OR LAY OUT YOUR ITEMS READY TO GO.)





Common team goals and purpose

This week our common team goals are to win as a total team vs CDH on thursday. This meet is predicted to be one of the best team match ups of the season and sure to provide lots of close races and opportunities to STEP UP to the Challenge.

Saturday win the Hastings Invite for the second year in a row.

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.

How to score a dual meet

There will be a JV heat followed by a V heat. 50 and 100 free we will have 1 or 2 exh heats prior to the JV heat. JV heat results are totaled for JV team score, Varsity heat results are totaled for a V team score.

Relays

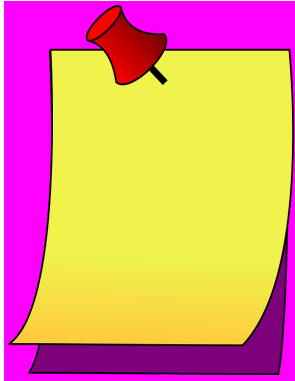
Place	1	2	3	4	5	6
Points	8	4	2	0	0	0

Individual Including Diving

Place	1	2	3	4	5	6
Points	6	4	3	2	1	0



Going to CDH or HASTING write specific individual and team GOALS for each meet.



Vision it-Write it down, Post it UP, Say it outloud, LIVE IT

Order of Events	400 FR JV
Warm Up	400 FR V
200 MR JV	
200 MR V	
200 freestyle JV	
200 freestyle V	
200 IM JV	
200 IM V	
50 free exh- 3royals, -stay in WHS lanes	
50 free exh-3royals -stay in WHS lanes	
50 free JV	
50 free V	
DIVING JV&V	
10 min Warm Up	
100 Fly JV	
100 Fly V	
100 free exh- 3 royals- stay in WHS lanes	
100 free exh-3 royals-stay in WHS lanes	
100 free JV	
100 free V	
500 free JV	
500 free V	
200FR JV	
200 FR V	
100 back JV	
100 back V	
100 breaststroke JV	
100 breaststroke V	



SELF-TALK

What athletes say to themselves

Athletes that have a mental self-image of positive traits, positive perceptions, and positive characteristics become more confident and perform better. When negative characteristics and doubt about ability emerge, confidence declines, as well as, performance.

Develop a list of positive affirmations

Compile a list of 5 to 8 positive affirmations relating to your sports performance. By writing these personal affirmations on a card and reading them several times a day, you will begin to maintain positive thinking and confidence.

Examples:

- I am strong.
- My training is going well.
- I can perform well in tough competitions.
- I feel mentally strong.
- I can stay focused under pressure.
- I like the challenge of competition.



DO YOU HAVE AN INTERNAL DIALOGUE?

It is important that you practice positive self-talk so when the negative thoughts enter your mind you can immediately replace them

CREATE A

"HIGHLIGHTS REEL"

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

CHANGING SELF-TALK

Be on the look out for negative thoughts.

1. Don't ignore that you have some concern about your performance. Instead, acknowledge that there is a real challenge in the situation but attempt to think about the challenge from a different angle.
2. Have a replacement thought ready which has been practiced and rehearsed.



THINK IT.
WANT IT.
GET IT

Tips for Changing Self-talk

Negative Self-talk

It is difficult for me...

I can't...

If only/I hope that...

If I...

I'm worried about...

Ex. I just can't get that mistake out of my mind.

I'm worried about swimming against that faster girl.

Positive Self-talk

It is a challenge for me...

I can...if I...

When...

When I...

I'll be ok...if...

Give me another chance--I'll make up for it next time.

I'll be ok against that faster girl as long as I remember my fast turns and streamlines.



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

Important Special Dates:

NEED A BRAND NEW TEAM SUIT? Contact team parents

April apricole@gmail.com has size 34 racer cut

Judy judy.stolley@gmail.com has size 28 fly back, traditional cut

No practice Sept 3,4,5: Labor Day Weekend



THURSDAY SEPT 8th: NO BUS. Transportation is unable to provide buses for us.

Please use transportation chart to figure out rides.

Warm UPS start at 4PM, Meet Starts at 6PM - Away vs CDH at St. Cate's in Butler Center

[Transportation chart.](#)

[St. Cate's Pool at Butler Center](#)

[Campus Map](#) Butler Center - where the pool is. Building 4.

The Campus of St. Cate's

2004 Randolph Ave

Saint Paul, MN 55105

[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

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

Good Food=Good Mood. Summer Recipe from Coach Megan. YOU can cook it! Impress your family. I am going to try this Monday on Labor Day:). If you do cook it & eat it, take a picture and email into Coach Liz. More Recipes to come from Coach Megan



GOOD FOOD GOOD MOOD



Summer Zucchini Noodle Salad

Ingredients:

For the dressing

- 1/4 cup olive oil
- 3 tablespoons white balsamic vinegar
- 1 clove garlic
- salt and black pepper to taste

For the salad

- 2 large zucchini, ends trimmed
- 1 large ear sweet corn, kernels removed
- 1-1/2 cups grape tomatos, halved
- 1 large avocado, pit removed, peeel and diced
- 1/4 cup crumbled goat cheese
- 3 tablespoons freshly chopped basil
- salt and black pepper to taste

First, make the dressing. In a small bowl, whisk together the olive oil, vinegar, garlic, salt, and pepper. Set aside.

Use a spiralizer to make the zucchini noodles.

In a large bowl, combine zucchini noodles, corn, tomatoes, avocado, goat cheese, and basil. Toss to combine. Drizzle with dressing before serving.

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Summer Tree Set Finishers 22. (Endurance is Key)

THIS WEEK'S

TOP STORIES: [Both Varsity and JV are Victorious away at Roseville](#). Fun Fact: Sept 1st All Woodbury Athletic Teams Won that night! That is huge! GO ROYALS.

Week 2- all legal swims and dives Thursday night- way to go.

Highlights from the night:

23 first time swims

- 25 personal best times
- 26 different swimmers scored JV points
- 20 different swimmers scored Varsity points
- 4 Royal Flushes (WHS takes 1, 2 and 3 in a heat)
 - Varsity MR A, B, C
 - Varsity 100 Fly (Ava Reich, Sophia Peterson & Yifan Zhai)



- Varsity 500 Free (Lucy Jacobson, Kairi Brown & Avery Forshee)
- Varsity 100 Back (Hailey Kelly, Nora Kelly & Sophia Peterson)

- 3 Top 20 Swims

- Sophia Peterson: 200 MR (Back), 30.84, 19th place
- Iris Sorenson-Wagner: 200 MR (Breast), 33.98, 19th
- Hailey Kelly: 100 Back, 1:04.98, 20th

- 2 Grade Level Records

- Iris Sorenson-Wagner (7th grade): 200 MR (Breast), 33.98
- Iris Sorenson-Wagner (7th grade): 100 Breast, 1:15.47

Event of the Meet:

200 MR JV & Varsity (ONE OF OUR BIG DREAM GOALS IS TO GET BETTER AT THE 200MR AS A TEAM THIS SEASON, NICE JOB ROYALS, KEEP IT ROLLING!)

JV 1,2,4 -R. Getzlaff, H. Kelly, L. Terrones, C. Bancker, Q. Haines, A. Conway, I. Chauss, M. Bergren, N. Faulkner, Y. Stafford, Adalyn Reich, A. Mortazavi.

V 1,2,3 - C. Carlson, Y. Zhai, N. Kelly, A. Hacker, S. Peterson, S. Rundquist, P. Getzlaff, J. Zhai, E. Sorenson-Wagner, I. Sorenson-Wagner, Lucy Jacobson, Kairi Brown.

Relay of the Meet:

400 FR Varsity B steppin it up and finishing the meet with a W. E. Sorenson-Wagner, L. Jacobson, S. Peterson, N. Kelly.

Racer of the Meet-

Hailey Kelly - 100 Backstroke- won event and jumped onto the Top 20 list and new PB.

Maria De la Torre del Toro -100 Free- won heat and dropped over 10 seconds.

Diver of the Meet

Eva Nohner- 6 dives -new PB. Kicking off the season strong,

*captains will hand out captains awards at practice. Above awards determined by Coaches.



Royal Water Teammates of the Week

Varsity: Reese Getzlaff

JV: Meadow Bergren

Diving: Eva Nohner

The only place success comes before work is in the dictionary. -V. Lombardi

Both Reese and Meadow work hard in the pool and weight room, they both come to practice with a positive, caring, can-do attitude and both got PBs Thursday night..... Already swimming faster than last year's taper meets. Eva has been upping her Diving game at practice, got a new PB and was super helpful on the bus as we traveled to and from Roseville. 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 R. and AIDEN for caring stuff, posting meet programs, running starts at warm up, taking splits and tracking scores at ROSEVILLE.

[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](#) weekly update Report will start next week.

[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 got off to a great conference start, helping the the swimmers win the meet against Roseville.

vs Roseville Results 9/1/22

1st place	Gabby Mauder	259.45, did a great job working with Nina and getting her ready for her first meet!
2nd place	Eva Nohner	190.25, +11 points from first meet last year, Personal Best
6th place	Zoe Block	125.10, +27 points from first meet last year
JV 1st place	Halle Linn	167.60, +14 points from first meet last year, Personal Best
JV 2nd place	Nina Faulkner	116.55, first meet, Personal Best

Tuesday we could be at Lake MS or Oltman M.S. We will know tuesday morning. We have four meets in our next two weeks including our first 11 dive invitational (Hopkins Invite part of the Watertown Invite). Enjoy your long Labor Day Weekend.

WE LOVE OUR DIVERS-Incredible is the feeling that comes to my mind and heart when I watch you all dive-Coach Liz



SENIOR SPOTLIGHT: each week we will shine a **light** on a Senior and learn a little more about them.



Name: **Lydia Jang**

Looking forward to: Having a great last season with the team.

Fuel: Bananas with PB

Music: TOGETHER by for KING and COUNTRY

Event: 200 Free - it's challenging but not too hard, and satisfying when you finish.

Memory: Pasta parties with the team



Advice: Don't compare yourself with others too much. Let them be a motivator to do well yourself, but don't be discouraged if people are faster/smarter/stronger etc. than you, because everyone has different strengths.

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 tentatively accepted our date, however, they are short staffed. If you are able to volunteer at the Elsmore booth during this day please contact Mary Getzlaff: getzlaffm@gmail.com

PURA VIDA Bracelet

Reminder: \$15 per bracelet. For any questions please contact Heather Collins:

- Pura Vida Info Contact Parent Volunteer Heather Collins @ twinks93@hotmail.com



SHUTTERFLY: HELP US CAPTURE the memories and upload your photos here. Also seeking volunteers for Scrapbook page assembly and learning process. Interested contact senior parent Lynda Carlson -carsch02@hotmail.com

Invitation to join "whgirlsswimdiveteam2022" Site

Click here to upload photos and join the site
<https://whgirlsswimdiveteam2022.shutterfly.com/>

[Watch Thursday Meet vs Rosevill here](#)- watch YOUR EVENTS! Step outside your body and see how you did.

HUDL is back. We will start recording some practices and meets. Please join.

Join **Hudl** to watch practices/
upcoming meets, how you practice
is how you will perform..... It is called
Muscle Memory.

Hudl
Email Mr. Getzlaff kgetzlaf@sowashco.org
You will be sent an invitation email
to join our Team Hudl

[WEEK AT A GLANCE](#)



Let's continue to hurdle and triumph. We are flexible, stealth and SPEEDY! We can! Royals Rock the House! Home is where you are.

Diving: See Ricks email/group diving text :)

No practice Saturday, Sunday, Monday of Labor Day weekend. Enjoy time with families & friends.

Tuesday Sept 6

6:30-8:30PM OMS JV & V- I will have lane assignments at pool- Royals TRAIN Together!

Wednesday Sept 7

7-8 AM ETS @ WHS weight room/gym

6:30-8:30 PM OMS JV & V- I will have lane assignments at pool- Royals TRAIN Together!

Thursday Sept 8th- AWAY MEET vs CDH- Cretin Derham Hall @ St. Cates Pool

THIS POOL DECK CAN BE COLD. BE PREPARED, enjoy the coolness and have fun with it. Bring winter hats,

mittens, FUZZY SOCKS and a warm blanket.



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The Campus of St. Cate's

2004 Randolph Ave

Saint Paul, MN 55105

Meet Schedule

Friday Sept 9th

Grades 9-12 (jv optional)Swim 6-7:30AM @ OMS

Saturday Sept 10th - Hastings Invite

Diving 8AM warm Up, 10AM Start

Swimming BUS leaves WHS @11AM.

Meet Starts @ 1PM.

Return to WHS @ 4PM

***Parent/Guardian Social Hour in Hastings at 11:00am at The Busted Nut.
(118 2nd St E, Hastings, MN 55033) No RSVP required, just come and meet some other
Woodbury fans before the meet starts!***



One Team. One Crown. The Royals



2022

The only place success comes before work is in the dictionary. -V. Lombardi

Be Disciplined, Accountable, Dependable, and Coachable.

*you are
capable
of amazing
things*

We can achieve anything we put our minds to.

HEAD (believe it)

HEART (surpass it)

HUSTLE (we have it, turn it up, shift gears and go)

Post your weekly goals & purpose + Common Team Goals & Purpose somewhere you see often. Maybe a mirror or inside your locker or put in your pocket for safe keeping?



RELAX DEEPLY

: each of us need relaxation and calm time. spend at least 5 minutes a day unrushed. Sit or rest in relaxation. Listen to your breathing, listen to your heart. Feel cozy, comfortable, supported and loved.



WE ARE THE ROYALS