

Woodbury Royals Girls' Swim & Dive Team Newsletter 4



High school swimming
A true sisterhood in the swimming pool
 Woodbury features 7 sets of siblings and big goals for season
 By Paul Holmwick
 paul.holmwick@timesfreemason.com

When the Woodbury High School girls swim and dive team meets in the pool, it's not just a team of swimmers and divers, it's a family. Look down the Royals roster and you'll see a lot of sisters. The team includes seven sets of sisters on its roster.

The sisters that's true for most of the girls on the team. What she knows for sure is that it has brought the team closer.

"Having younger siblings on the team brings me and my grade level closer to the younger kids because we're getting to know my sister, all of her friends, and then the younger kids feel a little bit more welcome when they join the team," she said.

With it comes competition. An avid swimmer, she says, "It's really hard to beat me." But she's really been able to share of Ryan for now.

"Oh, you're Ryan's best friend, then right with a team. It's all positive, of course. We're over here."

Both swim and dive. Ryan knows similar teammates know the sisters. The way they work, talk and even how their swimming

state champion, returns for her junior year. She was the program's first state champion in 2011.

"Two years ago we kind of missed the state, and last year we kicked down the door," Ryan said.

Now, with an added layer of quiet and confidence with a full lineup with swimmers and divers returning, the entire team sees this season as a chance to build on that previous success.

"We've never had so many returns, and I feel this year is to honestly do just better. We're trying to get all three individual," senior Chloe Carlson said.

"I don't think just becoming closer together as a team is something we're trying to do," senior Avn Reith said. "That would mean a lot."

High school notebook
Redhawks roll in girls soccer

DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 3-0

JV Conf Record 3-0

[Woodbury 105 Roseville 64](#)

Woodbury 105 CDH 80

Hastings Invite 1st Place

Woodbury 99 MV 82

[Watertown Mayer 1st Place](#)

Common team goals and purpose

This week our common team goals are have fun, make good choices and Thrive during Woodbury homecoming week.

Thursday we host our first home dual meet vs WBL.

- Staff Appreciation: Seniors select Staff members to be honored at the start of the diving 4:30PM @ LMS and the start of the swimming meet 6PM @WHS
- Youth Night - SoWashCo Youth grades 4th & up invited on deck to watch meets, participate in team meetings and cheer. Youth will be given a team photo and can get signatures from The Royals.

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 10-15 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/pig_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. 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 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

THIS WEEK'S TOP STORIES:
Incredible team W vs MV Thursday Night and 1st Place Finish at Watertown Mayer Invite.

Week 4

September 15 @ Mounds View

14 first time swims

32 personal best times

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

- Varsity 500 Free (K. Brown, L. Jacobson & E. Serafimov)

September 17 @ Watertown Invite

1 first time swim

6 personal best times

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

- 100 Backstroke 1st through 4th (C. Carlson, H. Kelly, E. Sorenson-Wagner & R. Getzlaff)

Captains will pass out awards Tuesday for last week's meets. MV and WatertownMayer

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: Estella Serafimov

JV: Ivanka Sonkusare

Diving: Zoe Block

Estella works hard AM and PM, she is a set leader and really set the stage with a sensational 2:07 in the 200 freestyle; for what was possible against a ranked and strong team like MV. Estella is a fearless racer.

Ivanka leads her lane and is consistently dropping time. She is very inquisitive and always asking good questions to increase her potential in the water. Zoe is present, her improvement from this season to last is very measurable and she continues to challenge herself with new or harder dives. She is also very creative and caring.

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](#)

[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 had a solid meet against Mounds View, with two Personal Bests, and helped the swimmers to a SEC dual meet victory. We will have an 11-dive inter-squad meet at Lake MS tomorrow. This is a tune up, for our diving table to host our first diving meet on Thursday, and give the divers a practice run with their championship lists. We will not have spectators for this meet.

Mounds View Results 9/15/22

1st place	Gabby Mauder	256.60, won the meet by 57 points
4th place	Eva Nohner	184.30, +13 points better than last years meet with Mounds View
6th place	Halle Linn	178.05, +27 points better than last years meet with Mounds View, Personal Best!
JV-3rd place	Nina Faulkner	138.95, first year against Mounds View, Personal Best
JV-4th place	Zoe Block	125.50, +13 points better than last years meet with Mounds View

We had a successful inter-squad championship meet on Saturday. All the electronic scoring equipment checked out and all four divers earned Personal Bests! Highlights of the morning include Zoe's successful 104c, Halle's 403c for 37.4 points, Eva's 203c during the meet and Nina's 203c, for the first time, after the meet! We now prepare for our first championship competition with other teams in 3 weeks at the Simley Invitational (see schedule below). Thank you diving manager Jason and former diving captain, Katie, for helping me with the judging.

Inter-squad Results 9/17/22

1st place	Eva Nohner	329.30, Personal best by +14 points
2nd place	Halle Linn	301.20, Personal best by +6 points
3rd place	Nina Faulkner	264.65, first championship meet, Personal Best
4th place	Zoe Block	243.15, Personal best by +5 points

SENIOR SPOTLIGHT:

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



SENIOR :Chloe Carlson - shout out to Chloe- *100 back at MV was spectacular, way to hold & get in there*

I am looking forward to the challenge of beating East Ridge and Stillwater!!

My favorite meal after practice is any kind of pasta!

My favorite pre workout/meet song is Starships by Nicki Minaj!

My favorite event is the 200 freestyle relay since we went to state as a relay last year!!

My favorite memory being a Royal was when we got the call at the homecoming dance last year that we were going to True Team State!! (It was also my birthday:))

My advice to be a successful student-athlete is to use your free/study time wisely and prioritize sleep!!

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!

Swim/Dive A Thon Fundraiser Family Fun Day!

- Light lunch will follow the Swim/Dive-A-Thon at WHS for families
- Elmore has ACCEPTED our date! Suits (JoyIn, Speedo, Tyr), goggles, and other gear available for sale. 10% of proceeds goes back to our team
- Please sign up to volunteer [here!](#)
- Each Participant will be given a t-shirt designed by Captains. Please wear prior to promote the fundraising event for our team.



WEEK AT A GLANCE

Monday Sept 19

ETS 7-8AM @ WHS

Diving 3:15-5:15PM @ LMS

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

*CYCLE BAR special event, no swim practice. see above info

**TOTAL TEAM PASTA PARTY 6PM @
Chole's Home**

Tuesday Sept 20

9613 Hillingdon Rd Woodbury, MN 55123

Diving 3:15-5:15 @ LMS

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

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

Senior class: Please check in with Lynda Carlson on coordination of pasta/sauce

JV Swim 5:00-7PM @ WHS

Wednesday Sept 21

Thursday Sept 22

ETS 7-8AM @ WHS

The Royals first home meet is Thursday, September 22!! We need volunteers to

ensure a smooth meet. Please consider helping. No experience necessary!

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

HOMECOMING vs WBL - Staff Appreciation and YOUTH Night

Swimming @WHS

3:30 Set Up Pool

4:30 WARM UP

6PM Start

* At the Start of the meet announcer will recognize Senior's Staff member they want to honor. Also youth will be allowed on deck at the meet and at the team meeting. Bring you siblings!

Diving @LMS warm up 3:30, Meet Starts at 4:30PM

Friday Sept 23

V swim 6-7:30AM @WHS

JV optional & V swim 3:30-4:50PM- Water X with Liz and a Swifty set

Diving 3:15-5 @LMS

SATURDAY SEPT 24 : HOMECOMING DANCE NO PRACTICE

have fun, be smart, be safe, be you



**We are the ROYALS!
HOMECOMING 22!**