

Woodbury Royals Girls' Swim & Dive Team Newsletter



DRIVE

Conference Relays -2nd Place at OMS Site

Varsity Conf Record 8-1

JV Conf Record 8-1

[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

Woodbury 114 Irondale 69

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

JV Champs Nov 5- 10 AM Swim -Stillwater Middle School (BUS 8AM)

JV Chaps Nov 5- 10 AM Dive- CGMS

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 10

October 27 @ Irondale

10 first time swims

24 personal best times

4 Royal Flushes

- Varsity 100 Fly (Av. Reich, N. Kelly & C. Carlson)

- JV 200 Free Relay (A: S. Runquist, C. Bancker, Av. Forshee & L. Terrones; B: M. Moore, H. Choi, M. Bergren & M. De la Torre del Toro; C: I. Chauss, P. Collins, L. Holm & A. Mortazavi)

- Varsity 100 Back (H. Kelly, N. Kelly & E. Sorenson-Wagner)

- Varsity 400 Free Relay (B: P. Getzlaff, Av. Forshee, Ad. Forshee & I. Sorenson-Wagner; A: A. Hacker, L. Jacobson, L. Jang & C. Carlson; C: E. Serafimov, D. Hummel, A. Conway & P. Collins)



Royal Water Teammates of the Week

Varsity: Delaney Hummel

JV: Lacy Holm

Diving: The Diving Squad

Delaney has had premier attendance this season, always helps set up the pool for meets and practice and loves swimming for the team. Thursday at Irondale she dropped time and had stellar dives and turns. Lacy is a communicator, asks inquisitive questions for improvement and is very kind. Lacy had a large time drop in her 200 free at Irondale. She is determined and never gives up. YES the Royal diving squad rocked the 11 dive invite at Hastings and had many personal bests both Thursday and Saturday! The Royal Divers are simply amazing.

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](#) - final will be posted Wednesday

[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 Woodbury divers dominated the Hastings Invitational, taking home four medals. Gabby beat the #2 rated diver (in 6 dives), with an All-America Consideration score. Nina got three scores of 7 for the first time in her short diving career. Halle, Eva and Zoe all got good experience as they prepare for the end of the season competition and attempt to earn a spot to the State Meet in 2 1/2 weeks.

Hastings Invite 10/29/22

1st place	Gabby Mauder	436.60, All-America Consideration score
7th place	Halle Linn	296.75
8th place	Nina Faulkner	296.50, Personal Best!
9th place	Eva Nohner	296.20
23rd place	Zoe Block	225.95



Way to go Diver 200 Free Relay at Irondale

Irondale results

1st place	Gabby Mauder	283.80, +24 points season improvement (from 1st meet)
3rd place 1st meet)	Halle Linn	198.95, Personal Best, +32 points season improvement (from
4th place	Nina Faulkner	163.05, +47 points season improvement (from 1st meet)
JV-1	Zoe Block	139.30, +14 points season improvement (from 1st meet)

WEEK AT A GLANCE

TAPER : IS HERE!

Level Up 22: Thank you for all the entries over the weekend. I will review and add Monday. We will try some of the drills at practice too!

We are the ROYALS!

Monday Oct 31

Diving 3:15-5:15 @ LMS - dive in costume , then championship meet prep

JV & V Swim 3:30-5:00PM @WHS

*Mini Workout, Skills and Drills, Halloween Relays. If you have a costume that goes over your suit you want to swim in during relays you may.

Tuesday Nov 1st

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-7PM @WHS

Wednesday Nov 2nd

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-6:45PM @WHS

Thursday Nov 3rd

Diving 3:15-5:15 @ LMS

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

JV Swim 5:30-6:45PM @WHS

Friday Nov 4th

JV @ WHS 3:30-4:30PM

V @ WHS 3:30-5PM

Diving @ LMS 3:15-5:15PM

Saturday Nov 5th

V Swim @ WHS 8:00-9:30AM

JV CHAMPS

Bus 8AM Return 12:30PM

Swimming moved to Stillwater Middle School Meet starts at 10AM

Session 1 Woodbury, Eastridge, Roseville, Irondale, Park

We have a bus! Leaves WHS 8AM

JV Champs diving starts at 10AM @ CGMS