

WHS Royals

Girls Swim & Dive Team Newsletter

Issue 13, November 2, 2025

WEEK AT A GLANCE

November 3 - November 9

- MON 11/3** Sections/State Swim Practice
@ OMS 6:30 - 8:30 PM
- TUE 11/4** Sections/State Swim Practice
@ OMS 8:35 - 10:00 AM
Election Day - online school day
- WED 11/5** Sections/State Swim Practice
@ LMS 3:45 - 5:00 PM
- THU 11/6** Swim Sections Prelim
Bus from WHS 2:40 PM
@ Stillwater Middle School
Meet start 5:30 PM
Bus arrives back to WHS ~ 9:30 PM
- FRI 11/7** Sections/State Swim Practice
@ LMS 3:45 - 5:00 PM
- Diving Sections Prelims & Finals
@ Stillwater Middle School 6:10 PM
Optional Dive Team Lunch
@Panera 12 PM
- SAT 11/8** Swim Sections Finals
Bus from WHS 11:30 AM
@ Stillwater Middle School
Meet start 1:30 PM
Bus arrives back to WHS ~ 6:00 PM
- SUN 11/9** Celebrate, Rest & Relax

UPCOMING EVENTS & NEEDS

SUN 11/9 Scrapbook Assembly -
artistic skills not required

NEEDS:
3 assemblers

SUN 11/16 Banquet Decorations,
Setup, & Clean up helpers

NEEDS:
3 Balloons set up
1 Banners and Photo booths
2 After banquet clean up

Sign-up for volunteer opportunities
[HERE](#)

END OF SEASON SURVEY

Royals, take a moment to complete
the End of Season Team Awards
Survey and provide both reflections
and Ideas for next season

[SURVEY LINK](#)

OPTIONAL TEAM LUNCHES

Both Section Swim and Dive Teams
have optional lunches @ Panera.
More details on page 3.

SECTIONS CHEERING

All Royals are encouraged to attend
the Section Swim Meet. **More details
on page 3.**

TICKET LINKS

11/6 Section Prelims [Ticket Link](#)

11/7 Section Diving [Ticket Link](#)

11/8 Section Finals [Ticket Link](#)

JV CHAMPS TEAM HAS CONCLUDED PRACTICES

[Team Calendar](#)

[Swim Practice & Meet PDF](#)

Updated 11/2

State/Sections Taper Swim Practice Schedule

MONDAY

Swim Practice @ OMS 6:30 - 8:30 PM

TUESDAY

Swim Practice @ OMS 8:35 - 10:00 AM |
Virtual / No School - Election Day

WEDNESDAY

Swim Practice @ LMS 3:45 - 5:00 PM

THURSDAY

Swim Sections Prelims @ Stillwater Middle School 5:30 PM
Bus from WHS 2:40 PM
Meet @ 5:30 PM, Arrive early for good seats
Bus returns to WHS ~ 9:30 PM
Optional Swim Team Lunch @ Panera 12 PM (page 3)
ALL ROYALS: Captains have requested you to Dress to Impress

FRIDAY

Swim Practice @ LMS 3:45 - 5:00 PM

Diving Prelims and Finals @ Stillwater Middle School 6:10 PM

Optional Dive Team Lunch @ Panera 12 PM (page 3)

SATURDAY

Swim Sections Finals @ Stillwater Middle School 2 PM

Bus from WHS 11:30 AM

Meet @ 1:30 PM, Arrive early for good seats

Bus returns to WHS ~ 6:00 PM

SUNDAY

Celebrate! Rest, Relax and enjoy time with family and friends

Section Prelims - THURSDAY 11/6

PURPOSE: Have Fun, Be competitive, Do your thing you love!

GOAL: Swim a tiny bit faster, advanced as many Royals to Finals as possible. Top 16 return to finals and score points for the team, Top 8 are locked into the Championship Heat and Podium/Medal.

[👁️👁️Look at Last Yrs Results](#)

Optional Sections Swim Team Lunch @ Panera 12 PM

Each Section Swimmer pays for their own lunch. Coach Liz will coordinate with WHS office and request early release for the Sections Swimmers. WMS parents connect with Liz for more details and you will need to organize calling, signing them out and a ride.

Section Diving - FRIDAY 11/7

PURPOSE: Have Fun, Be competitive, Do your thing you love! Shine

GOAL: Advance to State and get as many Divers in Top 16 as possible. Top 4 divers from each Section advance to State.

[👁️👁️Look at Last Yrs Results](#)

Optional Sections Dive Team Lunch @ Panera 12 PM

Each Sections Diver pays for their own lunch. Coach Liz & Caitlyn will coordinate with WHS office and request early release for the Sections Divers. WMS parents connect with Liz & Caitlyn for more details and you will need to organize calling, signing them out and a ride. Dive Coach Caitlyn and Liz will attend lunch.

Section Finals - FRIDAY 11/8

PURPOSE Have Fun, Be competitive, Do your thing you love!

GOAL: Sharpen the details, Push Your Effort, Swim a tiny bit faster, advance as many Royals and Relays to State as possible. [Swim a State Standard Time](#) or Top 2 Sections Finals advance to State.

[👁️👁️Look at Last Yrs Results](#)

CHEERING AT SECTIONS | ALL ROYALS WELCOME!

- **PRELIMS:** Coach Liz will arrange early release for all WHS swimmers & team managers for 2:25. Bus leaves at 2:40.
WMS/LMS parents will need to make arrangements (request early release & transportation to WHS) - Confirm with Coach Liz if coming
- **FINALS:** All Royals encouraged to attend and cheer. Wear Parkas and Season 25 Black Team T-shirts. Bring a water bottle, pack a sandwich, **no nuts or fast food**, healthy meet day snacks will be provided on the bus for all Royals.

SEC CONFERENCE JV CHAMPIONSHIP FEELINGS & MEMORIES

ON CLOUD NINE

Meet Stats & Outcomes

Best Time (WHS personal best time/score): 42 swims

The Royal Taper Hit!

Due to your sharpening the details, strong effort, hard work, perseverance and support for each other.

The Royals Rocked the Pool!

Technique Shined, Effort Pushed Limits and Times Dropped



JV Champs Team

- Ribbons will be distributed at the Banquet
- Practices have concluded for the JV Champs Team
- Take a moment to complete the End of Season Team Awards Survey, Reflections and Ideas for next season [SURVEY LINK](#)
- Join the Sections / State Teams on the bus or attend independently
- **11/8 Saturday Section Finals Highly Encouraged.**
Wear Team Parka and Season 25 Team T-shirt

Woodbury Way - Royals are there for each other

Happy Birthday Royals!
Quinn Haines



Season 25 History in the Making



WEEK IN PICS

HALLOWEEN WITH THE ROYALS



Surprise Guest Swimmer
Coach Kysie

Spooky Caps

Family Float

Royals on 3!

Costume Dive Practice



PARKA RETURNS

PARKA RETURN @ BANQUET

Parents/Guardians, check over the parka before returning to ensure there are no tears, stains, or other issues (anything listed on the sheet you kept). If there is something to be noted, email the boosters **before returning** at whsgirlsswimanddivebooster@gmail.com with you swimmer's/diver's parka number (found on the inside of the jacket next to the zipper).

When returned we will look it over and return payment, confirming that the parka is returned by both signing off demonstrating return of the parka and return receipt of your deposit.

If you cannot return your parka at the banquet, Coach Liz and Booster president, Bobbi Souza, will be available @ OMS on Monday 11/17.

SAVE THE DATE - CELEBRATE SEASON 2025

WHEN: Sunday, November 17th

TIME: 11:00 am - 2:00 PM

WHERE: Tinucci's, Newport

It's a brunch-tastic banquet. Swimmers & Divers, Team Managers, and Coaches costs are covered by the Boosters. Parents/Guardians and siblings who would like to attend will be \$30/person. Please RSVP using our form, [HERE](#).

Volunteers are need for decoration setup, checkin and clean-up crews. Sign-up for volunteer opportunities [HERE](#).

BANQUET

POST-SEASON STRENGTH & WEIGHT TRAINING

[Free Off-Season Strength & Condition at WHS with Mike Knox @ WHS](#)

Winter Lifting program runs from 11/10/2025 through 3/6/2026

Tuesdays 3:30 - 4:30 PM | Any off season group

Wednesday 7:00 - 8:00 AM | Girls ONLY Training Group

Thursdays 3:30 - 4:30 PM | Any off season group

Fridays 3:30 - 4:30 PM | Any off season group

Registration is open, Must register to participate: [REGISTRATION LINK](#)

OFF SEASON OPPORTUNITY

Theme of the Week

“We are T.A.P.E.R., I am T.A.P.E.R.”

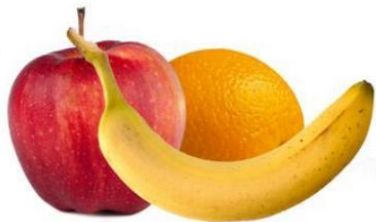
10. Trust your Taper.
9. Believe in yourself and the TEAM.
8. Electrolytes and Water- drink lots of healing fluids.
7. Eat healthy nourishing foods.
6. Feel confident you can live your “big meet” goals because of how you prepare and practice daily since August.
5. “All the small things” sharpen the details on your technique and effort at practice.
4. Power Posture, Poise, Walk, Start, Dive, Swim, Streamline, Turn, Finish, Cheer with Royal Confidence. Be You.
3. Visualize yourself swimming/diving your goal times/scores. See yourself doing each step to get there and performing every part of each race or dive, including the smile at the completion and the podium.
2. Control the Controllables. Eliminate distractions (put them in the drawer for a different day). Focus.
1. **Have Fun, Go out there and do your thing!**

Swim Meet Snacks 15-30 Minutes Before Race



eatswimwin.com

SWIM MEET SNACKS



Fresh fruits



Dried & pureed fruits



Gummies & fruits snacks



Crackers & pretzels



Bagel & sandwich



Dry cereal & cereal bars

Swim meet snack tips: To perform your best make sure to refuel with carbohydrates in between events. If you have several races back to back in a short period of time we recommend eating lower fiber, lower protein, and lower fat carbohydrate-rich snacks such as apple sauce, gummies, and sports drinks with carbohydrates. Always practice your fueling strategy in practice before a meet!

eatswimwin.com

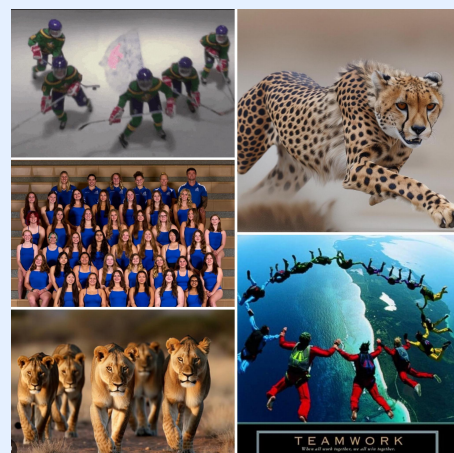
THE SONG
"THE FINAL
COUNTDOWN"
IS NOW PLAYING
IN YOUR HEAD

Keep doing what we
have done all Season
Greatness Lives in the Finish!
Royals on the Rise!

11/1 JV Champs
Royals Rocked the Pool!
Technique Shined, Effort
Pushed Limits and Times
Dropped

11/6-11/8 4AA Sections

11/13-11/15 MSHSL AA State



**GOOD VIBES
STRONG TIDES
GROW WITH THE
FLOW**

Swimming Fast When it Counts: Top 10 Mental Toughness Tips

By Dr. Alan
Goldberg//Sport
Psychologist

[Digg Image](#) [Reddit Image](#) [Del.icio.us Image](#) [StumbleUpon Image](#) [RSS Feed Image](#) [Mail Image](#) [Print Image](#) [Tweet](#)

There's no question that success in the pool on race day is 95% mental and 5% physical. By the time that big race rolls around, all the hard work has been done. That lifetime best swim is already inside of you, just waiting for you to release it. Make use of these ten mental toughness tips to help you get that fast swim out when it counts the most:

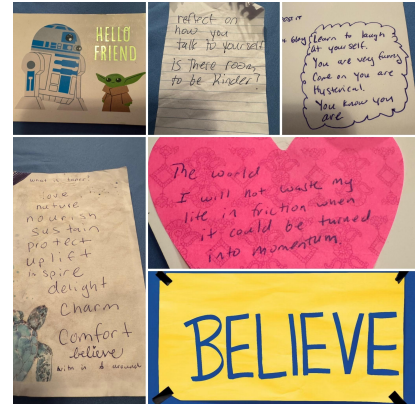
- 1. STAY CALM & LOOSE PRE-RACE** – Staying loose and relaxed the hours and minutes before you swim is the secret to going fast under pressure. Tight muscles wreck your stroke mechanics and kill your endurance, making it impossible for you to swim to your potential. Loose muscles allow your body to perform as trained. Listen to relaxing music, talk with friends, keep yourself distracted from thinking about the race, keep your breathing slow and deep and have fun pre-race to help yourself remain calm and loose.
- 2. LEAVE YOUR GOALS AT HOME ON RACE DAY** – Your goals are a motivational tool that helps drive you to work hard each and every day in practice. They should NEVER be brought on deck with you on race day because they will weigh you down. Swimmers who think about or dwell on their goal times right before and/or during their races, make themselves too nervous and physically tight to swim fast. Remember, you don't have to think about your goal times at meets in order to reach them.
- 3. STAY IN YOUR OWN LANE** – Keep your pre and during race focus of concentration in between your two lane lines on what YOU are doing and NOT on the competition. The more you concentrate on what you are doing, the more relaxed you'll stay, the faster you'll go and the better chance you'll have of actually beating the competition. Conversely, the more you think about and focus on what other swimmers are doing, the more nervous you'll get, the slower you'll go and the less likely you'll be to beat them.
- 4. STAY IN THE "NOW" BEFORE AND DURING YOUR RACES** - One of the more costly mental mistakes swimmers make is to allow their pre- and during- race focus of concentration to "time travel." When you mentally leave the now and jump ahead to the future or fall back to the past, you'll make yourself uptight and sabotage all of your hard work. Discipline yourself to keep your focus in the "now," both before and especially during your races. At the meet, focus on one race at a time and during your races, focus on one stroke or turn at a time.
- 5. BE AWARE WHENEVER YOUR CONCENTRATION DRIFTS AND IMMEDIATELY BRING IT BACK** - It's perfectly normal for you to lose your focus before and during your races because there are usually tons of things that can distract you. Understand that losing your concentration won't really hurt you. What will cause you to consistently swim slowly is losing your focus and not quickly returning it back to the right focus. Discipline yourself to recognize the instant your concentration leaves what YOU are doing in the NOW and quickly bring yourself back.
- 6. KEEP YOUR RACE FOCUS ON FEEL, NOT ON THOUGHTS** – Swimming fast happens when you are focusing on the feel of what you are doing without thinking about it. For example, this could be how much water you're pulling, feeling a stretch under your arm each stroke or feeling your body move forward rather than up and down. Thinking thoughts like "I've got to go faster," "She's pulling ahead of me," or "My arms and legs feel like lead," is a major distraction that will always slow you down. Focus on feel when you race and when thoughts intrude, quickly return your concentration back to the feel of what you're doing.
- 7. HAVE FUN** – If you want to have the meet of your life, then you have to understand that this can only happen when you are having fun before and during the meet. Fun = speed. If you make a meet or any race too important, and you're too serious going in, then that will drain all the fun out of you and in its place will be a lot of nervous tension. When you're having fun, you're mentally and physically loose and relaxed, and as we talked about in point No. 1, staying calm and loose is the secret to swimming fast under pressure.
- 8. FOCUS ONLY ON THINGS THAT YOU CAN CONTROL** – There are a lot of things at meets and in races that are directly out of your control. For example, you have no direct control over how fast your competition swims, what kind of pool you're competing in, who's in your heat or the time you went in your last race or meet. When you focus on these "uncontrollables" either before or during your races, you'll get nervous and physically tight, lose your confidence and swim poorly. Instead, keep your concentration only on those things that you can control.
- 9. KNOW THAT LAST MINUTE DOUBTS AND NEGATIVE THOUGHTS ARE NORMAL** – It's very common to have last minute doubts and negative thoughts pop into your head right before you race. Know that you can still swim your best with this negative thinking going on just as long as you stay calm, accept the thinking for what it is – simply brainwave activity – and then quickly refocus your concentration on the task at hand. Try not to fight with the negative thoughts, replace them with positive ones, or work to keep them out of your mind. This approach only makes the negative thinking stronger. Instead, notice them, accept them as normal, and then refocus.
- 10. TRUST AND LET IT HAPPEN** – You'll always swim your very best when you relax, trust your training and let the fast swim come out, as opposed to trying too hard and forcing it out. When you make a race too important, there's a tendency to respond by tightening up and muscling the race. Instead, trust your training and your body, know the fast swim is inside and just let it happen.

Taper is time for self-care and prepare

Mental Toughness (1 min) Focus on Preparation over Pressure"



Imagine standing under a waterfall of sparkling light. Breathe it into your body. Notice the dance of rainbows within the light. Let it flow through the top of your head, down through your shoulders and back, into each and every muscle and cell of your body. Thank it for relaxing, healing, and rejuvenating your entire being.



Mediation helps with Relaxation, Confidence & Overcoming Fears 3 min Waterfall Meditation

Favorite Recipes for Improving Dives and Reaction Times

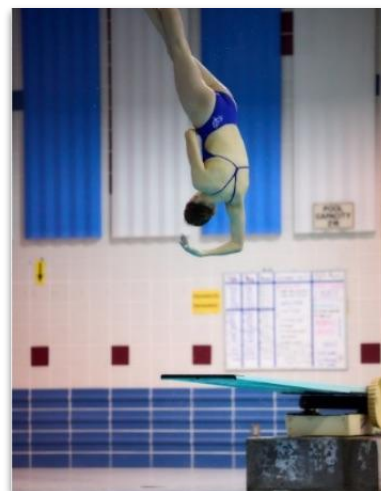
1. Darts | Playing darts is the same neurotransmitter info as when you dive.
2. 2 Quarter, 2 hand drill | Learned from Gary Hall Jr to improve his hand reaction on starts.
3. Auggie Ducks | Learned from Augustana Swim Camp past head coach Lynsey. Improves reaction time.
4. [Tenzie](#) | Teach your family, play it often to sharpen your reaction times
5. Breathing Ball | Breathe often and deepen those breaths behind the block before you race



2025 WHS SWIM & DIVE

VARSITY 7-3 | JV 8-2

21 AUG	Conference Relays 2 nd Place
28 AUG	East Ridge V 84-103 JV 84.5-79.5
04 SEP	Irondale V 106-75
06 SEP	Lakeville Relays Invite 5 th Place
11 SEP	Park V 114-60 JV 78-79-14
18 SEP	Forest Lake V 107-77 JV 71-59
23 SEP	Buffalo V 101-81 JV 121-54
25 SEP	Stillwater V 83-93 JV 64-95
30 SEP	Roseville V 103-77 JV 76-71
09 OCT	Mounds View V 87-99 JV 65-105
11 OCT	True Team Sections 3 rd Place
14 OCT	White Bear Lake V 103-83 JV 75-53
15 OCT	True Team State 7 th Place
23 OCT	Cretin-Derham Hall V 104-77 JV 89-72
01 NOV	JV Championships 2 nd Place
06-08 NOV	Sections



[Home](#)

[Away](#)

[Meet Results](#)