



## Woodbury Royals Girls' Swim & Dive Team Newsletter 1



## DRIVE

Conference Relays -2nd Place at OMS Site

Above Monster Mile, "Parkberry" Movie Float, Breakaway Tri & Volunteering

## Goals & Purpose

Last week at the pools each Royal met with coaches to discuss August Goals, Season Goals, Big Team Goals, motivators and purpose. Captains also did leadership training with AD Jodi; on purpose and leadership. More to come as we collaborate and determine what this season means for us as a whole and what we want to strive for. Next week on the horizon we have a few guest speakers to help aid us in direction, goals, purpose, endurance and motivation, as well.

### Common team goals and purpose

This week our common team goal is to win our first dual meet against Roseville. We hope to Win all 3 relays, and as many individual events as possible, maybe even get a royal flush. (1,2,3). Roseville has good relays, sprinters, breaststrokes and divers. We will be away and be stealth at learning the Roseville Blocks and Pool design to use it to our benefit. We all race in the same pool and dive off the same boards/well. Our intention and purpose for the night is to foster **unity** with the total team and **drive** toward our goals together as one. One Crown, One Team, The Royals. *AT ROSEVILLE THE ROYALS WILL BE IN LANES 1,3,5*

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 Roseville write specific individual and team GOALS for the first dual meet.**

**\*Write it down, Post it UP, Say it outloud\***

## Order of Events

### Warm Up

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

400 FR JV

400 FR 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.

**BELIEVE IN YOURSELF**

### 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.

**YOU CAN!**

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

**Important Special Dates:**

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

**No practice Sept 24: Saturday of Homecoming**

**[Meet Schedule](#)**

**Monday Evening Sept 19th CycleBar Ride**

**Thursday Sept 22 HOME meet vs WBL. Senior,Staff and Youth Appreciation Night**

**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. If you do, take a picture and email into Coach Liz



# 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 tomatoes, halved  
1 large avocado, pit removed, peel 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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THIS WEEK'S  
**TOP STORIES: 2nd Place Finish at Sec Conf Relays OMS site**  
All events were competed legally (no dq's) Congratulations

Highlights from the night:

14 first time swims for new and returning swimmers

16 PBs occurred at conference relays

1 Top 20 swim: 50 fly on a relay, 15th Place, 28.33 Chloe Carlson

**Event of the Meet:**

200 FR

1st A- Carlson, A. Hacker, P. Getzlaff, Tellez

4th B- E. Sorenson-Wagner, Peterson, J. Zhai, R. Getzlaff

5th C- Bancker, Ryder, Hummel, Conway

**Relay of the Meet:**

200 Breaststroke A - Hailey Kelly, Amari Conway, Sarah Rundquist, Yifan Zhai and

800 FR C - Avery Forshee, Quinn Haines, Noelle Muller, Lydia Jang

**Racer of the Meet-**

Chloe Carlson 50 fly

Lola Terrones 100 IM.

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

Starting next week Monday: Royal Water Women of the Week Qualities of a Water Women: 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. We will start these next week.

[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.

*Breakaway KIDS TRI- Thank you to all who volunteered and help make the day a healthy active success for thousands of kids from Minnesota. The organizers said they loved having our team and deeply appreciated the volunteer participation and help from us. They were impressed with your attention to detail and kindness. Way to go Royals.*

*Proud of everyone who showed up, tried something unique, volunteered and represented our community. The event is not scored or timed. Unofficial results form those who did the swim, bike and run course. The average completion time is 35-75 min.*

*Sarah Rundquist: 33 min*

*Nora Kelly: 33 min*

*Quinn Haines: 39 min*

*Lydia Jang: 46 min*

*Ivanka Sonkusare: 51 min*

## **Diving Corner**

By Coach Rick

It was great to be coaching again this week. We did well at the SEC diving relays (considering the coach and captain were out the first week and Gabby is in Bosnia this week) with a 3rd place finish (every school can only score one team).

1. Roseville A- 180.95
2. Eastridge A- 157.00
3. Eastridge B- 144.15
4. Woodbury A- 137.95 (Eva and Nina)
5. Woodbury B- 135.65 (Zoe and Halle)
6. Roseville C- 121.95
7. Roseville B- 112.05
8. Park A- 106.40
9. Irondale A- 104.30

For your viewing enjoyment:

[High Dive Giraffes Animation Cube Creative](#)

**SWIM & DIVE A THON** - please discuss with your family what email address you would like to use for the SWIM & DIVE A THON- send an email from this address to COACH LIZ.

In the subject line write: **Pumpkin Swim & Dive A Thon**

In the email write the first and last name of the swimmer or diver who will use this email for swim and dive- a-thon donations. The portal will open September 1st and run thru October 1st.

Goal per 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](mailto:twinks93@hotmail.com)

***Thank you everyone who supported the girls at Nutrition Cave on Saturday! The girls were able to get a great nutritious replenishment after their workout and the team made over \$100 in tips! Go Royals!***

[LINK to past Newsletters](#)



**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/>

**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](mailto:kgetzlaf@sowashco.org)  
You will be sent an invitation email  
to join our Team Hudl



## WEEK AT A GLANCE

Let's hurdle these pool issues together and come out stronger than last season.

**Sunday Aug 28:** 4-5pm I will be at WHS Pool where you can pick up your mesh bags. Keep your lockers for ETS especially when school starts.

## Monday Aug 29

7 am ETS is optional for Grades 9-12 & 7&8 V reminder if you are on Varsity the bell for Summer tree goes off at 8AM.

🌲 8-10: 30am CGMS pool - Varsity Pod -Summer Tree. We need team managers here this day to help count, please consider if able.

Diving: see Ricks email

5-6pm a classroom or the cafeteria at OMS - lip synch battle practice followed by 5:30-6 Kristen Nelson- Guest Motivational Speaker - *Varsity, JV and DIVING*

🌲 6:30-8:15 OMS pool -JV Pod - Summer Tree ( JV 5-8:15PM first hour is not in the water, bring a sandwich or snack to enjoy from 6-6:30PM)

## Tuesday Aug 30

7-8am the indoor gym at CGMS for dryland & teambuilding with Coach Megan & Nutrition Talk

8-10:30am CGMS pool- V

Diving : see Ricks email

5-6pm classroom or the cafeteria at OMS, LIP Synch battle practice followed by - 5:30-6 Mr. Getzlaff Guest Coach/Teacher - *Varsity, JV and Diving*

( JV 5-8:15PM first hour is not in the water, bring a sandwich or snack to enjoy from 6-6:30PM)

6:30-8:15 OMS pool - JV Pod

## Wed Aug 31

7-8 AM ETS optional grades 9-12 & 7&8 V

8:30-10:30AM CGMS Pool- vV

Diving:See Ricks email

5-6pm classroom or the cafeteria at OMS : LipSynch Battle you will have 2 days of practice prior. *Varsity, JV and Diving*

( JV 5-8:15PM first hour is not in the water, bring a sandwich or snack to enjoy from 6-6:30PM)

6:30-8:15 OMS pool - JV Pod

### **Thursday First Away Meet vs Roseville**

[https://www.suburbaneast.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school\\_id=8&G5button=13&G5genie=19&vw\\_schoolyear=1&vw\\_agl=480-3-168,480-3-482,&manual\\_access=1](https://www.suburbaneast.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=8&G5button=13&G5genie=19&vw_schoolyear=1&vw_agl=480-3-168,480-3-482,&manual_access=1)

Total Team: Swim, Dive, Team Managers

Bus leaves 3:30pm

Meet Starts at 6pm

Bus Returns 8:30/9pm approximately

\* if we do well at this meet Monday I will tell you about a 🥕 carrot that you could enjoy Friday as a reward.

### **Friday Sept 2nd**

8:30-10:30am CGMS pool V & asked JV

Diving: See Ricks email

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

Tuesday Sept 6th we will start a school schedule that could be as planned at WHS or potentially, be prepared for this possibility.

ETS at WHS M&W 7-8am - mandatory Varsity Grades 9-12, some upperclassman JV

M,T,W Afternoon practices 6:30-8:30PM OMS

Friday AM varsity 6:30-7:45AM OMS



One Team. One Crown. The Royals  
2022

*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)

**Motivation: Do it for the Team or common goal/purpose that inspires you.  
We believe in you.**

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?



***WE ARE THE ROYALS***

