

Woodbury Royals Girls' Swim & Dive Team Newsletter



DRIVE

Section TEAM earns Academic **Gold** Standard! Grades 10-12 have an average GPA of 3.75 for higher!

WAY TO GO ROYALS with strong academics and drive in the classroom.

Varsity Conf Record 8-1

JV Conf Record 8-1

4AA True Team Sections 2nd Place - Wild Card Advance to State

AA True Team State 5th PLACE

JV CHAMPS- Champions

4AA Sections 2nd PLACE

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

STATE Nov 16,17,18 - UofM

Banquet Sunday Nov 20th at WHS Auditorium and Cafeteria 3:30-5:30PM

If you are interested in volunteering in helping with the banquet please sign up here!

Thanks in advance for your help!

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

Section/State Podiums: Please Wear Woodbury Royal Team Parkas, Jackets, or Sweatshirts. Focus on our team and make sure we are following the protocol. Possible DQs can occur if not followed.

Note from MSHSL

MSHSL awards platform protocol

NOTE: Per MSHSL policy all athletes on the award platform must be wearing school attire (warm-up jacket, etc.). No hats are allowed. No extra items may be brought with them on the platform. Please make sure your athletes are aware of this procedure.

Divers Dominate
Multiple Royals on the Podium
Advancing to State

Section Champions







GIRLS STILLWATER BOYS			
1,45.04	A. HOWARD, M. EISENBRANDT, A. NEUMAN, A. KUNZE	500 MILEY RELAY	K. ANDERSON, B. GALENTI, I. BOWEN
1,49.63	KAELA ANDERSON	500 FREESTYLE	LIJUE, M. HOFFMANN
2,03.09	SYDNEY RODNESS	200 MILEY RELAY	JOHN BOWEN
2,27.3	HANNAH BOWEN	100 MILEY RELAY	WILL WOODRUM
383.40	LIZ CLUCK	100 MILEY RELAY	JOHN FICK
53.87	RACHEL FREDERICKSON	100 MILEY RELAY	HANNAH BOWEN
49.78	HANNAH BOWEN	100 MILEY RELAY	WILL WOODRUM
491.32	KAELA ANDERSON	500 FREESTYLE	JOHN BOWEN
134.80	M. RADECKE, B. GALENTI, H. BOWEN, T. BUBERL	400 FREESTYLE RELAY	I. BOWEN, A. BLUMBERG, B. ANDERSON, M. HOFFMANN
54.78	AUA HOWARD	200 BACKSTROKE	JOHN BOWEN
1,04.09	MADDIE REED	100 FREESTYLE	JOHN BOWEN
3,26.09	H. BOWEN, B. GALENTI, K. ANDERSON, I. BOWEN	400 FREESTYLE RELAY	JOHN BOWEN, M. HOFFMANN, A. HOWARD



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THIS WEEK'S TOP STORIES: WOW what a MEET!!!

Week 12

November 10 @ Section Prelims (Stillwater)

17 personal best times

7 Top 20 Swim

- Chloe Carlson: 200 MR (Back), 27.58, 2nd place

- Payton Getzlaff: 200 MR (Free), 25.93, 17th

- Maya Tellez: 100 Free, 54.72, 6th
- Addison Forshee: 500 Free, 5:16.74, 3rd
- Sophia Peterson: 100 Back, 1:01.26, 7th
- Hailey Kelly: 100 Back, 1:03.72, 14th
- Ava Reich: 100 Free (leadoff 400 Free Relay), 55.84, 15th

1 Grade Level Record

- Chloe Carlson (12th): 200 MR (Back), 27.58
- Addison Forshee (9th): 500 Free, 5:16.74

November 12 @ Section Finals (Stillwater)

20 personal best times

13 Top 20 Swim

- Sarah Runquist: 200 MR (Breast), 33.63, 17th place
- Maya Tellez: 200 Free, 1:55.62, 2nd
- Ava Reich: 200 Free, 1:55.83, 3rd
- Addison Forshee: 200 IM, 2:10.97, 4th
- Sophia Peterson: 100 Fly, 59.91, 6th
- Nora Kelly: 100 Fly, 1:01.30, 9th
- Chloe Carlson: 50 Free (leadoff 200 Free Relay), 25.77, 16th
- Maya Tellez: 200 FR Relay, 24.97, 14th
- Ava Reich: 200 FR Relay, 24.52, 5th
- Chloe Carlson: 100 Back, 59.48, 5th
- Ava Reich: 100 Free (leadoff 400 FR Relay), 54.90, 7th
- Addison Forshee: 400 FR Relay, 54.43, 11th
- Maya Tellez: 400 FR Relay, 53.69, 8th

3 Grade Level Record

- Maya Tellez (11th): 200 Free, 1:55.62
- Addison Forshee (9th): 200 IM, 2:10.97
- Gabby Mauder (11th): 11 Dives, 483.35

1 Woodbury Middle School Dive Record

- Nina Faulkner (7th): 11 Dives, 325.95

THANK YOU TEAM MANAGERS Logan, Aiden, Raymond, Will, Phil, and Katie

[WHS School All Time Records, Grade Level Records and Top 20 Records](#)

[All Conf Updates](#) - final is Posted Congratulations. * Medals and Certificates will be handed out at Banquet. Photoed- Swimmers, All Conf, All Conf HM, and Top 100.

[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

Coach Rick Light

The Woodbury divers dominated the Section 4AA Diving Meet, winning four medals and advancing two divers to the State Diving Meet on Wednesday.

Team Points:

Woodbury - 61

Mounds View - 44

Stillwater - 22

Roseville - 21

Tartan - 6

White Bear Lake - 1

Gabby won her 4th straight section diving meet, advancing to her 5th State Meet while setting the WHS Junior record Halle, in her first section meet, advances to the State Meet, with her 4th place finish. Nina, with her 5th place finish, broke the 20 year old Woodbury Middle School record which was set by WHS's first All-America diver (Holly Johannsen) as an 8th grader! Eva improved, both her score and place, with her 7th place finish, over last years section meet.

Section 4AA Diving Meet 11/11/22

1st place	Gabby Mauder	483.35, All-America Consideration score, Junior Record, Season Best
4th place	Halle Linn	345.50, State Qualifier, Personal Best
5th place	Nina Faulkner	325.95, Personal Best, Woodbury Middle School Record
7th place	Eva Nohner	316.70

OPEN DIVE Tuesday Nov 22 after school @ LMS

Attention All Team members (Swimmers and Divers) Tuesday Nov 22 3:15-5PM

Rick will host open dive. Come and enjoy the diving board! I will be there too and maybe try a back dive. Will be a nice way to end the trimester.

[WEEK AT A GLANCE](#)

Emailed out this afternoon and posted to website

We are the ROYALS!

*We stepped on the blocks
Powerful and Confident
And then we were off!
-Sarah Rundquist*

LET'S END THE SEASON STRONGER!

**Power of Possibility
We CAN DO IT!
Make it Happen.**

**Phenomenal Starships Were Meant to FLY
Wings on Her Feet!**

Our ROYAL STATE TEAM Season 2022!

A Note from Woodbury Athletic Director Jodi Loblein-Lecker

Congratulations to the Girls Swim and Dive Team on their second place section finish!

The team had several individuals advance to state. The following will be participating in the State Swim and Dive Meet November 16-18, 2022.

Diving prelims are on Wednesday, Nov. 16- 6 PM,
Swimming prelims are on Thursday, Nov. 17- 6 PM,
Swimming and Diving Finals are on Friday, Nov. 18 - 6PM

[Ticket Link for all events](#)

The Royals advanced two swimmers, two divers and two relays to state!

Ava Reich 100 Fly 59.21 - First Place Finish - Section Champion!

Chloe Carlson 100 Back 59.48- First Place Finish - Section Champion Personal Best

Gabby Mauder - Diving - First Place Finish - Section Champion - 483.35 Junior Record, Season Best

Halle Linn - Diving - Fourth Place Finish, State Qualifier, - 345.50 Personal Best

Alternate: Nina Faulkner

200 Free Relay - Second Place Finish, Season Best 1:40.97 - Advances to State -

Chloe Carlson

Ava Hacker

Maya Tellez

Ava Reich

Alternates: Addison Forshee, Payton Getzlaff, Kairi Brown, Elsa Sorenson-Wagner

400 Free Relay Second Place Finish, Season Best & a AA State Qualifying Time of 3:39.06

- Advances to State -

Ava Reich

Ava Hacker

Addison Forshee

Maya Tellez

Alternates: Sophia Peterson, Estella Serafimov, Nora Kelly, Lucy Jacobson

One Team

One Crown

The Royals

DRIVE

Season 22