



Hello. My name is Emily Durfee, and I am a sophomore at Hadley Luzerne Jr./Sr. High School and a member of the Sharks Swim Club. I have been an active USA Swimming member since 2018.

When I am not swimming or commuting to practice, I spend my time coordinating fundraisers and organizing events as the Vice President of my high school class. I am also an active member of the National Junior Honor Society as well as a baritone saxophone player in the concert band. My summers are spent on the Hudson River. This summer, I'll be going into my third year as a river tubing guide with Adirondack Adventure Center. I love tacos, mint cookie crumble ice cream, and my siblings—in no particular order.

I have been looking forward to the opportunity of applying to become an Adirondack League Junior Athlete Representative. I believe that I can bring a unique perspective to the Adirondack League board. I live in a small town in the Adirondacks, and unfortunately, my high school, like many others in the area, does not offer swimming as a sport. Club swimming is my only option. I am lucky enough to have a parent that is willing to spend hours in the car every day so I can do what I love, but I know that's not the case for everyone. I have some great ideas to help introduce club swimming to the rest of the Adirondacks! My love for the sport, my teammates, and club is the driving force of my commitment to spend my free time commuting to the pool.

At meets, you might not find me in the fastest heat, but you can definitely find me on deck, giving the littles high fives, cheering on my best friends and teammates, and having a blast! Being on deck with my team is my favorite place to be. Swim has taught me so much about life and myself. The level of mental strength and resilience it takes to be a swimmer has helped me to overcome injuries and hardships without giving up. Swim has also given me the confidence to succeed outside of the pool with academics, leadership roles, and relationships. I hope to continue my swim career through college while studying marine science.

I hope you will consider me. I believe I would be an asset as the Adirondack League Junior Athlete Representative! Thank you, Emily Durfee.