



This week's Tiger Champion is Emily Wolf. Swimming with the Tiger Stripes for the last couple of years, Emily has invested in self and team for everyone's improvement. In fact, she has truly benefited by building relationships within her training group and the team and has found it to be important in fueling her own improvement. Emily stated that she wants to represent her team and family in a positive manner. This type of attitude earned her the opportunity to move to the Tiger Pride training group a couple of weeks ago. According to Coach Wilson, "Emily is a great teammate and focuses on others as much as self. She can often be found helping and encouraging others in practice and in meets." No doubt, Emily will make an impact upon the Tiger Pride training group as she did within the Tiger Stripes training group.

Swimming for approximately 5 years, between FAST, the YMCA and Summer Break, this 5<sup>th</sup> grader at Riverside Intermediate views Science as her favorite subject. When not at school or at the pool, Emily enjoys being active, doing workouts with her mom at the Y and being with friends. At the pool, she feels the 100 Backstroke is her favorite event. Not surprisingly, her favorite Tiger Value is Sportsmanship and believes that "how you represent yourself is really important". Her advice to other swimmers? "Keep working hard because the harder it gets the more you improve." More importantly, Emily expressed that each swimmer should "try to live out the Tiger Values because they can change your life." Wow, that is some awesome advice from an awesome person and swimmer!

Congratulations, Emily! You are a Tiger Champion!

**Tiger Up!**