

### MAINE SWIMMING, INC. (MESI) EMILY CARAS SNYDER SCHOLARSHIP

Emily Caras Snyder grew up in Cape Elizabeth, Maine. In 1993, when she was six years old, Emily joined Coastal Maine Aquatics (CMA) where her brother, Scott, was already a member. Since before she could walk Emily loved being in the water. Swimming laps in a pool with a group of friends was more fun than she could ever have imagined.

Emily took to swimming, and her character enabled her to thrive. Emily's approach to swimming—and life generally—was characterized by hard work, humility and a positive attitude. Fortunate to have great coaches from the start, including Melissa Smith, Leanne Pedro, Chris Brunette and Bill Stone, by age eight Emily was swimming with CMA year-round. She valued her friendships with swimmers and coaches from all the MESI clubs around Maine.

As an eight-year-old in 1996, Emily set 10 MESI SCY and LCM records; seven of those records still stand today. In 1998, as a 10-year-old, Emily achieved eight USA Swimming Top 16 rankings, including number one rankings in the 100 yard butterfly (1:02.73), 100 yard freestyle (56.91), and 50 yard butterfly (28.27). That year she was the Eastern Zone champion in those three events, and her 100 yard butterfly was an Eastern Zone record and the second fastest time in her age group in USA Swimming history. In 2000, as a 12-year-old, Emily achieved 10 USA Swimming Top 16 rankings, including number one rankings in the 200 yard freestyle (1:53.94) and the 200 yard butterfly (2:08.93). That year she was the Eastern Zone Champion in the 200 yard freestyle (1:53.94) and the 100 yard butterfly (58.30). Her 200 yard freestyle was an Eastern Zone record and her 200 yard butterfly set a National Age Group Record. Emily swam in Junior Nationals as a 12-year-old, and swam in the U.S. Open.



At Cape Elizabeth High School, Emily set five Maine high school records and was an NISCA All-American. Emily continued swimming in college as a member of the Cornell Women's Swimming & Diving team. She set four Cornell records, including the 200 yard freestyle and the 200 yard butterfly. Emily swam a personal best every time she got in the pool in her last meet as a senior at Cornell in the 2010 Ivy League Championships. That year she was awarded Cornell's Overall Achievement and Leadership Award. A scholar-athlete, at Cornell Emily was a member of the 400 Club, an honor for varsity athletes who achieve a 4.0 GPA. Dedicated to giving back, she participated in open water swims to raise money for Special Olympics, and received the Maine Special Olympics Recognition Award for her effort.



Emily was a good teammate, and a strong leader. She was captain of her Coastal Maine Aquatics club, her Cape Elizabeth High School team, and the Cornell Women's Swimming & Diving team. CMA Head Coach Melissa Smith, who during the 1990s was Emily's lens into the world of swimming, said this about Emily: "Emily was pure inspiration. Kids swam because Emily swam. Kids and people (myself included) strived to be better because of her. She not only embodied hard work, she led by example in the pool and on the deck. She was the first one in the water and the last one out ... with that infectious smile!" For Emily, swimming brought joy and friendships, and taught lessons for life.

Today, Emily still holds 34 MESI age group records. She was inducted into the Maine Swimming Hall of Fame in 2018.

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