



Congratulations to Emma Watts, our November FISH of the month!

Emma was a unanimous nominee for this honor due to her incredible practice attendance, consistent hard work at practice and dryland, and her stand-out performances at the Commonwealth Cup.

Emma has been swimming for the FISH since 2013 and is flying through her senior year while training with the Audrey Moore Senior Group. Over the last six months she has impressed the coaching staff and her teammates with her work ethic and attendance record. She has been holding either the highest or second highest attendance percentage in the entire senior group since the beginning of the season – including double practices on Tuesdays, additional early morning workouts on Fridays, and both weekend practices!

Her commitment to her training was highlighted by her results at the 2025 Commonwealth Cup. Over the course of the 3-day prelim/finals meet, Emma raced 19 times between her individual and relay events, for a total of 4500 yards (the most of any other female FISH). On the final day of competition, Emma had 3 individual races and 2 relays to swim, which included the 1650 Freestyle during the mid-afternoon distance session. Because of the meet structure and timeline, this meant that Emma needed to remain at the pool from 7:00 am warm up, through her 1650 around 3:00 pm, and through the last finals session (with an estimated finish time of 7:30 pm).

Despite having been at the pool for over 8 hours before her race – Emma absolutely destroyed her 1650, dropping over a minute of time and qualifying for her first Winter Junior

Nationals! It was an incredible swim, which she then followed with 2 more superb individual races and a relay to finish the night. Her months of preparation and hard work ensured that her body and mind were ready to take on the grueling schedule and tackle each swim on its own.

Congratulations, Emma – we are so proud of your continued hard work and are looking forward to the remainder of your senior year!