



**Emma Litzer**  
**Girls Lacrosse**

**When did you start playing your sport and how did you get introduced to it?**

I started playing in 2012 and started playing goalie in 2013. I was introduced to lacrosse by my neighbor who was playing in high school at the time.

**Do you play any other sports?**

I like to swim, but I don't do it competitively.

**What has your sport taught you and what lessons have you pulled from it?**

Being a goalie has taught me how to deal with situations that don't seem to have a positive side. It has taught me to see what I have done right, instead of what I have done wrong. Lacrosse has shown me how to work as a team and be a team leader.

**What do you wish you knew when you were just starting?**

I wish I had known how much it hurt to get hit in the shin with a ball going at 75 mph.

**What quote/inspiration do you resort to when things get really hard?**

"Never give up for that is just the place and time that the tide will turn" - Harriet Beecher Stowe

**Share something about you that isn't well known.**

I am a huge astronomy nerd.

**Where do you go from here? College plans?**

I am going to the University of Illinois (Urbana-Champaign) to study Astronomy and Physics

**Do you have a role model?**

My parents (Brent and Laura Litzer), coach (John Scanlon), and my physics teacher (Mike Kennedy) are my role models.