



Emma Littrell

St. Henry High School

One of Northern Kentucky's finest swimmers is St. Henry senior Emma Littrell, who, at this year's 7th Region championships, finished first in the 50 freestyle and first in the 100 freestyle events, while at the Kentucky state championships she finished as state runner-up in the 100 freestyle in 51.90. At this year's NKAC Swimming and Diving Championships, Emma finished first in her division and third overall in the 100-yard butterfly, achieving a personal best time of 1:04.75. At this year's National Catholic Championships, she was champion in the 100 freestyle in 52.22 and finished third in the 50 freestyle in 24.32.

Her junior year, at last year's Kentucky state meet, Emma took third place in the 100 freestyle and sixth place in the 50 freestyle. She earned numerous honors for her accomplishments. Last year, she was named as the school's Girl's Swimming Team MVP for the third straight year. She was named NKAC Div. II Most Outstanding Swimmer, first-team all-Northern Kentucky (Enquirer) and was named to the Northern Kentucky all-region team for the second straight time.

Emma holds three school records – in the 50 freestyle, 100 freestyle and 100 breaststroke. Varsity success started early for Emma. As a freshman competing in the Holy Cross Invitational and the Boone County Championships, between the two meets, she set four new individual meet records and was a part of two relays that set meet records.

Emma is an example of perseverance making good. Emma suffered from scoliosis and wore a back brace for two years, in the eighth and ninth grades, rather than undergo surgery to straighten her spine. A super student who is active in community service, Emma will continue her swimming competition at the next level at Eastern Michigan University. She also swims for the Anderson Barracudas YMCA club team.

Her favorite athlete is Kyra Condie, favorite entertainer is Kevin Hart, favorite book is Harry Potter: Half-Blood Prince, favorite movie is Seabiscuit and most-like-to-meet is Caeleb Dressel.



NAME: Emma Littrell
GRADUATING YEAR: 2023
SCHOOL: St. Henry High School
SPORT: Swimming
HEIGHT: 5'9"-146 lbs.
PARENTS: Mike & Monica
ACHIEVEMENT: Placing 3rd at state junior year in 100 freestyle
INFLUENCE: Simone Manuel
GOAL: Attend the Swimming World Cup

"I can't ask for a better teammate/cheerleader for our team. She is always upbeat and ready to go!"

- Marcie Dressman, Varsity Swimming Coach

April 4, 2023