



Emma Reifel
Glenbard West senior

What is your greatest track moment?

“When we won indoor conference as a team for the first time ever (in 2011) because the excitement of all the girls and coaches made the night unforgettable.”

What is the best part of track practice?

“Getting to spend time with all of the girls because as a team we are really close, which makes our Glenbard West team unique.”

Do you have any superstitions or rituals for your meets or practices?

“I do not. In fact, I purposely switch things up so I do not get fixed on one ritual.”

What track event would you like to try for the first time?

“Pole vault because it’s nothing like I’ve done before event-wise. It requires upper-body strength and it just looks fun!”

What is your favorite track saying or slogan?

“The faster you run, the faster you’re done.”

What would make this a successful season for you?

“To meet my end-of-the-season goals and to watch our team develop as a threat in the conference.”

What are five items you would select for a fantasy meal?

“Filet mignon, cavatelli arrabbiata, grilled red peppers, Hawaiian rolls, lemonade.”

If you could be a guest star on any current television show, which would you choose?

“ ‘Modern Family’ because if the cast is that funny on screen, I would love to see the dynamic behind the scenes. They seem like they would be so fun to spend time with.”

If you could live for one month in any foreign country, which would you choose?

“Australia because the weather is very nice, it looks beautiful and there seems to be so many outdoor activities to do! Plus, who wouldn’t want to hang out with kangaroos for a month?”