



My name is Elijah Feret. I am 15 years old and swim for the Glenville YMCA Porpoises. This is my 5th season with the team and I have successfully represented the Glenville YMCA at the New York State YMCA Championships, Adirondack Long Course Championships, and other regional level meets. Before I began swimming for Glenville, I swam 4 years at the Schenectady JCC during where I discovered my love for competitive swimming. For the past 2 years I have swam for the varsity team at Niskayuna High School in which this past season, I finished 4th place in the 500 freestyle

at Section II Championships. I have also represented the Albany/Schenectady delegation at the JCC Maccabi Games last summer.

Academically, I am an “A” student and am focusing on STEM classes for a future in biomedical engineering and medicine. There have been numerous occasions where I have had to find a balance between my swimming focus and academics. Though it can be stressful, this has taught me how to prioritize and succeed in many areas simultaneously.

In my free time I enjoy music, cooking, and spending time in the Adirondacks kayaking & hiking. I am an active member of the Agudat Achim Synagogue in Schenectady where I regularly participate in services, work in the Sunday school, and am a member of the United Synagogue Youth. At Sunday school, I am an aide in the kindergarten and first grade classroom. This experience has taught me patience, communication, and compassion. I have been a member of my youth group’s chapter executive board for the past 2 years, one of those years serving as the president.

I have learned many leadership skills with my swim team and youth group and how to listen to and validate other people’s ideas. I would be honored to be your Junior Athlete Representative and would be excited to put my skills to work for the Adirondack Swimming LSC. So please consider me, Elijah Feret for your vote as Junior Athlete Representative.