

# Emma TEREBO

## *The Caledonian mermaid who defies the Olympic waves.*



Emma Terebo was born on 10<sup>th</sup> July 1998 in New Caledonia. She is a 26 year old professional swimmer who participated at the 2024 Olympic Games. Us, the 401 and 402 LCE class of Jean Mariotti College have been so lucky to interview her on 22<sup>nd</sup> August 2024 about her participation at the 2024 Olympic Games.

Emma Terebo started swimming at 2 or 3 years old to learn how to swim. After, she kept swimming just for fun, she wanted to hang out with her friends at the swimming club and also because she loved competitions. She then realized that she was quite fast on the backstroke. So, she took swimming more seriously, trained hard, about 28 hours a week, and finally managed to participate at the 2024 Olympic Games in Paris!!!

Emma Terebo was a student at Jean-Mariotti Junior High School and then at Lapérouse High School. She left New Caledonia in 2016 (after High School) for Florida (a state in the USA). Emma stayed in Florida for 4 years. After this, she went to France in Amiens. She has traveled to many places to swim: Singapore, Australia, New Zealand, China, Spain ..... and she loves traveling. Her swimming idol is Laure Manaudou so when she broke her idol's 100 meter backstroke record she was really thrilled.

In New Caledonia, she swam at the CNC (Cercle des Nageurs Calédoniens). When she moved to the USA, she competed for her University in Florida. In France, she competed for Amiens Metropole Natation, a city near Paris. She did a lot of competitions, but the most important ones were : the Pacific Games (twice) where she won 13 medals, a competition at Rome, where she won a silver medal at the 100 meter backstroke, the 2024 France championships, where she broke the French 100 meter backstroke record: Laure Manaudou had done 59'50 but Mrs Terebo did it in 58'79, and finally: the Olympic Games! There, she was in the finals of the 100 and 200 meter backstroke. She also did the World championship at Budapest, where she finished fifth at the 100 meter backstroke.

How does she prepare for her swimming competitions? In general, Emma Terebo is very stressed before and during competitions. But it is a good stress! She works with a physical coach, a physio but also a mental coach to help her manage her stress. Before the competition and before her training, she eats "eggs and toasts but not too much because I need to be light" she said. She is sponsored by the famous swimming brand "Speedo". To have a better speed, Speedo gives her swimming glasses, her swimming cap and swimsuit with the texture of shark skin to slide on the water. She has a brand new swimsuit at each swimming event. At the Olympics, she had a 50 minute bus ride to get from the Olympic village to the swimming pool. She warmed up for 2 hours before each event and she also swam a bit after each competition. During the competition, the French public was screaming her name : "Emma!!! Emma!!! Emma!!!" and it helped her a lot.

At the Olympic Games, she managed to go and see the beach volley, a basketball final, skateboarding and gymnastics. She watched the gymnastic performance of Simone Biles! At the village, she found that the bed was "very bad and hard because it is in paper", and "the food [was] not so good", she preferred "real French food". In the morning, Emma ate fried eggs, bread, coffee and drunk orange juice. She was amazed because all the food and drinks were free at the Olympic village. People told her: "it's free, it's free, help yourself!". She did not have the time to see her friends and family but she enjoyed meeting different people of different origins and in different sports. She met Antoine Dupont, a rugby French player, Noah Lyles, an American sprinter and other celebrities like Omar Sy, Tony Parker and Zidane at the party at the end of the Olympic Games. Emma knows Leon Marchand and Maxime Grousset (she swam with them). She has met Kawli Vaast, who won a gold medal in the surfing competition.

Being able to interview Emma Terebo was very interesting, we've learnt about the atmosphere of the Olympics Games and we thank her so much for her visit. What a wonderful person she is!

