



# Steve Emt Biography

Steve Emt was born and raised in Hebron, CT. In high school, Steve was a three-sport star in soccer, basketball and baseball. Steve earned All State, All New England and 3rd Team All American honors in soccer. In basketball, he earned CT All State honors his junior and senior season and is still the all-time leading scorer in the history of his high school.

After high school, Steve chose to attend the United States Military Academy at West Point, NY playing both soccer and basketball. Steve also attended the University of Connecticut playing basketball for the legendary coach Jim Calhoun.

In March of 1995, Steve's life took a dramatic turn when a drunk driving crash changed his life forever. After hours of surgery and days in a coma, he woke up to learn that he was paralyzed from the waist down and would never walk again. Confined to a wheelchair, Steve Emt was faced with the challenge of learning how to live again. After nine months of hard work and determination, Steve was back at work full time. Realizing it was time to make the decision to change his life, Steve went back to school to get his teaching certificate and taught middle school math for the next twenty years. During that time, he also coached the same high school boys' basketball team that he once starred for.

During the summer of 2013, a chance encounter introduced Steve to the sport of curling when he not only fell in love with the sport but realized that his dream of being an Olympian may still be attainable. Through hard work, commitment, and dedication, Steve earned a position on Team USA in the Winter of 2014 and has remained with the team ever since. To date, Steve is a 9-time National Champion, has competed in 7 World Championships and two Paralympic Games.

Steve is the author of *You D.E.C.I.D.E.: A 6-step action plan to becoming the hero of your own life*. Through his book and his numerous public appearances, Steve empowers men and women of all ages the life skills necessary to make difficult decisions and ultimately reach their goals through perseverance and dedication.