



Celebrating 50 years of NU Trailblazers!

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First Female Olympian: Emily Caruso '00



When the world's top athletes compete for gold in Paris next month, rifle, pistol and shotgun will be among the 32 events in the 2024 Summer Olympics. Shooting is a sport that demands precision and focus, and is one of the original nine events dating back to the first modern Olympic Games in Athens in 1896.

Emily Caruso, NU Class of 2000, is the only Norwich woman to journey from the Hill to the global stage as one of the most decorated shooters in U.S. history. She began shooting at age 11 as part of the Police Athletic League in her hometown of Fairfield, CT. While at Norwich she earned eight All-American honors and was crowned the 1998 NCAA Air Rifle National Champion, making her one of the most decorated athletes in the [NU Hall of Fame](#).



After graduating, Emily became a resident athlete at the Olympic Training Center in Colorado Springs. Over the next 12 years, the accolades piled up. She won four USA Shooting Air Rifle National Championships and was a bronze medalist in 2009. In addition to her individual championships, she took home first place finishes at the 2004 and 2008 US Olympic Team Trials, earning her a spot on the US Olympic Team.

As an Olympic athlete, Emily faced the world's best in the women's 10m air rifle event. She finished ninth in the 2004 Athens Games and 15th at the 2008 Beijing Olympics.

Emily has a wealth of international experience, having competed in 38 World Cups over the course of her professional career. She qualified for the World Cup Final Competitions three times, earning a silver medal in 2000 at the World Cup Munich. In total, Caruso took home six medals.

She was a gold medalist at the 2011 Pan American Games in Guadalajara, Mexico in addition to earning a spot on three World Championship Teams. Emily is one of only five US women to fire a perfect air rifle score in a USA Shooting competition and is the only shooter to have accomplished the feat twice.

Transitioning from athlete to coach, Emily joined the Texas Christian University staff as Assistant Rifle Coach in 2014 and has been the Assistant Coach at Ohio State University since 2017. Her knowledge and experience are a guiding light for aspiring shooters.

Emily's accomplishments are a testament to dedication, skill, and a relentless pursuit of excellence. She remains an indelible Norwich legend, inspiring generations of female athletes to aim for nothing short of greatness.

Records documenting the history of women at Norwich are available through the University Archives: <https://archives.norwich.edu>

Attend a Women Kicking Glass Event.

- Sunday, June 23, 2024 - [Washington DC Women Kicking Glass Reception](#), Military Women's Memorial, Arlington, VA
- Friday, September 20, 2024 - [Women Kicking Glass Gala](#), Plumley Armory, Norwich

Sullivan Museum Seeking Women's Uniforms and Other Objects for Women Kicking Glass Exhibit

The Sullivan Museum and History Center is planning an exhibit highlighting the history of Norwich women. In preparation for that exhibition, and to expand the museum's collection, they are seeking women's uniforms, athletic gear, mementos of student life and other items reflecting the experiences of Norwich women over the past 50 years. To learn more or to donate/loan items for this exhibit, contact Amber Wingerson at awingers@norwich.edu or 802-485-3288.