

## The FISH Class of 2017 Questionnaire

**Name:** Rachel Hughes

**Nick Name:** n/a

**FISH Group:** Incredible FISH Prep

**Home Town:** Vienna, Va

**High School:** James Madison

**Future College:** Gap Year in Australia, then Virginia Tech

**Parents & Siblings:** mom- Dana, Dad- Bill, brother- Quinn

**When did you join the FISH, and what has been your most memorable experience while being on the team?** I joined Fish in the Fall of 2016 and one of my favorite things about this team was how welcoming and how friendly everyone was.

**What was your most rewarding and exciting meet during your FISH career?**

I forget the name of the meet, but it was one of the qualifying meets where if you were under a certain time, you weren't allowed to compete. I ended up swimming the 500 free and dropped 2 seconds from my seasons best!

**What is your favorite set?** Kick sets

**What are your favorite events?** Favorite or best? I usually swim the 500 free and 200 free, but I enjoy breast stroke.

**What is the biggest challenge for you in swimming?** Believing that I can do things, especially during meets.

**What motivates you most?** Having a coach that enjoys swimming and is dedicated too. Also having my teammates wanting to do their best and trying hard and supporting each other.

**Which aspects of swimming do you apply in everyday life?** Even if you have one bad race, its not how its going to be all the time. You have some good days and some bad days just like there are some good races and some not so great ones. Also, the more you put in, you get out.

**You are beginning a new chapter in your life, college. What are you most looking forward to? How has FISH prepared you?** I'm looking foreword to meeting new people and trying something new, just like I did when I came to fish.

**What advice can you give your teammates in your group and especially your younger teammates who are just starting out?** Don't be afraid to talk to people. Also, talk to coaches about what your goals are, they are there to help.

**Tell us a little bit about you; what do you like to do when you are not swimming or busy with schoolwork?** I really like to travel, hence partly why I am going to Australia next year. I also enjoy doing yoga, reading books, going hiking and pretty much anything else outdoorsy, but there is nothing like making popcorn and watching a good movie.