



The FISH Class of 2018 Questionnaire

Name: Lauren Novak

Nick Name:

FISH Group: Incredible

Home Town: Springfield, VA

High School: West Springfield High School

Future College: Penn State

Parents & Siblings: Debra, Martin, and Katherine (20)

When did you join the FISH, and what has been your most memorable experience while being on the team?

I joined the FISH when I was 13 years old in the Fall of 2013. My most memorable experience was going to Grand Junction, Colorado for the summer of 2015 training trip.

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

My most rewarding and exciting meet was my first Junior/Senior Champs.

What is your favorite set?

There is just so much to choose from; the longer the better!

What are your favorite events?

100 fly (I wish that 25s were events) and the 200 fly, and 2 person relays

What is the biggest challenge for you in swimming?

Over thinking

What motivates you most?

My parents motivate me.

Which aspects of swimming do you apply in everyday life?

Time Management, competitiveness and bathing.

You are beginning a new chapter in your life, college. What are you most looking forward to? How has FISH prepared you?

I most looking forward to meeting new people. Swimming and FISH helped me become more outgoing.

What advice can you give your teammates in your group and especially your younger teammates who are just starting out?

Keep working towards what you want and you'll be passionate about it. If you're passionate, you will reach your goals. Also, don't let distractions get in the way.

Tell us a little bit about you; what do you like to do when you are not swimming or busy with schoolwork?

I love to bake and am in a quest of the perfect homemade brownie. I also love to make cakes.