



## **The FISH Class of 2018 Questionnaire**

**Name:** Matt Creeks

**Nick Name:**

**FISH Group:** Awesome

**Home Town:** Chantilly, VA

**High School:** Chantilly H.S.

**Future College:** Calvin College

**Parents & Siblings:** Tyrone & Elvira, Sofia, Brian and Raymond

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

I joined the FISH in 2014 when I was 14 years old. My most memorable experience was my first practice.

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

There are too many to choose from. They were all great.

**What is your favorite set?**

3 x (3 x 50 on 1:30) #1 = over kick on 2<sup>nd</sup> 25, #2 = 2 breaths or less on 2<sup>nd</sup> 25, #3 = over kick and 2 breaths or less on 2<sup>nd</sup> 25.

**What are your favorite events?**

200 free, 100 breast, 50 free, 100 free

**What is the biggest challenge for you in swimming?**

The little things: swimming in cold water, cooling down after the last event at a meet and waking up early for morning practice.

**What motivates you most?**

I motivate myself. Internal motivation

**Which aspects of swimming do you apply in everyday life?**

Focus on detail and discipline.

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

I am looking forward to new experiences. The FISH has helped prepare me by improving my ability to focus and finish the task.

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

Every set has a purpose; whether or not you want to believe it.

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

I like martial arts, shooting hoops, playing tennis, bowling and body building. I also enjoy reading.