

The FISH Class of 2019 Questionnaire

Name: Alan Phlips

Nickname: "Big Al"

FISH Group: Incredible Fish

Hometown: Great Falls, VA

High School: Langley High School

Future College: University of Virginia - School of Engineering and Applied Science

Parents & Siblings: Rhonda Lien, Bernard Phlips, Emma Phlips, Kevin Phlips

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

I joined the Fish in 2009 as a MINI, and I would have to say my most memorable experiences since then have been the Training trips to Grand Junction, Colorado that Coach Ray doesn't remember I went on.

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

The 2015 NASA meet in Florida

What is your favorite set?

Anything during taper

What are your favorite events?

50 free, 100 free, 200 free, 500 free

What is the biggest challenge for you in swimming?

Getting to practices and time in the pool since swim practice sometimes conflicts with my other activities.

What motivates you most?

The fact that I can be better than I used to be if I just put in the time and effort. Additionally, that I am the only reason and excuse for the results of my swimming, I find it holds me accountable for getting to and how I practice.

Which aspects of swimming do you apply in everyday life?

Showing up early and staying late to every practice. Mental preparation for sets, test sets, and tests in school I have found to be quite similar. Showing up is a huge part of the battle.

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

I'm most looking forward to having more of an influence in my schedules and as a result my priorities. I will have a greater ability to shape what goes on in my life compared to before. I hope to combine this with the opportunities to try new things and explore new areas that I could not previously. Practically speaking, it will be easier to get to practices and everywhere. FISH has prepared me by helping develop the mental toughness to not give up on something that seems hard and has shown me that success is possible if I just keep at it.

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

Just keep swimming.

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

-I'm in my school's Band and Marching Band where I play French Horn

-I'm an avid Washington Nationals fan

-I'm a huge nerd. I'm really interested in Computer Science (planning to Major in it) as well as Math (planning to at least minor in it)

-For the last 3 summer's I've had internships at the U.S. Naval Observatory with another one planned for this summer

-I like napping, in class or otherwise