

The FISH Class of 2019 Questionnaire

Name: Caroline J. Emanuel

Nickname: Skinny Minnie

FISH Group: Incredible

Hometown: Arlington, VA

High School: Washington-Lee High School

Future College: Virginia Tech College of Engineering

Parents & Siblings: Greg and Beth, Michael, Katherine

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

I joined the FISH in 2012 when I was in 6th grade. I have many memorable experiences while being on the team. One of my most favorite memories was beating Dylan McAfee from NCAP in 200 fly LCM during a swim-off. I came from behind to beat her by a second. The entire team, and other teams not in favor of NCAP, were going nuts the entire race.

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

My most rewarding meet was Spring LC Sectionals in Buffalo, NY. It was my first time qualifying for Sectionals. I dropped a lot of time and qualified for finals in almost every event. I also enjoyed getting to know my roommates better and getting the opportunity to show my teammates my humorous personality...I'm pretty good at imitating people.

What is your favorite set?

Anything that involves kicking. More specifically, 8x100s kick on 2:00

What are your favorite events?

500 free, 200 free, 100 free, 200 breast, 200 I.M, 400 I.M.

What is the biggest challenge for you in swimming?

Getting enough fuel during practice/before races to keep going.

What motivates you most?

I really enjoy goofing off with teammates during practice. I love to make them laugh and smile; it makes my day.

Which aspects of swimming do you apply in everyday life?

I use the mental toughness required to complete tough sets to get through academic and personal challenges. This mental toughness is particularly useful in running 5Ks. Swimming also requires that you are an expert at mindfulness. You can't do well if your thoughts are elsewhere while you're in the pool. It requires that you focus on one stroke at a time. Mindfulness has been a huge help in maintaining a positive attitude while juggling a heavy academic course load this year.

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 meeting people from different parts of Virginia and from other states. I am also looking forward to learning about others' belief systems and developing my own opinions about society. Additionally, I'm really excited to participate in "Enter Sandman" at VT football games! FISH has prepared me by helping me to learn time management and balance. Too much of one thing (academics or sports) is generally not

healthy. FISH has also allowed me to develop interpersonal skills; knowing how to get along with people with different personality types is a key college and workplace skill.

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

Moving into Incredible is hard at first. However, I encourage you to build friendships with your teammates. They will help you through tough times in and out of the pool. I would also suggest making sure that you practice mindfulness on a regular basis. When you realize who your ideal self is, one that is happy and unstoppable, nothing anyone says or does will get in the way of you accomplishing your goals. I would also recommend that juniors and seniors make sure to spend 30 minutes a day doing a leisure activity, like reading/drawing/etc. that motivates you to get through your day. Additionally, don't cut corners on your sleep! It's very hard to do well in school if you're tired, irritable, and groggy. Lastly, don't be afraid to try new activities. I went out for cross country this year, and was actually quite good at it. My high school team won counties, districts, and regionals. We placed 3rd at State and half our team placed in the top 100 runners (myself included) across all divisions out of 1600 total runners.

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

I enjoy running track and cross country in my free time. When I get into a good rhythm while running, I begin to feel like I'm flying. It's a cool feeling. I like taking care of my pet rabbit, hiking, mowing lawns, singing, practicing German, and visiting my family in Nebraska. I also enjoy making memes and doing voice impersonations.

