

The FISH Class of 2019 Questionnaire

Name: Chris Yang

Nickname:

FISH Group: Incredible Fish Prep

Hometown: Herndon, VA

High School: Oakton High School

Future College: Duke University

Parents & Siblings: Sunny Yang, Lin Zhu, Julia Yang

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

Joined FISH when I was nine years old. Most memorable experience – When I placed 1st in my heat at Christmas Championships in the 100 IM.

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

Spring Champs, when I got my first Junior Champs cut in the 100 breaststroke.

What is your favorite set?

20 x 100 Best Average, when I'm conditioned properly.

What are your favorite events?

100 Breaststroke, 100 Freestyle, 50 Freestyle.

What is the biggest challenge for you in swimming?

Staying focused on the sport while being busy with other activities in life.

What motivates you most?

When I have a goal in mind that I can devote my concentration and dedication towards achieving.

Which aspects of swimming do you apply in everyday life?

Perseverance, diligence, courage.

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

The myriad of experiences and opportunities I'll discover at Duke in the next four years. FISH has taught me the hard work ethic and motivation I need to put my utmost effort in college.

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

Don't let the competitive aspect of swimming overconsume you; rather, enjoy the moments in the pool and make the most out of every practice – the results will come naturally.

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

Teaching low-income children how to code and tutoring students at my school.