

The FISH Class of 2019 Questionnaire

Name: Dan Ni

Nickname: Danni

FISH Group: IF Prep

Hometown: Great Falls, Virginia

High School: Langley High School

Future College: Cornell University

Parents & Siblings:

Mom (Ruby Zhang), Dad (Chuanliu Ni), older sister (Ivy Ni), even older sister (Autumn Ni).

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

Oh it's been a while. Maybe when I was 8? I'd have to ask my mom. I remember I had a very good practice once and I got a black FISH cap from one of the coaches. This was back when I was still in elementary school, I think. That was super cool and inspired me to try and get better.

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

I try not to get too excited over a single meet, but Junior Champs this year was cool. I managed to drop time after being out of the pool for a long time and it helped me realize that it wasn't too late for me to keep getting faster.

What is your favorite set?

I think it was called drop outs? The thing where you started with 100 free with an interval that went down by 1 second each time and you would stop and switch to 75s after you missed one, then 50s, then 25s. That was pretty challenging and I enjoyed it. It was a true multistage aerobic capacity test.

What are your favorite events?

100 BR, 100 FL, 50 FR.

What is the biggest challenge for you in swimming?

Balancing swimming with school and other extracurriculars.

What motivates you most?

Seeing other incredible people in the world doing incredible things. I want to be cool like them. :)

Which aspects of swimming do you apply in everyday life?

Using the time that you have as effectively as possible. Your time in the pool is limited so you have to stay focused the whole time to get the most out of it. Same with schoolwork and other obligations. The time you have every day is limited as well, so I try to use all of it and get some work done when on the car and between classes and such.

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

I honestly haven't thought too much about college. I think I just want to keep an open mind and see what happens. That being said, I look forward to being able to spend more time doing things that I enjoy doing. FISH has prepared me for the future by giving me the confidence to believe in myself. I know if I put in the work I'll get better, whether it's in swimming or in anything else.

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

Communicate with your coaches so they know what your goals are and can help you reach them. :)

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

Well, when I'm not busy with schoolwork I like to swim. It's been a while since I haven't had to worry about both, but I like to watch TV and anime. I also like to play quizbowl and study chemistry. :P