

The FISH Class of 2019 Questionnaire

Name: David DiMeglio

Nickname: N/A

FISH Group: Awesome

Hometown: McLean, VA

High School: Thomas Jefferson High School for Science and Technology

Future College: University of Virginia

Parents & Siblings: Chuck, Shelly, Sarah (17), Amanda (16)

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

I joined the FISH when I was 8 years old. One of my most memorable experiences was the Incredible/Awesome rafting trip to Ohiopyle.

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

2018 Senior Zones. I swam well, achieved my goal of getting a Futures cut, and will never forget being woken up by the hotel fire alarm on the last day, along with going to Dave & Buster's on the last night to celebrate a great meet.

What is your favorite set?

4x25, 4x50, 4x75...4x300 and back down.

What are your favorite events?

50 free, 100 free, 200 free, relays

What is the biggest challenge for you in swimming?

Managing swimming, sleep, other extracurriculars, and school has always been a challenge, but I've learned that time management helps me keep a good balance.

What motivates you most?

I'm motivated by the pure happiness that follows a great swim or practice. Almost nothing beats that feeling.

Which aspects of swimming do you apply in everyday life?

Swimming has taught me to be disciplined, patient, and humble. Being a good teammate, being competitive, being on time, and realizing that hard work will translate into success all carry over into everyday life for me.

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

I'm looking forward to swimming at the club level, and beyond that I'm excited to try new things and be free. In college there is a lot more down time, and I think FISH has helped me manage my time and spend it wisely.

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

Set goals, and trust the process. There will be ups and downs. If you're in a "down," think about how it'll feel to achieve your goals and let that inspire you. If you're in an "up," stay hungry.

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

When I'm not busy swimming or doing homework, I enjoy playing the piano, coaching for my summer swim team, traveling, spending time with friends and family, and cheering on DC sports teams.