

The FISH Class of 2019 Questionnaire

Name: Fiona Carcani

FISH Group: Incredible

Hometown: Falls Church

High School: TJ

Future College: Carnegie Mellon

Parents & Siblings: Ben, Armanda, and Flavia Carcani

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 nine years old. The first memory that comes to mind is when I did a 50 fly swim-off at JOs. It was really exciting to see so many of my teammates come to cheer for me and, for some reason, I felt so much more confident than usual. It ended up being an amazing race!

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

Besides JOs the year of that swim-off, the most rewarding meet of my FISH career was the Sandbox meet when I was 10. I knew I had worked really hard to improve my fly technique that summer, but I was still really (pleasantly) surprised when I dropped a lot of time and made finals for the first time in my life.

What is your favorite set?

All of them :)')

What are your favorite events?

200 fly, 100 fly, 500 free

What is the biggest challenge for you in swimming?

The biggest challenge for me is staying positive and believing in myself, especially when I haven't dropped time in a while.

What motivates you most?

Friendly competition with people who are about as fast as me is a great motivator.

Which aspects of swimming do you apply in everyday life?

The work ethic and persistence I gained from swimming have helped me a lot in other aspects of my life.

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

I can't wait to learn new things and meet new people while living in a new city. I might even walk on to the swim team! FISH has prepared me well for college by teaching me how to set goals and work towards them.

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

Be confident. You're probably a lot faster than you think you are, so go into every race expecting it to be amazing. You will be surprised at what you can do!

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

Running, hiking, listening to music, reading, being outside, travelling, eating, hanging out with friends