



The FISH Class of 2020 Questionnaire



Name: Hanna Sun

Nickname: HANNA SUN

FISH Group: Awesome

Home Town: McLean, VA

High School: Langley HS

Future College: UVA

Parents & Siblings: Parents Amy Liu & Burt Sun, sister Sara Sun

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

- I joined FISH at the start of 8th grade, so when I was 12-13. My most memorable experience: on the first night of my first Sectionals, I had a screaming fit while sleeping because I was so angry that some avocados weren't mashed well in a guacamole in my dream. And according to Nicole Fye, who slept next to me that night, I also punched her

accidentally, though I don't recall that part. Veronica Wolff, who slept in the bed next to ours, also recalled awakening to my angry fit. Definitely a funny story in the morning.

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

- 2016 Sectionals for sure! I was in 8th grade, new on the team, and it was my first Sectionals, held in Richmond, VA, the same pool for Zones. Not only did I swim my best, but it was the first real milestone in my joining of FISH where I made new friends and truly felt a part of the team.

What is your favorite set?

- I believe Ray got the set from a Texas college coach...it involves going down a pyramid of a number of 100 and 200s alternating between kick and sprint free. Too bad we don't do it often.

What are your favorite events?

- Some events that were once a favorite of mine are no longer, and some that were never a favorite of mine are now not so bad; however, the 50 fly, 50 back, 100 & 200 backstroke have always been at the top of the favorites list.

What is the biggest challenge for you in swimming?

- My biggest challenge is bringing myself to get up for 4:30 AM weekday practices. It is a challenge I have not often overcome. Another challenge that is more prevalent is having fun at meets—I tend to get caught up in my performance or technique or overthinking in general that I forget to have fun!

What motivates you most?

- Myself first and foremost, and music a close second.

Which aspects of swimming do you apply in everyday life?

- My work ethic is what I apply in my everyday life and it is something I greatly attribute to my years in the sport. Whether that be consistently putting my best foot forward in my academics or managing my time to get other activities done, such ethic I've taken from swimming has become part of who I am.

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

- In college, I am most looking forward to learning new subjects, taking classes related to my interests, and meeting new people! FISH has prepared me for this as it has not only honed my time management skills, but it has also helped me become more confident in getting to know my teammates and building friendships as I would with classmates.

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

- My advice for younger teammates is to not get caught up in the performances of others—it is essential to be competitive, for that's what sports are all about, but don't let the envy that often comes naturally with such competition overtake your thoughts and confidence. Everyone has their good and bad performances, so just because someone may be

improving more than you doesn't mean you won't in the future! Keep working hard and focus on improving yourself.

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

- It isn't often when I'm not busy with either of those, so every chance I get you can find me napping. If I'm not napping, other hobbies I turn to often are hiking outside/going to parks or embroider. I also work as a lifeguard at Spring Hill ReCenter on Friday nights and Saturday mornings after practice.