



The FISH Class of 2020 Questionnaire

Name: Kelly Derasmo

Nickname: Kelly

FISH Group: Awesome FISH

Home Town: Fairfax Station

High School: Paul VI Catholic High School

Future College: Denison University

Parents & Siblings: Parents- Bill and Jen Siblings- William and Isabella

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 11 years old and the most memorable experience has been a lot of things but probably the Omaha OT training trip in 2016, the Ohio Pyle Camping Trip in 2017, and the 2018 Training trip in Colorado Mesa.

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

Oh gosh there has been so many, probably the Retriever Classic in 2015, Minnesota Invite in 2016, the 2017 swim and rock meet, and the 2017 Christmas champs meet- just some of the classics from back in the day,

What is your favorite set?

The drop out fly 50s we do LCM at Audrey Moore on Sunday mornings

What are your favorite events?

200 fly and 500 free

What is the biggest challenge for you in swimming?

Being on time

What motivates you most?

The fear of being out touched

Which aspects of swimming do you apply in everyday life?

Being patient, organized, and determined to get through whatever challenges I face like a big main set of 8x500s best average

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

I am most looking forward to seeing how a new environment can further my swimming and I think FISH has more than prepared me for the college level of swimming and the yardage they do.

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

Being on time will keep you out of the diving well, practice consistency is the best thing you can do for yourself because practices will then only get easier and you can challenge yourself even more by beating your practice bests and the results will easily show. Also, even when you are putting in the work and you're not seeing results, do not give up, all swimmers hit plateaus but then always have a break through, you just have to power through it.

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

I love to go hiking with my family and friends and do outside activities but I also love me some Netflix.



or



Sorry they are both weird sizes, so whichever works easier