

## The FISH Class of 2019 Questionnaire

**Name:** Elizabeth Louie

**Nickname:** Lizzie

**FISH Group:** Incredible Prep

**Hometown:** Herndon

**High School:** Thomas Jefferson High School for Science and Technology

**Future College:** Carnegie Mellon University – School of Computer Science

**Parents & Siblings:** Parents – Danny & Elise Louie, Sibling – Daniel Louie

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

I joined The Fish as a Mini Fish at 7 years old. My most memorable experience while being on the team was cheering others on with my friends during longer events at swim meets.

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

My most rewarding and exciting meets were going to high school Regionals junior and senior year.

**What is your favorite set?**

The Stanford Kick Set

**What are your favorite events?**

200 Free, 200 Breast, and 500 Free

**What is the biggest challenge for you in swimming?**

My biggest challenge is keeping up my power and tempo in swimming.

**What motivates you most?**

Dropping time and improving my stroke efficiency and technique motivates me.

**Which aspects of swimming do you apply in everyday life?**

Swimming requires a lot of time management, so it really affects my daily schedule. In my everyday life I make sure that I finish my work as efficiently as possible while still maintaining its quality so I have enough time for other obligations and activities such as swimming.

**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 the independence of college life and the unstructured schedule. I believe that Fish has taught me how to juggle work and swimming responsibly, which will be helpful if I want to do sports or other activities in college.

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

I would advise my teammates to make sure they do their homework early and attend as many swim practices as possible (especially if you want to get better) because swimming is really helpful if you want to take a break from school. Research has shown that exercise is extremely beneficial both physically and mentally.

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

Apart from swimming and school, I usually spend my time reading fiction books, webtoons, and manga.