



## The FISH Class of 2020 Questionnaire

**Name:** Margaret Russo

**Nickname:** None

**FISH Group:** IF Prep

**Home Town:** military kid, don't really have one

**High School:** Falls Church High School

**Future College:** Valley Forge Military College

**Parents & Siblings:** Amy Russo (mom), David Dahl (dad), Melissa Russo (sister)

**When did you join the FISH, and what has been your most memorable experience while being on the team?** I joined the summer of 2018. I enjoy the small size of IF Prep because it was easier for us all to become close. My favorite experience with the team have been several practices with my friends and coaches, Callan and Kim. Both of these coaches made practice enjoyable and fun.

**What was your most rewarding and exciting meet during your FISH career?**  
**The fish bowl was a very fun and exciting meet.**

**What is your favorite set?**

**I loved doing a ladder set that coach Matt created when Coach Kim couldn't be at practice. It was challenging, but really fun.**

**What are your favorite events?**

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

Lately, I have struggled with moving forward. I got to a certain point a year or two ago and I kinda just plateaued. However, I enjoy the sport so much.

**What motivates you most?**

**Competition. I am a very competitive person and I always want to do my best.**

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

**Even when I'm tired of doing something or I'm just exhausted, I still push through until the task is completed. I learned that from swimming**

**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 meeting new people and figuring out what my future holds with the help of structure from my college. FISH has allowed me to meet new people that I never would have met if I didn't join the team. My people skills and approach to new groups have improved since joining the team.**

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

**Coming to every practice with a good mindset is very important. As soon as you hit the water just try to forget all the other things going on outside of the pool. Swim practice is an escape, a place to enjoy and grow in what you are doing. Swimming is not an easy sport, but with a hard work and good attitude it will become one of the best parts of your day.**

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

**I enjoy hanging out with my friends and family, taking long walks with my dog, and travelling. Travelling is one of my favorite things to do because I love meeting new people and embracing different cultures. My love for it probably came from being a military child and moving around a lot. I also love movies. I'm always down for a new movie with my friends and family.**