

## Ask an Alum: Road to Rio

Fencer Nzingha Prescod '15CC is twenty-three years old and already an Olympic veteran. We caught up with the number-one-ranked US fencer as she prepared for her second Summer Games.

Summer 2016



Reuters / Mike Segar

### **How did you get interested in fencing?**

When I was nine, I started taking lessons at the Peter Westbrook Foundation, a New York nonprofit that seeks to expose more minorities to the sport of fencing. I didn't like it at first, but I'm competitive by nature and I wanted to beat my sister, who also did the program.

## What does your training schedule look like now?

I've been training full-time since I graduated last May and am still with the same coach I had as a kid. Every day is different — a mix of physical therapy, gym workouts, drills, and sparring with partners at different fencing clubs across the city.

## What are the most important qualities in an Olympic fencer?

Confidence, discipline, and strong legs. Fencing is not an intuitive sport: you can't just attack someone; there is a complicated set of rules. So you have to be disciplined about the rules and confident in executing them. And you squat a lot: that's where the strong legs come in.



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