

Name: Sarah Kaputa

The team you are the Captain of: Mercer Varsity Girls

The number of years you've been rowing: 3 years

What side/ seat do you prefer: I row both, it kind of depends, but right now I like port.

Favorite post-workout snack: A cool mint chocolate Clif bar and orange juice

Favorite thing about the sport: The people, most definitely. I don't think I could go through all of the mental and physical hardships and put in my 110% without such amazing athletes and coaches by my side. We push each other to be the best we can be, and I really love and appreciate it. I don't believe any other sport is like that.

Biggest Achievements in Rowing: Second place at Canley in the U19 8+ was a pretty awesome achievement!

What does rowing mean to you: Is it cliché to say everything? There's nothing I love more than being out on the water or going my hardest on an erg piece. No matter what kind of day I had before I came to practice, I can wash it away and do what I'm best at, with the people who mean the most to me.

How has rowing impacted your life: Rowing has given me lifelong friends and showed me what dedication really is. It has also really impacted my mental perspective, anything I put my mind to, I can accomplish through tenacity and grit.

What are you most looking forward to as Captain: Being a leader and passing along some knowledge as well as pushing our girls to make big jumps and making the team the best it can be!!!

What does being a Captain mean to you: I'm so thankful for this opportunity in becoming captain because it gives me a way to give back to the team. I was so thankful to be welcomed back last year after an injury and coming into an environment full of doers. I want to make sure every person on this team has the opportunity to accomplish all they can in a positive environment. I can't wait to see everyone shine and show their potential this year! GO MERCER!!!

A favorite moment while rowing at PNRA/ Mercer: Doing a 2x6k in my first winter season, and having all of the seniors come up to me and cheer me on and push me to finish strong. I had been struggling with the second piece, and being surrounded by my teammates pushing me to drop splits made me want to do my best. It made me feel super welcomed and showed me that everyone, even those who I didn't yet know, wanted me to succeed too.