

Name: [Emma Paxton](#)

The team you coach: [Novice Girls](#)

The number of years you've been rowing: [4 years](#)

What side/ seat do you prefer: [Portside - stroke or 6 seat](#)

Favorite post-workout snack: [Chocolate protein shake](#)

Teams you rowed for: [Mercer - will be rowing for Rutgers University](#)

Favorite thing about the sport: [The team connection and feeling the rhythm of the boat](#)

Biggest Achievements in Rowing: [Getting to race at the Charles in Boston](#)

What does rowing mean to you: [Rowing means a lot to me. The discipline you have to have to be able to be successful in this sport has been ingrained in me and I find myself succeeding with other aspects of life using the same tools I learned while rowing and being on a team.](#)

How has it impacted your life: [I have made friendships that I know will last me a lifetime because of the intense bond I have with them because of rowing.](#)

What made you decide to become a coach: [I decided to become a coach because I wanted to help younger athletes find their passion for this sport and set them up to be able to succeed. I also know that being biracial was also important to the kids who look like me so that they could feel like they belonged at the boathouse too.](#)

The most rewarding aspect of coaching: [Getting to watch an athlete grow and understand the sport. It's really fun to watch something "click" for an athlete and see them improve drastically within one practice session.](#)

A favorite moment while coaching PNRA/ Mercer: [Coaching the girls quad and watching them pull hard for one another during race pieces.](#)