

Name: Sam Altier

The team you coach: Varsity Girls

The number of years you've been rowing: 8

What side/ seat do you prefer: port, but I'm a sucker for 3 seat of a four

Favorite post-workout snack: anything peanut butter

Teams you rowed for: La Salle, Fordham University, Swan Creek, Minnesota Boat Club

Favorite thing about the sport: the great community and the (sometimes hard) lessons that apply to more than just rowing

Biggest Achievements in Rowing: Scholastic National Champion in Boys 2nd 8+ senior year of high school and taking the heavyweight 4+ to the Dad Vail Finals for Fordham for the first time in 20 odd years; hopefully with more to come from the coaching side of the sport!

What does rowing mean to you: it means community, dedication, and passion for excellence

How has it impacted your life: I definitely wouldn't be where I am today without it. It has taught me hard (and smart) work, the importance of teamwork, and the value of a good night's sleep

What made you decide to become a coach: I've always enjoyed teaching and loved this sport since starting 8 years ago, so this seemed like the natural next step.

The most rewarding aspect of coaching: seeing my athletes learn, improve, and enjoy the sport

A favorite moment while coaching PNRA/ Mercer: driving the USRowing 2 launch, it has some real character (even if it occasionally screams at me when I reverse)