

Name: [Laura Foster](#)

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

The number of years you've been rowing: [12](#)

What side/ seat do you prefer: [Depends on the boat class! I'm comfortable on both sides but like to bow pairs, sit in stroke in fours, and be in 3 or 4 in eights](#)

Favorite post-workout snack: [Peanut butter & banana sandwich with honey on whole wheat bread](#)

Teams you rowed for: [Mercer, University of Michigan, University of Cambridge \(UK\)](#)

Favorite thing about the sport: [Being part of something greater than myself](#)

Biggest Achievements in Rowing: [Winning the 2018 Reserve Women's Boat Race & the 2019 Women's Boat Race](#)

What does rowing mean to you: [Rowing is an opportunity to face myself every session and actively decide to be a better version of who I was yesterday.](#)

How has it impacted your life: [It has helped me discover and develop the best parts of myself, and in the process, I've made many of my closest friends & had opportunities which wouldn't have presented themselves otherwise. I've learned I'm capable of giving 100% of what I have on any given day \(even if I'm not feeling 100%\).](#)

What made you decide to become a coach: [The most impactful people in my life have been my coaches, and I love giving back to a sport which has given me so much since I started in March 2009 as an awkward 8th grader.](#)

The most rewarding aspect of coaching: [Seeing athletes develop self-confidence and tenacity throughout a season.](#)

A favorite moment while coaching PNRA/ Mercer: [This isn't a singular moment, but I love side-by-side sessions where our athletes have the opportunity to test themselves against their teammates.](#)