

# Sporting Profile - Hannah Scott

Name: Hannah Scott

Sport: Rowing

Winner of:

- 2 silver medals at U23 World Rowing Championships in the women's pair 2018 & women's eight 2019 (representing Great Britain)
- Hambledon Pairs at Henley Royal Regatta 2018 (representing Bann Rowing club)
- Women's Championship 8 at Women's Henley 2018.
- Two-time Ivy League Champion representing Princeton University in the Varsity Women's eight at Ivy League Championships
- British National Schools winner 2017 in the women's single scull
- 5-time national champion and 8-time silver medallist at the Irish Rowing Championships (representing Bann Rowing Club)
- Two-time Irish Indoor Champion u16 and u18.

## Q1 What are your earliest recollections of playing sport?

My first memory of rowing was going to try-outs for Bann Rowing Club every Friday evening in early May time.

They took us for a run (which at the time was very challenging for me) and took us out in boats that I would describe as bath tubs.

They were impossible to capsize!

I remember being nervous about not getting selected to join the club because I was a lot younger than everyone else (I think I was 12 when you were meant to be 13 or 14).

## Q2 Who were your early mentors/coaches?

My first coaching team at Bann Rowing Club was Alison Hodgkinson and Susan McLaughlin.

I would describe them as the sieves of the club as

they quickly separated the social rowers from the competitive rowers.

It was a comical process to look back on. They kept a watchful eye for anyone walking on runs and quickly taught us the meaning of hardwork in sport.

I have them to thank for the tough attitude they immediately introduced me to in rowing that is still important for me today.

After Alison and Susan, I was passed on to Geoff Bones.

Geoff is probably one of the most important mentors in my life, not just rowing.

He taught me to believe in myself with his 'tough love' approach to coaching and that essentially nothing can beat hard work.

One of his sayings I am still trying to figure out to this day is "die dog or to hell with the license".

He said that to me before every race and I have no idea what it means but it has stuck with me.

He was extremely dedicated to me through my junior years and I cannot thank him enough for that.

He is a true asset to the sport.

## Q3 How many years have you been participating?

I think I joined rowing when I was 12 so roughly 8 years now.

## Q4 What do you enjoy most about your sport?

Rowing has been applicable in all areas of my life.

From learning about hard work, dedication and drive to being able to travel the world and study my degree at Princeton University in the USA, it has a lot of perks!

My favourite thing about rowing definitely comes from my roots that hard work can still prevail in this sport regardless of what money and funding you have.

It helps to have support but nothing can stop your

drive and determination!

## Q5 Of which club(s) are you a member of?

Bann Rowing Club, Leander Club, Princeton University Women's crew

## Q6 What is your greatest achievement to date?

My greatest achievement to date is probably the 2 silver medals I have won at the World Championships. Although, I would have to say my proudest moment was beating the GB senior women's pair in the final of Henley Royal Regatta.

It was the first time Bann Rowing Club had been presented at Henley Royal Regatta so when we won, it was like a dream come true. Nobody expected us to win.

It was amazing.

## Q7 What was your biggest disappointment in sport and why was that?

I think it's important not to dwell on the disappointments that can be found in sport and instead I usually look at them as valuable learning experiences.

If I had to pick a disappointment, it would probably be when we caught a crab (when you lose your oar) at the Irish Rowing Championships in 2014 in the final 250m and we went from 2nd place to last.

It was disappointing that we didn't get a reward for our hard work that year.

## Q8 Who are your sporting heroes?

My sporting heroes are close to home with Richard & Peter Chambers, Alan Campbell and Joel Cassels.

They all came from Bann Rowing Club and proved to me they could be successful from such a small club, so, why couldn't I?

Also, I love Helen Glover and Heather Stanning- the undefeated duo in the Women's pair for Great Britain.

## Q9 What has been the stupidest/funniest thing to happen to you while playing your sport?

I've had a lot of funny moments, mostly just from being around my friends a lot and having a bit of banter.

But capsizing a few boats and losing steering rudders to cause chaos to have brought funny memories.

## Q10 What is your favourite bit of sporting kit?

My 'lucky' sports bra. I've worn it to almost every final I can remember since I've started rowing.

## Q11 What advice would you give to anyone thinking of trying your sport?

Please try the sport!

I am so glad I gave rowing a go despite not being that great at athletics or running growing up.

It has taken me all over the world and taught me a lot about myself.

It's a very rewarding sport but also challenging.

## Q12 Where do you see yourself in 10 years?

10 years from now I am not sure where I will be.

I will hopefully have had a successful rowing career (injury dependent) and now starting an actual career, potentially in London.

I can't predict the outcome of tomorrow usually, never mind 10 years from now!



Hannah Scott on the victory trail.



Hannah in action. Wk33



Hannah pictured with team mate Heidi Long. Wk33