

Clemente

Years in current sport? This is my third year

What got you started? My sister's boyfriend is a rower and that got me interested and I always watched people rowing on The Arno and wanted to try it myself.

What is your ultimate achievement? Winning the 8+ at the *Campionato Italiano* on 22 September 2012 in Umbria.

How often do you train? I train 8 times per week - 5:30 am twice a week and 5:00pm in the afternoons at *Alberetta* or at *Società Canottiere Firenze*.

Why did you pick rowing? After I started I really liked *lo spirito di squadra* (team spirit) and being on a team has taught me that without sacrifice you can't reach your goals.



Do you play other sports? I used to play soccer and tennis but when I started doing high level rowing I don't have much time to do any other sports.

What is your diet like? Our coach says that we need to eat a lot of carbohydrates before training and we have to avoid white sugar and high fat content foods. He also recommends that we consume a lot of proteins after the training.

Do you have a motto? Our team motto is: *Paura di nessuno rispetto per tutti*, fear of no one respect for everyone.

What is your favorite movie? I don't know, I rarely watch TV or go to the movies but I like thrillers.

What do you do on the weekend? If I don't have competitions, I usually train Saturday afternoons and then I hang out with my friends. I don't stay out late on Saturday nights because I have to train on Sunday mornings.

Would you like to continue rowing at University? That would be fantastic, I really need to keep up my academics but I would love to be on a rowing team at University.

