



Access to Experts



Tim Foster , OBE, Olympic Rowing Gold Medallist & now Head Coach to Swiss National Rowing Squad

"It made a huge difference to do it as a team. It is far greater than winning as an individual. I always compare it to going to see the best film ever, but going on your own. And then magnify that experience a million times. Having the team with you, makes it feel so much more special".

Few Olympians have made the transition from athlete to coach as smoothly as Tim Foster. After achieving his goal of winning a gold medal as part of the "never to be forgotten" Coxless Four at the Sydney Olympics in 2000, Tim retired from international rowing.

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