



Sam Mattis was raised in East Brunswick. He worked hard in school, played the bass and violin, and played a little bit of every sport growing up until he tripped over a hurdle in eighth grade and quickly discovered he was much better at throwing than running. A little bit after that, he found out he loved to throw the discus.

During high school, Sam broke the school record for the discus throw as a freshman, and eventually broke the New Jersey state record as a senior. He won three New Jersey Meet of Champions in the discus, two New Balance National Championships and one Penn Relays Championship in the event before graduating from East Brunswick High School and enrolling at the University of Pennsylvania.

At Penn, Sam continued to throw discus. He earned four Ivy League titles in the event, one NCAA National Championship, and the distinction of being named NCAA Scholar Athlete of the Year before graduating Cum Laude with a degree in Economics.

At the 2016 USA Track and Field Olympic Trials, Sam finished a disappointing 9th place and missed making the Olympic Team. However, he would refocus on go on to place third at the 2018 USATF National Championship, first at the 2019 USATF National Championship, fourth at the 2019 USA vs Europe Match, and 11th at the 2019 World Championships. At the 2021 Olympic Trials, Sam placed third qualified for his first Olympic Team. During the 2020 Olympic Games in Tokyo, he was the only American to qualify for the Olympic Final and finished 8th in the World.

Sam is currently training out of Pennsylvania for the 2024 Olympics in Paris. When he retires from his athletic career, he hopes to pursue a career in sustainability, bringing renewable energy and empowerment to communities.