



## **KRISTY KOWAL BIO**

Kristina ("Kristy") Ann Kowal (born on October 9, 1978 in Reading, Pennsylvania) won the silver medal in the 200-meter breaststroke at the 2000 Summer Olympic Games in Sydney. Kowal is also a two-time World Champion (1998) in the 100-meter breaststroke and the 400 medley relay, and also won silver in the 200-meter breaststroke that same year. She has won multiple international swimming medals in addition to breaking eight American Records and one World record during her career. Kristy was the first American woman to win the World Championship title in the 100-meter breaststroke and also the first American woman to break the one-minute barrier in the 100-yard breaststroke.

While in college at the University of Georgia, Kristy continued to break records and earn honors as one of the top swimmers in the country, including 2000 NCAA "Woman of the Year" award and the 1999 and 2000 NCAA "Swimmer of the Year." She also led UGA to two national titles. Kristy graduated in 2002 with a Bachelor of Science degree in education and teaches in her hometown of West Lawn, PA at her alma mater, Whitfield Elementary.

Recently, Kristy was inducted into the Pennsylvania Aquatic Hall of Fame, as well as the prestigious University of Georgia Circle of Honor. She has continued to stay busy in the world of swimming, most recently at the Olympic Trials and in London at the 2012 Olympic Games. At the 2012 Olympic Trials, Kristy worked on behalf of The Mutual of Omaha running a swim clinic and was also hand-chosen to present the women's awards for the 200m breaststroke, her specialty. Outside the pool, Kristy is involved with several philanthropic events and organizations, such as Swim Across America, which recently raised \$700,000 for cancer research, and the Gilmore/Henne Community Fund along with NFL players, John Gilmore and Chad Henne, that rebuilds playgrounds for children.

Kristy's Olympic run might be over, but she has a bright future ahead of her, using her experience to motivate and make an impact on others.

### **CAREER HIGHLIGHTS**

- Olympic Silver Medalist
- 2000 NCAA Woman of the Year
- 1999 and 2000 NCAA Swimmer of the Year
- 2000 Today's Top VIII Award
- Two-Time World Champion
- Two NCAA Women's Swimming and Diving Championships