



Janet Evans

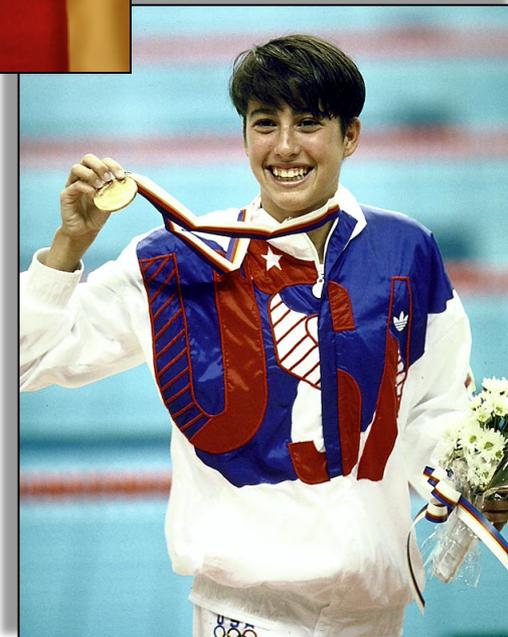
Olympic Gold Medal Winning Swimmer
at a glance...

Hometown: Placentia, CA
Birth date: August 28, 1971

Competed for the USA in three Olympic Games
Winner of 4 individual Olympic Gold Medals
Winner of 1 individual Olympic Silver Medal
Winner of 17 International Titles
Winner of 45 US National Titles
Winner of 5 World Championship Titles
Winner of 1989 Sullivan Award
USOC and International Swimming Hall of Fame Inductee
Broke 7 world records during her career
Winner of 7 NCAA Titles
Competed at the 2012 US Olympic Swimming Trials at the age of 40

Points of Interest...

- Janet is widely considered to be the greatest female distance swimmer in history
- Janet broke a total of seven world records in three events during her career. Her 1500m world record stood for 20 years, her 800m world record stood for 21 years, and her 400m world record stood for 19 years. These records were some of the longest standing records on the swimming books.
- At the 1996 Atlanta Olympics, her highlight of those Games came at the Opening Ceremonies, where she passed the Olympic Flame to Muhammad Ali.
- She retired from competitive swimming at the end of the Atlanta Games, but made a comeback competing in the Olympic Trials in 2012.



Despite her small size and unorthodox windmill stroke, she was a natural-born swimmer, completing laps by the age of two. In 1987, when she was 15 years old, Janet burst onto the international swimming scene, breaking world records in the 400m, 800m and the 1500m freestyle.

A year later at the 1988 Olympic Games in Seoul, Janet won Gold Medals in all three of her races: the 400m freestyle, 800m freestyle, and 400m individual medley, beating the powerful East German swimmers in the process.

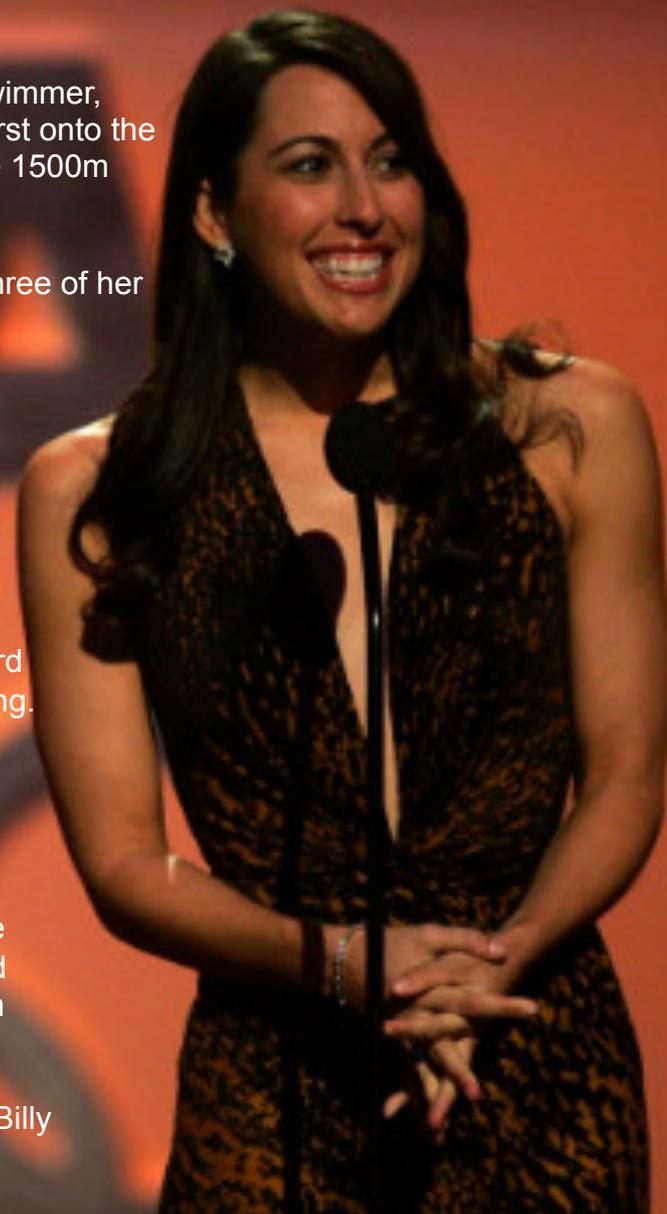
In 1992 in Barcelona, Janet defended her gold in the 800m freestyle and added a silver in the 400m freestyle. At the 1996 Atlanta Olympic Games, Janet swam in both the 400m and 800m freestyle but failed to medal.

Janet broke a total of seven world records in three events (400m, 800m, and 1500m freestyle) during her career. Her 1500 meter world record stood for 20 years, her 800m world record stood for 21 years, and her 400m world record stood for 19 years, making them some of the longest standing records in swimming.

Janet was inducted into the US Olympic Hall of Fame in 2004 and the International Swimming Hall of Fame in 2001. In 1989, she was awarded the prestigious Sullivan Award as the United States' top amateur athlete.

In 2010, Janet mounted a comeback in the sport with the goal of competing at the Olympic Trials in 2012 in the 400m and 800m freestyle. She successfully qualified for the Trials, and, at the age 40, had the honor of trying out for the Olympic Team in both events in July of 2012.

Once again a retired athlete, Janet lives in Southern California with her husband Billy and their two young children, Sydney and Jake.





Janet was extremely successful at a young age and was focused on winning. Through the a once in a lifetime experience at the Atlanta Olympic Games, carrying the torch and passing it on to Muhammad Ali to light the Olympic cauldron, she saw another side of the Olympic experience which changed her forever.

As a mother of two children, Janet believes in raising her children in a healthy, active and safe manner. Eating right and getting physical activity are vital components, but she also believes in supporting her kids in a balanced and fun way. She wants them to explore a variety of activities from swimming to skiing in a supportive, non-pressurized environment.



Out of the pool, Janet has made a name for herself as a commercial spokesperson, author, reality television personality, and a highly sought after motivational speaker. Her first book, "Janet Evans' Total Swimming", was published in 2007 and offers fitness programs, workouts, and proper swim techniques to readers. In 2008, Janet starred on NBC's reality show *Celebrity Circus*. Her career as motivational speaker began at the age of sixteen. Janet speaks to top companies in a variety of fields including: technology, healthcare, real estate, telecommunications, apparel, banking, insurance, non-profits and many others. With her easy style and grace, Janet has influenced veteran salesman, employees and senior executives alike.

Janet speaks about: *goal setting, overcoming challenges, empowering women.*

For more information contact:



Jeannie Goldstein

jeannie@chicagoSEP.com

773-680-9800

www.ChicagoSEP.com



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