



# Cammie Adams

## ...at a glance



Swimming

### Career Highlights

2015 FINA World Championship Silver Medalist  
Broke the 200 meter butterfly American Record at 2015 Duel in the Pool  
2012 Olympian in the 200 meter butterfly  
2014 Pan Pac Gold Medalists

### Vital Statistics

**Born:** September 11, 1991  
**Hometown:** Cyprus, TX  
**Resides:** Charlotte, NC  
**Height:** 5'8"  
**Education:** Texas A&M '14



# getting to know...

## Cammile Adams

### Biography

#### ***Family first, swimming second...***

If you ask Cammile Adams what her passions in life are she will quickly tell you: her family and traveling around the world. A distant third is competitive swimming. For Cammile, the focus has always been on enjoying the opportunities the sport has given her and spending it with the people who matter most in her life.

Adams grew up in a swimming family: her sister swam, her father coached and her mother was an active swim parent and volunteer. Growing up, Adams managed to make National Junior Teams for USA Swimming every year of high school and she claims that it helped grow her love of the sport. "I was able to go on a junior team trip every year of high school, trips that took me to see a different parts of the world, and it helped me learn to love the sport more and realize everything it had brought into my life. I am very grateful for those trips, because at that time and where I was in my mindset, I don't know if I would have stayed in the sport."

Her breakout swim came the following winter at the Austin Grand Prix, where she broke 2:10 in the 200 fly for the first time, clocking a 2:06. "That's the race that I'll never forget," she says. "I shocked myself with that swim. It gave me the mental edge I needed to put myself on that next level." At the 2012 Olympic trials Cammile stormed from behind on the back half and qualified for the London Olympics with her whole family there to celebrate. "The greatest part of making the Olympic team was looking up into the stands and seeing my mother and sister, who mean so much to me, and my father, who also swam and I knew what it meant to him," said Adams in an interview with USA Swimming.

Adams other passion outside of the pool is teaching and working with kids who are hearing impaired. Unknown to many, Cammile's twin sister Ashley is half deaf. Growing up, Ashley did not learn sign language and taught herself to become an expert lip reader. "She got hearing aids in college and that worked out well, but she still enjoys going without them a lot of the time, because it heightens her awareness and other senses that developed to compensate for (not being able to hear). My sister looks at deafness as a blessing, not a curse."

After her swimming career is over, Cammile plans to return to graduate school to study speech pathology and learn sign language. She would like to work with kids who are deaf or have speech challenges, as her way of giving back and helping others. Until then, Cammile continues to travel the country and speak to parents and swimmers about the importance of balance and having a life outside of the pool - to continue your success in the pool. She sets an example of being dedicated to the sport, but making sure that family comes first and swimming second.