



# Lacey Nymeyer ...at a glance



### Career Highlights

- 2009 NCAA Woman of the Year
- 2008 Olympic Silver Medalist (400m freestyle relay)
- 2007 World Championship double medalist (Gold /WR - 800m freestyle)
- 2005 World Championships double medalist
- 10-time NCAA Champion
- 19-time NCAA All-American
- Academic All-Pac-10

### Community Involvement

- Rotary clubs
- Youth Sports Teams
- Religious Youth Groups
- Elementary and Middle Schools
- Keynote speaker for fundraisers and banquets

### Personal Quotes

*"I was telling my family, what do you do when all your dreams come true in one year?"*

### Vital Statistics

- Born:** October 29, 1985
- Hometown:** Tucson, Arizona
- Resides:** Tucson, Arizona
- Height:** 5'9
- Education:** University of Arizona 2009

### Sponsors





## getting to know... Lacey Nymeyer

### Biography

University of Arizona Head Coach Frank Busch nicknamed his All-American swimmer 'Pearl'. It was a common theme for the coach to give his athletes nicknames, but this one would ring especially true for [Olympian](#) Lacey Nymeyer, who left Beijing with silver around her neck and enjoys making jewelry in her spare time.

She began learning her technique in the pool at the age of six and became a very focused swimmer. In high school, she was a four-time All-Arizona swimmer and a 3-time USA Swimming Scholastic All American. Having trained with her club team in the Wildcat pool, she decided her best opportunity to grow as a swimmer was right in her backyard.

As a senior, Nymeyer helped lead the Wildcats to their first ever National Championship in women's swimming. She was part of four NCAA title relays. She ended her career winning more NCAA titles than any swimmer in Arizona history, 10. It won't be long until she is inducted into the Arizona Hall of Fame, just like her grandfather who played basketball for the Wildcats.

Over the span of just over a year, Nymeyer set a world record, captured gold at the 2007 World Championships and won an Olympic silver medal on her first trip to the Olympic Games. In Beijing, she earned her silver medal as part of the 400m freestyle relay team that included Natalie Coughlin, Kara Lynn Joyce and Dara Torres.

Known for her prowess in relay events, Nymeyer is the consummate team player in a sport with an individual focus. A freestyle specialist, USA Swimming has her ranked in the top six nationally for the 50m, 100m and 200m freestyle. She is renowned for her stroke, so much so that U.S. Head Women's Coach Jack Baurle referred to it as the best stroke, men's or women's, on the U.S. Olympic Team.

Nymeyer's successes at Arizona were not limited to in the pool. While studying physical education, she earned a GPA of 3.84, earning her Academic All Pac-10 honors, ESPN The Magazine Academic All District honors, Arizona's Ruby award for the top student athlete and the Pac-10 Toyo Tires Scholar Athlete of the Year Award for Women's Swimming.

The first-time Olympians success is strongly rooted in her faith. As part of the Church of Latter Day Saints, Nymeyer became the first Mormon to medal at the 2008 Olympic Games. As a woman of faith, Nymeyer shares her experiences with others to encourage them to live a rewarding, faith-based lifestyle.

An avid writer, Nymeyer enjoys journaling and the catharsis it generates. Writing runs in the family as her mother, Stacey, blogged for the NBC affiliate in Tucson during the family's trip to Beijing. Nymeyer also enjoys spending time with her family, especially when it involves water sports on the lake.

Nymeyer is back in Tucson and just achieved her second dream, graduating college. She continues to train for the 2012 Olympic Games in London. Once her career is over, she hopes to become a high school athletic director so she can positively affect youth lifestyles through sport.

On October 18, 2009, Lacey Nymeyer was honored by the NCAA as the Woman of the Year. The award honors student athletes who have completed their college eligibility, demonstrated academic and athletic excellence and engaged in

community service and leadership opportunities.