



# Matt Biondi ...at a glance



Swimming

### Career Highlights

- 3-time Olympian (1984, 1988, 1992)
- 11-time Olympic medalist (8 gold)
- 12-time world record-breaker
- 17-time U.S. National individual champion
- U.S. Olympic Hall of Fame Inductee (2004)
- International Swimming Hall of Fame Inductee (1997)
- National Italian-American Sports Hall of Fame (1994)
- University of California-Berkeley Sports Hall of Fame (1992)

### Personal Quotes

*""Enjoy the journey, enjoy ever moment, and quit worrying about winning and losing.""*

### Vital Statistics

- Born:** October 8, 1965
- Hometown:** Palo Alto, California
- Resides:** Kamuela, Hawaii
- Height:** 6' 6
- Education:** University of California at Berkeley



# getting to know...

## Matt Biondi

### Biography

#### ***"The Optimist - Matt Biondi"***

Matt Biondi is one of the most decorated men in Olympic history, with eight Olympic gold medals, and eleven overall, at the sport's biggest event. In the summer of 1988 in Barcelona, Biondi had one of the most incredible individual performances ever seen by a sprinter, winning five gold medals and breaking four World Records in the process.

What made Biondi one of the greatest ever was his constant drive to be better. If he lost one race, everybody knew to get out of his way in the next one. So legendary was his undying positivity that he was the lead subject of a famous study conducted by a University of Pennsylvania professor on the subject of 'optimism.'

Biondi was timed in a 100 fly, and was told a result that was slower than his actual time. He then repeated the event, and actually swam faster than he did the first time, in stark contrast to many of his teammates who were labeled as "pessimists." Biondi easily could keep himself motivated to get better, because his focus was always on the process and not where he stood on a podium.

Swimming in the sprints – the glamor events of the era – Biondi brought a blue-collar work ethic to the pool every day. That dedication and constant push to be better is what put him always on the leading edge of the sport.

Throughout Biondi's career, and since, people often ask, "What drove you to succeed and push yourself so far? Where did the motivation come from?" Biondi now shares his "Five Pillars of Success," that carried him through his career and in his life after swimming. Biondi's "Five Pillars of Success" have been the source of motivational talks given by Biondi to international corporations, businesses and swim teams all over the world.

Biondi's optimism and drive for success are as equally well known as his Olympic feats. After retiring from swimming, Biondi has continued to inspire others as a teacher and swim coach and instill the same drive for success that allowed him to remain one of the most dominant competitors in the sport.

After many years away from the Olympics, Matt Biondi returned to the games in Beijing as a representative for corporate sponsors - attending events and making appearances.

At the 2014 USMS Marriott National Championships, Biondi re-entered competition and swam in his first meet since retiring from swimming.

He swam the 50 and 100 freestyles, posting times of 21.43 and 46.83 respectively. In true Biondi fashion, his comment afterwards was simply, "I can go faster."