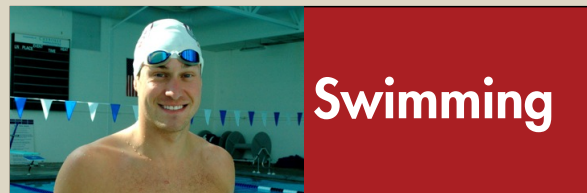




# Peter Vanderkaay ...at a glance



## Career Highlights

- Three-Time Olympian (2004, 2008, 2012)
- 2012 Summer Olympics U.S. Team Captain
- Two-Time Olympic Gold Medalist
- 2008 Bronze Medalist – Men’s 200 Free
- 2012 Bronze Medalist – Men’s 400 Free
- Current World Record Holder (800 Free Relay)
- 6-Time NCAA Champion

## Community Involvement

- Blue Planet Run
- Michigan From the Heart
- Asthmyths Educational Campaign (Former Spokesperson)
- Make A Splash (USA Swimming Foundation)
- Breakout Swim Clinics
- Michigan Dental Association Children's Dental Health Month Spokesperson

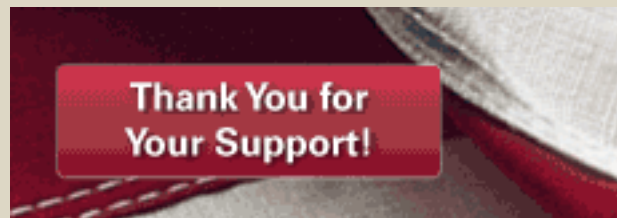
## Personal Quotes

*"Be patient, success does not always happen overnight."*

## Vital Statistics

- Born:** February 12, 1984
- Hometown:** Rochester, Michigan
- Resides:** Ann Arbor, Michigan
- Height:** 6' 4
- Education:** University of Michigan '06  
Biology

## Sponsors





## getting to know... Peter Vanderkaay

### Biography

#### *Stepping out of your comfort zone*

The name "Vanderkaay" is basically synonymous with the state of Michigan. The Vanderkaay family hails from Rochester, Michigan, and Peter is one of four brothers who all swam for the University of Michigan. Their mom Robin is also a Michigan graduate, and their father Mark swam for nearby Albion College. That's why it was so stunning when, in 2010, Peter announced that he would be moving to Gainesville, Florida to train with the Gator Swim Club and Olympian Ryan Lochte.

After qualifying for two Olympic Teams in 2004 and 2008, Peter was on-the-fence about whether or not to continue his career and shoot for a third squad. But he had his coach in his ear, telling him to "make changes, make changes, make changes." The decision to move came from the most unlikely of sources: his coach at the University of Michigan Mike Bottom. Having already trained with Michael Phelps and some of the best swimmers in the world at Michigan, Peter knew the change would be for the best. So he did.

Peter packed up his car the week after Christmas and drove 1,000 miles south to Florida to begin training with Ryan Lochte and the rest of the Gator Swim Club. "Sometimes I get sappy about it because I miss Michigan and the guys a lot," Vanderkaay told the Detroit Free Press when reflecting on his move to Gainesville at the time. "But the experience here is something I couldn't duplicate there because I got out of my comfort zone and tried something new." This shakeup was exactly what he needed.

Swimming lap-after-lap, year-after-year, can go beyond routine and into monotony. Sometimes, it takes a well-timed change to reignite a dormant passion. But Vanderkaay was reignited, and took a bronze medal at the 2012 Summer Olympics in the 400 free. He was given the ultimate sign of respect by his teammates and was elected as a captain of the U.S. Olympic Team. Though he'd never admit it, a passionate Peter Vanderkaay is good for the sport. He is one of the true gentlemen of swimming, and that encourages others to match him and be better swimmers, better prepared professionals, and better people.

As a speaker, Vanderkaay travels the country and motivates parents, swimmer and coaches by focusing on the long term perspective that sports can teach young people. He emphasizes sportsmanship, long term goal setting and the importance of a strong support network to help you