



Amy Van Dyken is an [Olympic champion](#) swimmer with six gold medals to her name. At the 1996 Summer Olympics in Atlanta, Georgia, Van Dyken became the first American female athlete in history to win four gold medals in a single Olympic games. She won gold in the 50 meter free, 100 meter butterfly, 4 x 100 meter freestyle relay and the 4 x 100 meter medley relay. After experiencing much athletic success, in June of 2014, tragedy struck when Van Dyken was injured in an ATV accident and severed her spinal cord, leaving her paralyzed from the waist down. Although she endured grueling days in rehabilitation, she stayed positive and fought through the hardships, [inspiring](#) others to stay strong and accomplish their goals.

Following a doctor's advice, Van Dyken began swimming at the age of six in an effort to relieve childhood asthma. At eleven, she was still unable to swim the length of a pool. When she finally made it, Van Dyken knew she had a strong "will to win." That strength made her a star in the 1996 Olympic Games in Atlanta, despite the fact that breathing difficulties limited her to only about 65% of normal lung capacity.

At the 2000 Olympic Games in Sydney, Australia, Van Dyken won two gold medals in the 4X100 Medley Relay and the 4X100 Freestyle Relay, and placed 4th in the 50 meter freestyle. In addition to her Olympic accomplishments, she won several world titles and set numerous American and world records. In 2007, she was the only American swimmer to be inducted into the International Swimming Hall of Fame's Class of 2007. Van Dyken was also inducted to the Olympic Hall of Fame in July 2008.

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Testimonials

“She had people in tears because her message was so inspiring. She spoke for many different types of audiences and her message resonated with them all. She is hilarious and we loved having her.”

- Meeting and Conference Planner Pinnacol Assurance.

Amy Van Dyken

Speech Topics

- ☐ University/College
- ☐ Sports
- ☐ Overcoming Adversity
- ☐ Olympians
- ☐ Motivation
- ☐ Inspiration

