



# KATE DOUGLASS

**2x Olympic Gold Medalist**  
**2x Olympic Silver Medalist**  
**1x Olympic Bronze Medalist**  
**21x World Championships Medalist**  
**15x NCAA Champion**  
**3x NCAA Championship Team at University of Virginia**

📷 @KAATEDOUGLASS

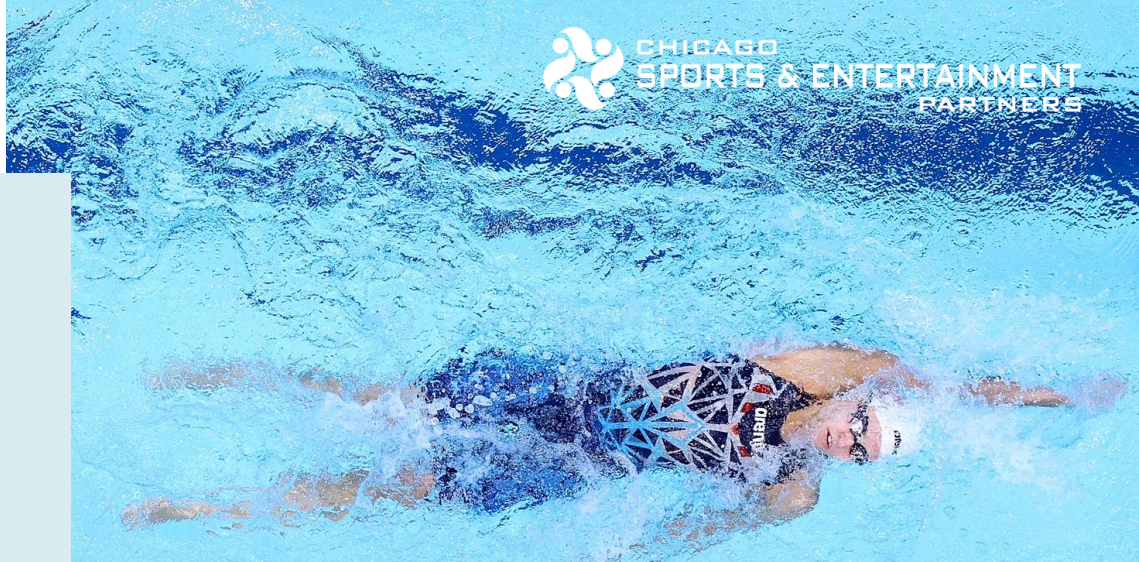




# HER STORY

Katherine (Kate) Douglass was born on November 17, 2001, in New York City. Her swimming career started at 7 years old, competing in summer league for The New York Athletic Club. She also grew up playing soccer and tennis, but her combined love and her natural ability of swimming had her pursue the sport more seriously by middle school.

Kate came into the national spotlight at 13 years old when she became one of the youngest to qualify for the 2016 Olympic Trials in the 200m breaststroke. As a sophomore in high school, she broke the 13–14-year-old National Age Group record in the 50-yard freestyle, beating a 34-year-old record held by Olympian Dara Torres. Later, she then went on to tie Simone Manuel's 15–16-year-old National Age



Group record in the 50- yard freestyle at the Winter Junior Championships. Kate committed to swim for the University of Virginia in her junior year of high school and was named the #2 recruit in the nation for the Class of 2019.

While Kate was starting her swimming career, she was diagnosed with Scoliosis in the 9th grade. In order to avoid surgery, Kate wore a back brace for 2 years. Being a young teenager, she hid her condition even when training hard and traveling to Olympic Trials with a suitcase just for her brace. This was definitely a challenge for her and is something she continues to monitor and manage.

Kate's college career at the University of Virginia may go down as one of the best in the history of the NCAA. She is a 28-time All-American and 15-time NCAA Champion. She has won two Honda Awards as the top female collegiate swimmer, two College Swimming and Diving Coaches Association of America (CSDCAA) Awards, and two ACC Women's Most Valuable Swimmer Awards.

Kate capped off her incredible college career with a record-breaking performance at the 2023 NCAA Championships. In 2023, she led UVA to their third consecutive NCAA Women's Swimming and Diving Championship. She won three individual events, the 200-yard IM, the 100-yard butterfly, and the 200-yard breaststroke; she set American, NCAA, and US Open records in all three of these events and was named the Most Valuable Swimmer of the Meet.



On the International Stage, Kate has already proven herself as a force to be reckoned with. At only the age of 19, Kate won her first Olympic medal earning a bronze in the 200m Individual Medley in Tokyo. Following her success at the Olympic Games, she won five gold medals, set two American records, and two World records at the FINA Short Course World Championships.

In 2023, Kate continued her dominance and showcased her versatility at the 2023 World Championships in Fukuoka, Japan. She won six medals, which was tied for the most of any woman at the event. She earned her first World Title in the 200m IM and won another Gold in the 4x100m Medley Relay. She continued her success by earning three Silvers in the 200m breast, 400m free relay, and mixed 400m free relay, and a Bronze in the mixed 400m medley relay.



Kate has been described as one of the most dominant and versatile athletes in the sport. Dominating in any stroke at any distance, Kate has been compared to the legendary Tracy Caulkins. Her unique training with the UVA coaching staff includes low yardage practices that focus on power and technique. She trains equally hard outside of the pool including lifting weights, jumping rope, push-ups, and other dryland (she is pleased there is no running).

In 2023, Kate was recognized for her outstanding achievements. She won two Golden Goggles awards, one for Female Athlete of the Year and one for Relay of the Year for her performance at the World Championships. She also was a finalist for the Sullivan Award, which recognizes the best college athletes in the country in their sport. Kate was also named to the Forbes 30 under 30 list and was one of 60 athletes to be a part of the NBC/Team USA Hollywood shoot in advance of the Paris 2024 Olympic Games.



# 2024 OLYMPICS

At the Paris 2024 Olympic Games, Kate solidified her reputation as one of swimming's most versatile and dynamic athletes, bringing home four Olympic Medals. Now, with a plethora of experience under her belt, she became one of swimming's brightest stars during her second Olympics in Paris.

The Paris Games proved to be a packed schedule for Kate, but she rose to the occasion. She won a Gold Medal in the 200m breaststroke and a Silver Medal in the 200m IM. In a stacked field full of season veterans, she showed that she was a force to be reckoned with.

Kate was also an integral part of the Women's relays, helping them win a Silver Medal on the opening night of competition in the 4x100m Free relay. To close out a phenomenal Games, she won a Gold Medal in the 4x100m Women's Medley Relay to bookend a fantastic Olympic Campaign. Kate now boasts a display case full of medals, with 2 Golds, 2 Silvers, and 1 Bronze from her two Olympic Games.



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Outside of swimming, Kate is very dedicated to furthering her education. She is currently finishing up her senior year (2023) at UVA with a major in statistics and a minor in data sciences. This summer, she will also be taking on an internship with Dell Technologies in their Enterprise Resiliency Department. She is very excited to use her math, data modeling, and data visualization skills in a “real world” environment, prior to going back to UVA to pursue her Masters in statistics.

Kate extends her passion for STEM and data into her training with the help of one of her UVA mathematics professors, the world-renowned Dr. Ken Ono. With Dr. Ono’s help, she is able to take an analytical approach to her training. Kate hopes she can share her passion for STEM and show kids that these pursuits can be accessible and fun even tying into her sport.

Kate is the oldest of three children and has a younger sister and brother. For fun, she hangs out with friends and family, loves going to country music concerts and loves to bake (chocolate chip cookies are her specialty).



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