

Conor Dwyer – Bio



Hometown: Winnetka, IL

Resides/Trains: Baltimore, MD

Birthdate: January 10, 1989

Education: University of Florida, 2011

You wouldn't know it to look at him now, with a his 6'5", lean, athletic frame, an Olympic gold medal and four World Championships titles to his name, but success in the pool didn't not come easily to Conor Dwyer. A native of the Chicago suburbs (Winnetka, IL) Conor was a multisport athlete throughout his youth, settling into swimming as his main focus late in high school. He was good, very good, but never quite great and the self described 'very late bloomer' struggled to get any collegiate coach to look his way as graduation approached. Unlike most of his teammates now on the US National Swim Team there were no red carpet swim scholarships rolled out in his direction. But what Dwyer may have lacked in head-turning results early in his career he made up for with a gut-wrenching work ethic. His calling card then, and always, has been his willingness to work harder than anyone else in the pool while maintaining an ever present quiet confidence that someday his hard work would pay off.

Conor walked on to the swim team at University of Iowa and by the end of his sophomore year he had earned a full scholarship. During the summer of 2009 he trained with Gregg Troy, the coach of swimming power-house University of Florida. He realized that to become the best, he needed to train with the best, so he left Iowa and became a Florida Gator. A year later Coach Troy was so impressed with Conor he awarded him a full scholarship.

Conor thrived in the hyper-competitive atmosphere of an elite college program and with steadily dropping times he began to win, and win often. In 2010, he won individual titles at the NCAA national championships in the 200-yard and 500-yard freestyle, and was honored as the NCAA Swimmer of the Year.

Dwyer finished his college career with twelve All-American honors and three NCAA titles He graduated from the University of Florida in 2011. As the London Olympic Games drew nearer it became clear that Dwyer was a budding young star of the future who might have what it takes to make the team today.

Not only did Conor make the 2012 Olympic Team, but he stood atop the podium for what promises to be the first of potentially many, Olympic gold medals. Having made a name for himself in the swim world, post London Dwyer made another change, this time seeking out the tutelage of the world's best coach, Bob Bowman – the longtime coach of Michael Phelps. Under Bowman, Dwyer's times have continued to drop and he now trains daily, elbow to elbow, with and against Michael Phelps.