



Conor Dwyer

at a glance...

3-Time Olympic Medalist

2-Time Olympian

4-Time World Champion

Hometown: Winnetka, IL

Resides/Trains: Los Angeles, CA

Birthdate: January 10, 1989

Education: University of Florida, 2011

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Conor Dwyer

In depth...

You wouldn't know it to look at him now, with a his 6'5" lean, athletic frame, three Olympic medals 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 U.S. 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 his first career Olympic Gold Medal. He followed London with 3 gold medals at the 2013 Duel In The Pool, then went on to become the overall champion of the 2014 Arena Pro Swim Series and he repeated that feat in 2015. In 2015 he became National Champion and went on to win both gold and silver at the World Championships.

In 2016, Conor returned to the Olympics, this time in Rio where he won Gold as part of the 800 Free Relay and Bronze in the 200 Free. He finished 4th in the 400 Free.

Dwyer has now transitioned from late bloomer to seasoned veteran and leader of Team USA having carved out his space as one of the top swimmers in the world.



What Else?

- Conor is a twin to his slightly older brother Spencer. He has two younger brothers, PJ and Brenden, and one younger sister, Pati. His father, Pat, works in the financial services industry and mother Jeanne was an All-American swimmer at Florida State University who taught Conor to swim soon after he could walk.
- With deep roots in Chicago, Conor is a very proud Chicago sports fan, particularly of the Cubs. In October of 2016 he was there when it happened!
- A gifted multi-sport athlete, Conor is an avid surfer and talented golfer.
- With an eye for photography and a knack for social media, in 2016 NBC named Conor's Instagram feed 'The Best Photos on Social Media':
<http://www.nbcolympics.com/news/conor-dwyer-has-best-photos-social-media>



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