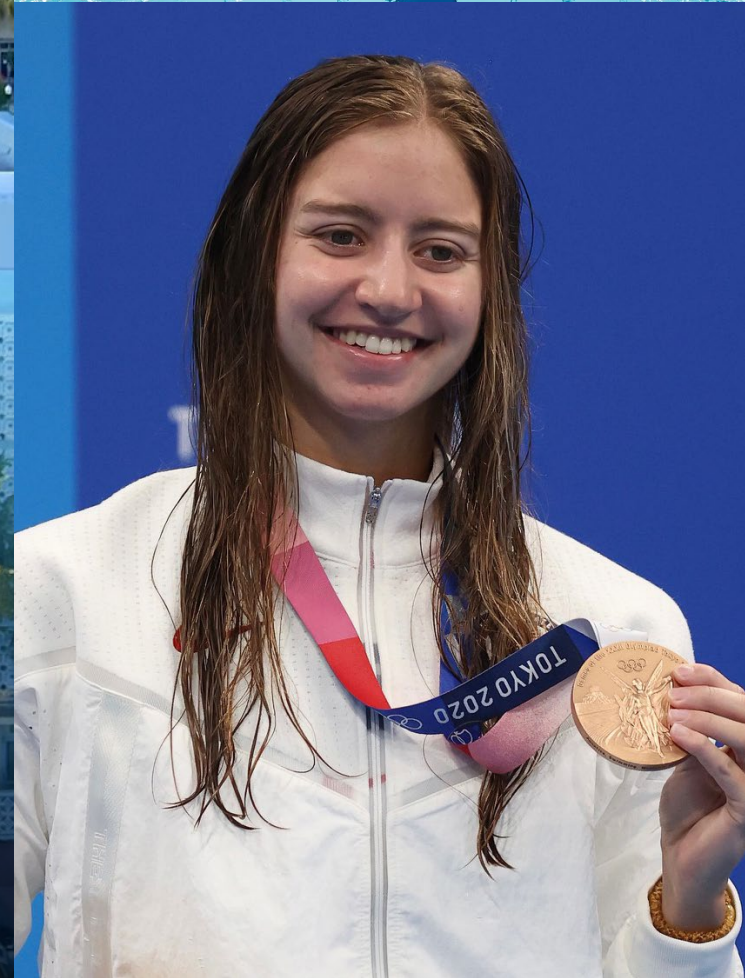




KATE DOUGLASS

Tokyo Olympic Bronze Medalist
15X NCAA Champion
3X NCAA Championship Team at University of Virginia

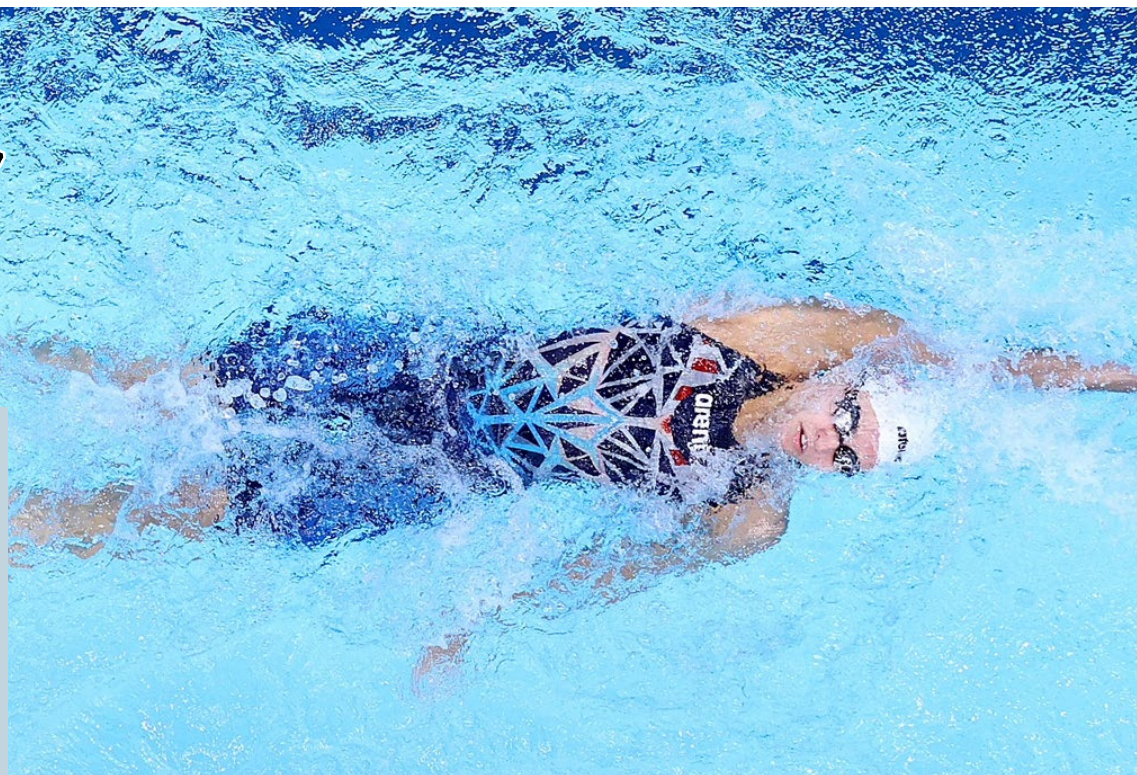
📷 @KAATEDOUGLASS



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 went on to compete and medal at both the FINA Short Course World Championships in Abu Dhabi in 2021 and the FINA World Championships in Budapest in the Summer of 2022.



In December of 2022, she had a dominating performance at the FINA Short Course World Championships in Melbourne, Australia, taking 2 individual gold medals in the 200m IM (American record) and the 200m Breast. In addition, she was on 3 gold medal relays for team USA: 4×100m Women's Medley (World record), Mixed 4X50m Medley Relay (World record) and the 4×50m Women's Free Relay (American record).

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).



As glimpses of the potential in Kate, she made the 2021 Olympic team as a 19-year-old, but it has exploded in 2023. She has the greatest AA Championships in history of the sport, and she is on the cusp of absolute domination over the next 18 months. Her race humility and brilliance is shown in a pool and it has been so much fun watching her grow over the years. Can't wait to see what Kate puts together for Paris 2024.

-Rowdy Gaines (three time Olympic Gold Medalist at the 1984 Games)

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).



BRAND EXPERIENCE



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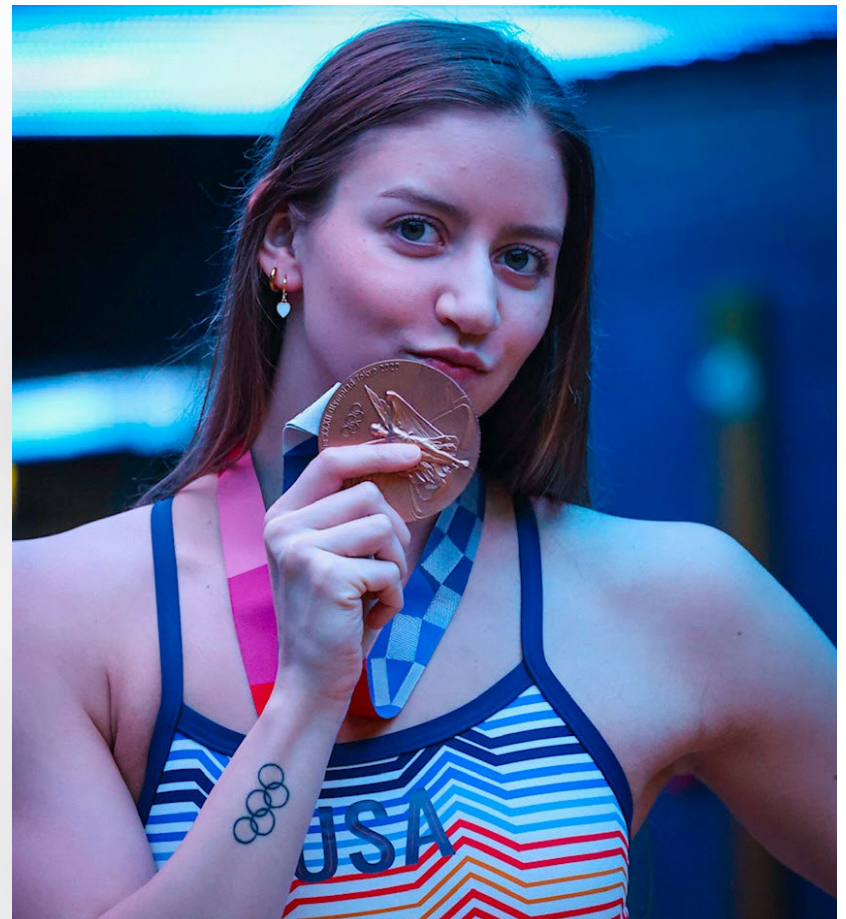
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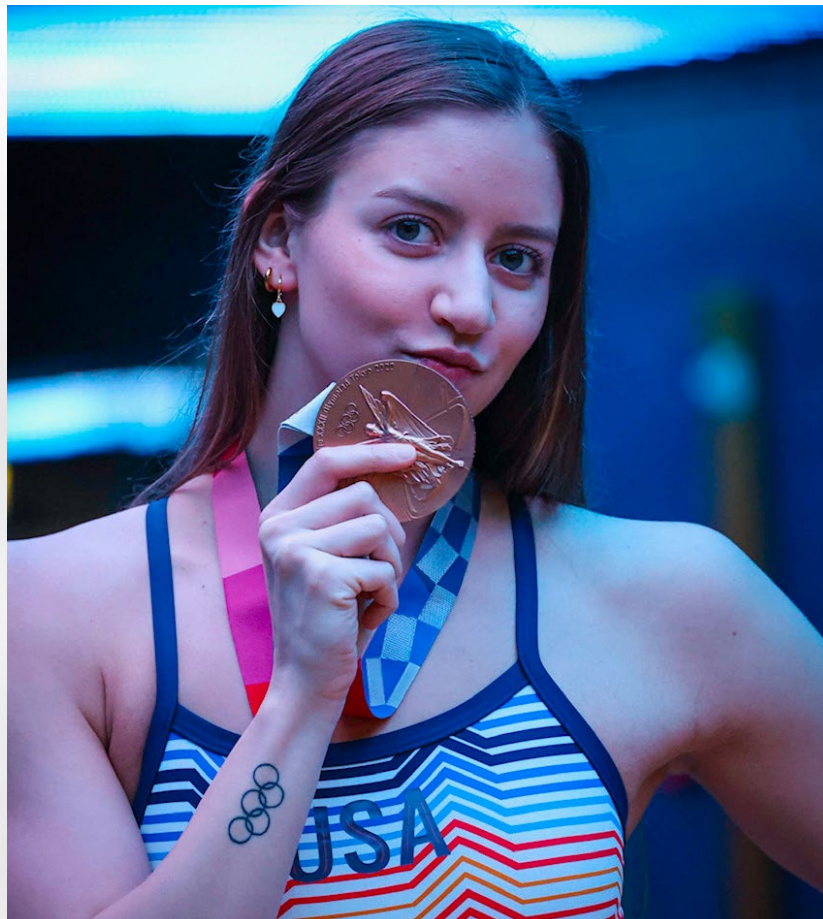
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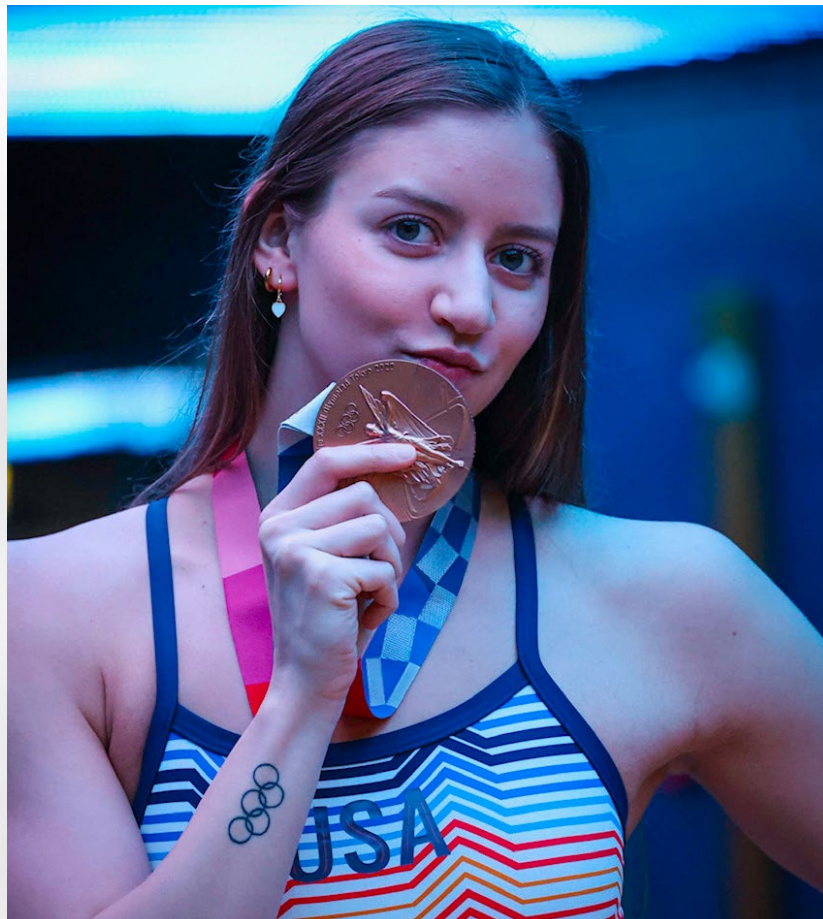
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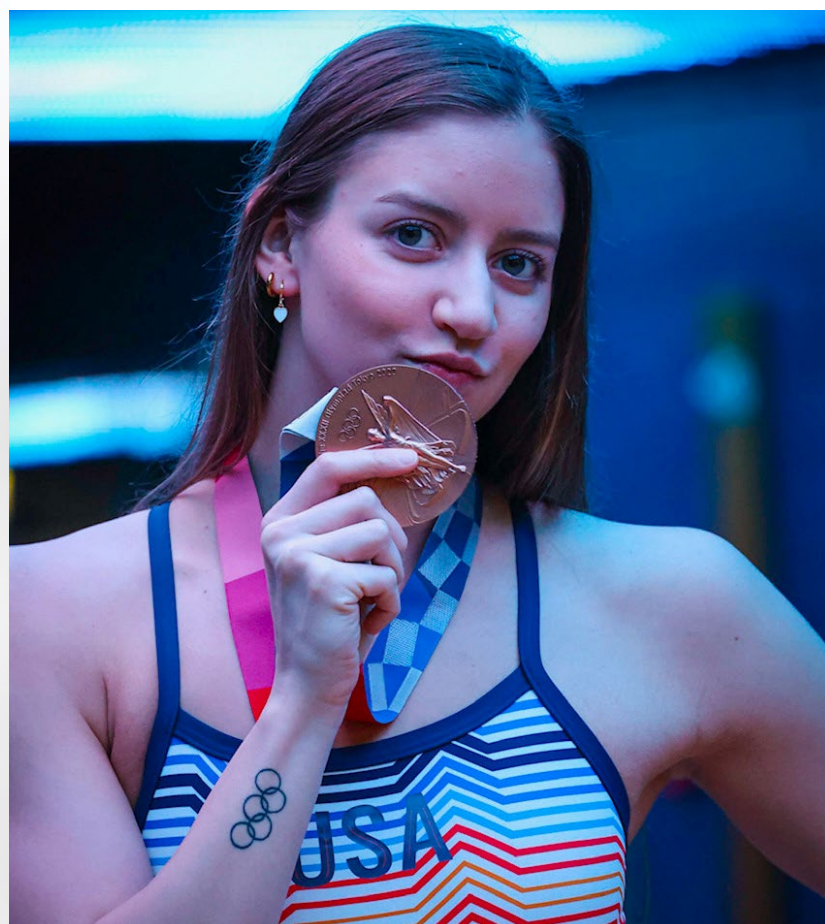




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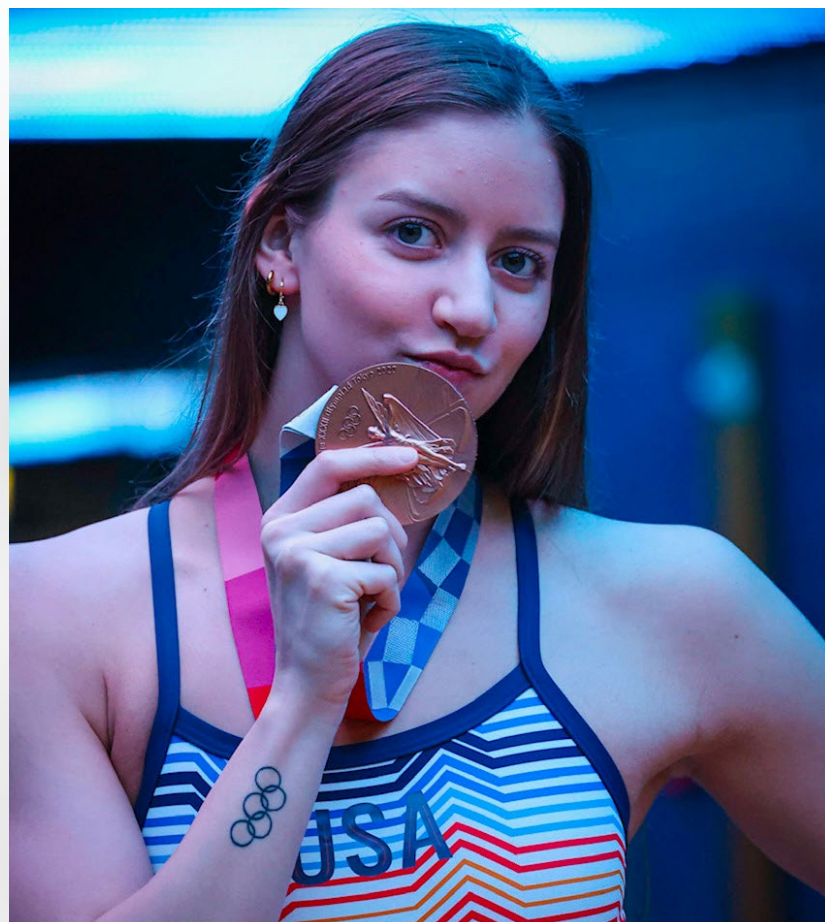
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