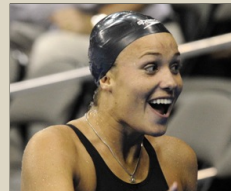




# Hayley Gregory ...at a glance



Swimming

### Career Highlights

- World record in 50-meter backstroke (2008)
- Qualified third in the 100 and 200-meter backstroke at the US Olympic Trials (2004)
- National champion in the 100 and 200-meter (2004)
- 2009 National Champion 100m back

### Personal Quotes

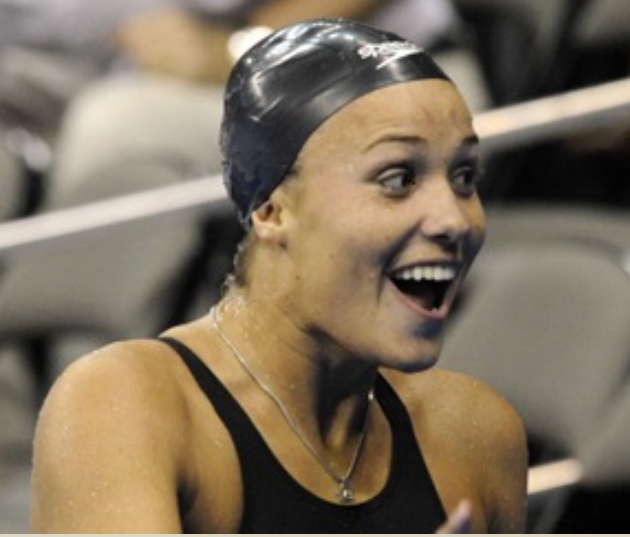
*"Happy are those who dream big and are ready to pay the price to make it come true."*

### Vital Statistics

- Born:** January 13, 1986
- Hometown:** London, England
- Resides:** Austin, TX
- Height:** 6' 0
- Education:** University of Southern California

### Sponsors





## getting to know... Hayley McGregor

### **Biography**

Born in London, England, world-class swimmer Hayley McGregor's efforts are focused on one goal, returning home. With her eyes set on the London 2012 Olympic Games, McGregor has taken a supreme work ethic and commitment back to the pool, even after most had written her off. After setting a world-record in the 2008 U.S. Olympic Trials in the 100-meter backstroke, McGregor was edged out by .2 seconds to miss the Olympic Games.

At the 2009 National Championships, Hayley captured the title in the 100m back and secured her place on the U.S. World Championship Team in Rome.

A social sciences and history major, McGregor has taken time off of school to focus on her professional swimming career. At the end of 2008, the former world-record holder moved to Baltimore to train with legendary Olympic coach Bob Bowman as she prepares to return to London to compete for Team USA. As an aspiring entrepreneur, her future could one day be filled with the day-to-day tasks of running her own business; but today, her present is filled with countless drills and punishing yards swum every day under the guidance of Coach Bowman. Every lap swum brings her one step closer to turning trials and tribulations into triumph, in the form of a trip to home to London, to compete as part of Team USA.

Outside of her training, McGregor helps facilitate swim camps and makes appearances for Mutual of Omaha. In July 2008, she was featured in Sports Illustrated for her determination for staying committed to her training. Messages of persistence and commitment run through the motivational talks that she makes to schools and companies. She openly shares in her setbacks and offers up the means she used to overcome defeat and turn apparent negatives into positive life-changing experiences.

### **Over the Pond**

Born to British parents, McGregor quickly settled into life in Houston. She joined the swim team, played tennis and even earned a brown belt in Tae Kwan Do. However, her talent in swimming was so apparent that she gave up the other sports and moved to Austin to focus on her training. Much like her African-American grandfather's call to serve America as an Air Force MP, Hayley was called to represent her adopted country in the water. In 1999, she made it official, becoming a U.S. citizen.

While her initial performances on the national level were impressive—taking a pair of US Open titles in 2002—her best was still ahead. The 13-year-old who competed in both backstrokes at the 2000 Olympic Trials would go on to take third in both the 100- and 200-meter backstrokes at the 2004 Trials, a position that many swimmers consider the worst place to finish of all the meets in the world. For Hayley, the meet served as motivation, pushing her through grueling workouts, knowing she was capable of so much more.

McGregory quickly turned around from her disappointment at the 2004 Olympic Trials, winning the U.S. Nationals in both the 100m and 200m backstroke. The high-school All American took her talent to her hometown University of Texas where she would go on to be a two-time All American and a Big 12 Champion as a freshman. After a successful stint as a Longhorn, she transferred to the University of Southern California, where she would re-write the record books as the top backstroker in school history.