



CAPITOL CITY SPEAKERS BUREAU

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Jason Lezak

Travels from: California

Fee Range: \$10,001 - \$15,000

Jason Lezak grew up in Irvine, California and enjoyed all sports as a kid. He excelled in basketball, baseball, soccer and swimming. He began swimming at age 5 with the Irvine Novaquatics where he still trains today. When he was 10, Jason had to make a tough decision between the finals of a run, hit and throw competition at Angel Stadium for baseball and the Junior Olympics for swimming. Swimming turned out to be the best choice where he went on to win a couple of events at the competition. That year he held the 2nd fastest time as a 10-year-old in both the 50 free and 50 fly.

During the next few years, Jason went through some ups and downs in the sport of swimming. It wasn't until he quit basketball after his sophomore year of high school when he saw some big improvements again. He continued to improve all through high school making him an All-American his senior year and receiving a scholarship to UC Santa Barbara. College. This was a huge adjustment for Jason, as it is for most, and he did not drop much time his first 2 years. His junior year he turned it around and placed 5th and 6th at the NCAA Championships in the 50 and 100 freestyle. After he finished his eligibility in 1998, he won his first national title and became a professional athlete.

In 1999 Jason competed in his first major international competition in Australia. Things did not go as well as planned, but it gave him the experience he needed for the future. 2000 was a great year for Jason, not only making the Olympic team, but medaling in both the 400 free and medley relays. A gold and silver medal would have been a great way to end a career, but Jason still believed that he had room for improvement.

At the 2004 Olympic trials in Long Beach, Jason broke the American Record in the 100 freestyle and qualified for both the 50 and 100 freestyle for the Olympic Games. His first race was the 400 freestyle relay for which he won a bronze medal. Then in the 100 freestyle, his best chance for an individual medal, he failed to qualify for the semifinals after mistakenly taking the prelims too lightly. He came back two days later and just missed a medal by taking 5th in the 50 free. To end the Olympic games, his 400 medley relay team broke the world record and won the gold medal.

Jason is now a seasoned veteran in the sport. Having raced and beaten his best competitors gives him a confidence and a winning record that can't be questioned. In 2008, Jason took his place on the US Team one more time when he qualified for the Beijing Olympics in the 100m freestyle and the 4x100m free relay. At 32, the oldest man on the U.S. swim team and tri-captain, Jason anchored the U.S. men's 400-meter freestyle relay team to a come-from-behind victory, stealing the Gold from the French. Expect to see his leg, the fastest 100 relay split (46.06), for decades to come in sports highlight films.