

Katie Ledecky

Most Decorated U.S. Female Olympian, 14x Olympic Medalist, 21x World Champion Swimmer, 16x World Record Breaker

One of the most dominant athletes the world has seen and among the most celebrated of her generation, Katie Ledecky is a 14-time Olympic medalist and 21-time World Champion — the most of any female swimmer. A record-shattering, history-making athlete, Ledecky has reached undeniable “G.O.A.T.” status with the same speed and tenacity that led to her breaking 16 world records and 37 American records. A four-time Olympian with nine gold medals, four silver medals and one bronze, she is the most-decorated female U.S. Olympian of all time in individual events, with nine individual Olympic gold medals, who made her debut as the breakout star and youngest American Olympian at the 2012 games at age 15. She continues to make waves and inspire the masses with her achievements both in and out of the pool. Her memoir, *Just Add Water* (published by Simon & Schuster), draws from journal entries she has been keeping since the age of 14 to take readers behind the scenes of her journey to becoming an iconic swimmer, while also sharing stories of love, support, and overcoming obstacles that anyone will be able to relate to.

Exclusively represented by Leading Authorities speakers bureau for speaking engagements, Ledecky is a serial winner who possesses the unique ability to energize audiences and spark high performance with her much sought-after Olympic-level insights. As personable and relatable as she is laser-focused on achieving her goals, she shares her perspective on developing a winner’s mentality, goal setting, swimming past adversity, and the importance of discipline, practice, and support in reaching peak performance. Drawing from her inspiring personal journey to the winner’s podium, she shares her elite-level strategies for visualizing and achieving success at the highest levels in any field.

Ledecky became the most-decorated U.S. female athlete for her fourth consecutive Olympics when she won four medals overall (two individual golds, a relay silver, and an individual bronze) at the 2024 Paris Olympics, again making history by holding the 30 fastest times in the women’s 800m freestyle and the 20 fastest times in the 1500m freestyle. In the 2020 Tokyo Olympics, she also won four medals overall (two gold and two silver), making history by winning the gold in the first-ever women’s 1500-meter freestyle, and becoming the first-ever to three-peat in the 800-meter freestyle. Four years prior, at the 2016 Rio Olympics, she delivered an all-time performance, breaking two world records while winning four gold medals and one silver medal overall — becoming the most successful U.S. female athlete ever at a single Olympics. Ledecky’s Olympic legend began at the 2012 London Olympic Games, where she was the youngest U.S. Olympic athlete at just 15-years-old. Showing confidence and maturity beyond her years, she delivered a statement win in the 800-meter freestyle race during the London Games, beating out a field of more experienced competitors by four seconds to win her first gold medal.

Ledecky’s success has earned her USA Swimming’s Golden Goggles Award as Female Swimmer of the Year an unprecedented eight times, AP Female Athlete of the Year twice, ESPY Awards for Best Female Athlete and Best Female Olympian, and countless other accolades. She has been featured in leading publications and news outlets worldwide, and was the youngest person named to the Time 100 list in 2016.

Between the 2016 and 2020 Games, Ledecky attended Stanford University where she won eight NCAA titles, broke 15 NCAA records, led the swim team to back-to-back NCAA Team Championships, and earned various individual honors, including being named Division I’s Academic All-American of the year.

Ledecky is passionate about the importance of education, especially STEM and leadership programs for girls. She partnered with Panasonic of North America to launch Dive Into STEM Education, a middle school program which aims to inspire and empower the next generation of students.