



**Chris Cook**  
British Olympic Swimmer



## CSA CELEBRITY SPEAKERS

Chris Cook is a swimmer who represented Great Britain at the 2008 Beijing Summer Olympics in the 100m breaststroke event. His speciality is breaststroke, and took gold in the 50 and 100 metre finals representing England at the 2006 Commonwealth Games in Melbourne. He has also competed for Great Britain and Northern Ireland at the 2004 Summer Olympics in Athens. After competing for Great Britain for nearly 10 years which saw him rise to being Double Commonwealth Champion, British Record holder, Commonwealth Record holder, World Medallist, European Medallist & Olympic Finalist, he hung up the trunks in 2009 and retired from international swimming and now uses his experience and knowledge to help others to achieve their goals and dreams!

### Enthusiastic, driven and passionate

#### In detail

Chris Cook made his Olympic debut in Athens after missing out on selection for Sydney and the Manchester 2002 Commonwealth Games. His big breakthrough came in 2006 with double gold at the Commonwealth Games in Melbourne victories in the 50m breaststroke and 100m breaststroke were followed by silver in the 4x100m Medley Relay. He also won bronze in the World Short Course Championships at 50m breaststroke and just missed a medal in the 2006 European Championship 100m breaststroke.

#### What he offers you

One of Britains Breaststroke Champions, Chris Cook's most prized possession is his sense of humour, coupled with his will to drive away any negative thoughts, which together have brought him tremendous success in his sport. He provides explanations and examples as to the preparation required for success at the top level; by being true to yourself and trusting in yourself. He uses his unique story to inspire people of all ages and disciplines to follow their dreams and ambitions, believing he has the success tools to help anyone, yes anyone to achieve their dreams.

#### How he presents

Persistency and consistency are Chris Cook's keys to reaching the top. He reveals how if you stick with it for the long haul you will succeed, and not to expect immediate results.

#### Languages

He presents in English.

#### Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

#### How to book him?

Simply phone, fax or e-mail us.

### Topics

The Olympic Dream  
London 2012  
Motivation