

Kara Lynn Joyce



CLUB: Athens Bulldog Swim Club (ABSC-GA)

AGE: 21 **DOB:** Oct 25, 1985

HEIGHT: 6' 0" (182.9 cm)

HOMETOWN: Ann Arbor, Mich.

RESIDENCE: Athens, Ga.

BIRTHPLACE: Brooklyn, N.Y.

COACHED BY: Jack Bauerle

FAST FACTS

One-time Olympian (2004)

Two Olympic medals (2s)

INTERNATIONAL MEDALS

2007 Mutual of Omaha Duel in The Pool

2007: Silver, 50m FR

2007 World Championships

2007: Silver, 400m FR-R (WR)

TOP TIMES

Event	Best	Year
50m FR	24.80	Mar 07
100m FR	54.38	Jul 04

CAREER STATS:

- 2007 MoO DiP - 2 Final, 50m FR
WORLD - 2 Semi, 50m FR; 5 Final, 50m FR
- 2006 PAN PAC - 1 Final, 50m FR; 9 Final, 100m FR
SUM NATS - 1 Final, 50m FR; 4 Final, 100m FR; 6 Final, 200m FR
NCAA - 1 Final, 50y FR (AR); 1 Final, 100y FR; 1 Final, 200y FR
- 2005 MoO DiP - 3 Final, 50m FR; 6 Final, 100m FR
WORLD - 7 Final, 50m FR; 6 Semi, 50m FR; , 100m FR; , 400m FR-R
WC TRIALS - 1 Final, 50m FR; 4 Final, 100m FR
- 2004 SC WORLD - 8 Final, 50m FR (SCM)
OLY - 5 Final, 50m FR (NAG (17-18)); 5 Final, 100m FR; , 400m FR-R (AR); 2 Final, 400m MED-R
OLY TRIALS - 2 Final, 50m FR; 1 Final, 100m FR (NAG (17-18)); 7 Final, 200m FR
- 2003 MoO DiP - 1 Final, 50m FR; 4 Final, 100m FR
SPG NATS - 2 Final, 50m FR; 3 Final, 100m FR; 15 Final, 200m FR
- 2002 US Open - 1 Final, 50m FR; 3 Final, 100m FR; 7 Final, 200m FR
SUM NATS - 6 Final, 50m FR; 13 Final, 100m FR
SPG NATS - 3 Final, 50m FR

Career Highlights:

Earned bronze in the 400m free relay at the 2005 World Championships, where she also finished seventh in the 50m free ... won two relay silver medals at the 2004 Olympic Games ... later helped set new American records in both 400m relays at 2004 SC World Champs ... set the Pan American Games record en route to winning gold in the 50m free in 2003

Olympics History:

2004: Silver, 400m FR-R & 400m MR; 5, 50m & 100m FR

World Champs History:

2005: Bronze, 400m FR-R; 7, 50m FR

World Champs History:

2007: Gold, 800m FR-R(pr); Silver, 400m FR-R(AR); 5, 50m FR

Pan Pacs History:

2006: Gold, 50m FR & 400m FR-R(AR); 9, 100m FR

Pan Ams History:

2003: Gold, 50m FR(GR)

SC Worlds History:

2004: Gold, 400m FR-R(AR); Silver, 400m MR(AR); 4, 100m FR; 8, 50m FR

Duel in the Pool History:

2005: Silver, 400m FR-R; Bronze, 50m FR; 6, 100m FR ... 2003: Gold, 50m FR; 4, 100m FR

NCAA History:

2007(Sr): 1, 50y/100y FR; 2, 200y FR-R; 3, 400y/800y FR-R; 5, 200y MR-R; 9, 200y FR

2006 World Rankings:

7th, 50m free; 12th, 100m free; 41st, 200m free

2005 World Rankings:

7th, 50m free; 22nd, 100m free

RECORDS:

Holds WR in 400m FR-R, set at 2007 World Championships ... Holds AR in 50y FR, set at 2006 Women's NCAA Champs

NATIONAL TITLES:

50m Free (2): '06 SUM, '05 SPG

ADDITIONAL HONORS:

National Teams: Five-time National A Team (2002-06) ... 2002 National Junior Team

All-Star Team: Two-time (2005-06)

High School: 2000 New York State champ in the 50y and 100y free ... High School All-American ... four-time Michigan High School State champ (2001-02) ... National High School record holder in the 50y, 100y free and the 200y and 400y free-relays

PERSONAL:

High School: Ann Arbor Pioneer HS '03

College: Georgia '07

College Major: Speech communications (with a minor in drama)

Future Professional Aspirations: Broadcasting

Parents: Robert and Kathy ... father works in software development for Thompson Publishing, and mother is a swim coach for the Ann Arbor Swim Club

Sibling(s): Two older brothers (Sean and Kevin) ... both swam for Eastern Michigan University

Sports Played Before Swimming: T-ball

Nickname(s): K, KL, KLJ

Pet(s): A bird (Calvin) and a dog (Samuel) ... Samuel is a mini chocolate lab

Hobbies Outside the Pool: Cooking, learning how to cook, shopping, running 5K races, eating Raisinets and other assorted candies, watching The Today Show ... took up boxing to help improve her fast-twitch muscles

Ultimate Way to Relax: Buying Coach purses, singing in the shower

Most Influential Person: Family because of their love, support and all of the sacrifices they've given up for her

Training Stats: Swims 14,000 meters/yards per day, five hours a day, six days a week

More: Trained with Jon Urbanek at Club Wolverine before college, becoming the first female Olympian he trained (everyone else was male)

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PERSONAL: (continued)

More: Describes herself as being fun, free spirited and competitive ... drives a P.T. Cruiser and loves it ... has four first names ... when she was little, wanted to be an astronaut

Favorites: U.S. city: New York City ... int'l destination: New Zealand ... summer activity: swimming in the ocean