LYNNE COX
WORLD-RENOWNED OPEN-WATER SWIMMER
OFFERS PUBLIC & PRIVATE SCHOOL PROGRAMS
BEST-SELLING AUTHOR
ENGAGING SPEAKER

WORLD-CLASS ATHLETE

Lynne Cox is an American long-distance open-water swimmer, educator, motivational speaker, and author. Her career extends more than 35 years, spanning a period equal to 8 Olympic Games. Lynne accomplished swims achieving firsts, setting world records and opening borders. She has contributed to medical research, supported environmental causes, and inspired people to overcome great obstacles.

Lynne as a Pioneer – among her many firsts:

- First, and only solo swimmer to swim the Bering Strait from the United States to the Soviet Union opening the border and reuniting families and cultures separated for more than 40 years.
- First woman to swim the Cook Strait from the North Island to the South Island of New Zealand – an accomplishment celebrated by the entire nation.
- First to swim around the Cape of Good Hope in treacherous waters.
- First to swim across Lake Baikal in Southern Siberia. A cape is named for Lynne on the lake.
- First to swim a mile in the Antarctic – documented by 60 Minutes and the recent documentary film Fishpeople.
- First to swim across Lake Titicaca high in the Andes from Bolivia to Peru.

Lynne as a Record Setter

- Twice set the overall record (men’s and women’s) for swimming the English Channel from England to France.
- Overall world record for the San Pedro Channel from Catalina Island to the California mainland.
- Record for the coldest swim ever – 26.6 degrees Fahrenheit (minus 3 Celsius) off Disko Bay, Greenland.

Lynne completes all swims under English Channel Rules allowing only swimsuit, cap, and goggles. Lynne has never worn a wetsuit.

PUBLIC & PRIVATE SCHOOL PROGRAMS

Lynne’s programs for K-12 schools are unique, educational, and inspiring. She shares the stories of her accomplishments, describing how one can overcome extraordinary obstacles to achieve great things. Students are enthralled by Lynne’s stories. She draws them in to the challenges she faced, her positive and careful approach to planning and executing her swims, and the joy and celebration of success.

Lynne’s appearances are often linked to classroom, schoolwide, and district reads of her books – typically Grayson and Swimming to Antarctica.

Lynne is available for engagements with public and private schools nationwide. Recent and upcoming appearances include:

- Morris Hills Regional School District: NJ
- Miss Porter’s School: Farmington, CT
- La Jolla Country Day School, CA
- St. Hilda’s and St. Hugh’s: New York City
- Skaneateles Central School District, NY
- Chandler School: Pasadena, CA
- Sargent Schools: Monte Vista, CO
- Long Beach Unified School District: CA
- Rockville Centre School District: NY

Appearance Profile

Lynne adapts her offerings to the schools’ curriculum and goals. Programs include some or all of the following elements:

- Informative and inspirational presentations integrating Sciences, History, English, Math, and the Arts – connected to a school’s core curriculum.
- Sessions focused on her best-selling books – tied in with literary programs.
- Motivational get-togethers with swim teams other athletes.
- Media presentations.
- Interactive engagement with students.
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AUTHOR

Lynne has published six non-fiction books – all available at your independent bookseller and on Amazon and other on-line locations.

Swimming to Antarctica documents her early career in the open water setting records and achieving numerous firsts. A New York Times bestseller.

Grayson chronicles Lynne’s inspiring adventure saving a baby grey whale off the coast of Seal Beach California. The book is a New York Times bestseller and is translated into 22 languages.

South with the Sun tells the story of Roald Amundsen, the first person to reach the South Pole, and Lynne’s own exploration retracing his voyage in the Northwest Passage.

Open Water Swimming Manual Shares Lynne’s expertise with her fellow athletes providing a unique and informative guide.

Elizabeth, Queen of the Seas is a children’s book telling the true yet magical story of a friendly and persistent elephant seal.

Swimming in the Sink published in 2017 tells the story of Lynne’s struggle with a life-threatening illness, her recovery and triumphant return to the water.

FILM AND MEDIA

Fishpeople

Lynne is featured in the 2017 documentary film Fishpeople.

The film was screened at Telluride and Aspen MountainFilm Festivals, Ocean Film Festival in San Francisco, Martha’s Vineyard Film Festival, throughout the United States and worldwide.

Fishpeople is available on Netflix at www.netflix.com/title/80196139 and itunes.

60 Minutes/Discovery Channel

Lynne’s swim in Antarctica is documented by a 60 Minutes news segment and an hour-long Discovery Channel documentary.

TEDxTalk, Google Talk, and Other Media

Lynne’s presentation for TEDx Monterey, California, Google and other speaking media can be viewed from her website: http://www.lynnecox.com/media-list-2-2/

BOOKING INFORMATION & WEBSITE

To book Lynne for a K-12 school appearance please e-mail: agent@lynnecox.com.

Extensive information regarding Lynne can be found at: www.lynnecox.com.