



Melissa Montes (SFSU 2016)

## Natalie Coughlin

Olympic Swimmer

Natalie Coughlin was born in Vallejo, California (1982) to a father of Irish descent and a mother of Filipino descent. She began swimming at the age of six and earned a swimming scholarship to UC Berkeley. Coughlin competed in three Olympic games, winning a total of twelve medals. At the 2008 games, she became the first US woman to win six medals in one Olympiad and the first woman to win a 100-meter backstroke gold. Coughlin enjoys gardening and cooking with fresh ingredients, and supports charities that empower children through play and healthy living.