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# MICHELLE CARTER

TEAM USA | SHOTDIVA

[shotdiva.com](http://shotdiva.com)

## About Michelle Carter

Michelle Carter is a three-time shot put Olympian, a 2016 Rio Olympic Games gold medalist, and a World Championship gold medalist. Michelle became the first American female athlete to win gold for Team USA in the Olympic shot put event since the women's competition began in 1948. With an athletic career spanning 20+ years, Michelle began throwing shot put in 1997 while in junior high school. Michelle is also a certified professional makeup artist and founder of You Throw Girl Confidence Camp, where she helps young female athletes focus on confidence-building and athletic empowerment. Michelle's unique ability to blend her athletic gift for throwing and passion with beauty has earned her a reputation as a "ShotDiva," and she's become a trusted leader in areas of body image, goal setting, and self-confidence.



## What Makes Michelle Carter Special?

- Michelle is the first American woman to win Olympic Gold for Team USA in Women's shot put, a three-time Olympian, and American Record Holder.
- Daughter of 1984 Olympic silver medalist Michael Carter, Michelle's only coach during her shot put career has been her father. Affectionately referred to as "Coach Daddy," Michelle and Michael are often requested to speak about their unique father-daughter and coach-athlete dynamic.
- As an adolescent athlete, Michelle captured eight Texas State U.I.L. titles in shot put and discus, two national girls' shot put records, and the Texas state record in discus.  
Michelle first donned the USA jersey at the 2001 World Youth Championships, where she won silver and has been collecting Team U.S.A. Jerseys ever since.
- Founder of You Throw Girl Sports Confidence Camp, Michelle works with female athletes in grades 6th - 12th. Through the camp, Michelle empowers young females to live a lifestyle full of confidence in their athletic capabilities and self-image.
- Michelle founded One Golden Shot, a 501(c)3 non-profit, where funds are raised to provide scholarships to her You Throw Girl Sports Confidence Camp, donate healthy meals and snacks for Jr. High and High School track teams on competition day, and provide female athletes with proper sports bras.

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## Potential Topics:

### Athletic Career

- Overcoming adversity in athletics
- Father/daughter coaching dynamic
- How to become an Olympic gold medalist
- Advocating for yourself and your body as an athlete
- Building mental strength as a world-class athlete



### Youth Empowerment

- Olympic gold medalist changing the future of young female athletes
- The Olympic athlete your athletic daughter should be looking up to
- Growing up with ADHD and Dyslexia: Michelle Carter on pushing past obstacles to make your own success
- Teaching the next generation to be confident in their athletic abilities and their body



### Beauty

- How social media is changing the standards of beauty
- Body Positivity: Why Michelle would not be an Olympic gold medalist if she did not accept her body as it is
- Femininity and Athleticism: Debunking stereotypes
- Skincare must-haves from an Olympic athlete
- Medals and makeup: Making a statement on the field



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## Suggested Interview Questions

- Can you share how you balance femininity with your athletic career?
- What advice would you give to teenage athletes struggling with body acceptance?
- You have a B.A. in Youth and Community Studies. What involvement do you anticipate having with athletes coming behind you after your Olympic retirement?
- Your father has been your only coach throughout your entire athletic career. Can you share more about your relationship with him?
- In 2016, your crowning achievement was becoming the first female to win gold in the Olympic shot put event. What were you feeling at that moment?
- What inspired you to found You Throw Girl Sports Confidence Camp? What has been your greatest joy while working with these young women?
- What do you hope your legacy is as an athlete for future generations after Tokyo?
- What are you turning your focus to since you'll no longer be training?
- You've trained for this for so long. You're the reigning gold medalist. The Olympics were supposed to happen last year. What does this mean to you to not be able to participate now so close to Tokyo?



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## Stats

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### Olympic Games:

- GOLD - Rio 2016 Olympic Games
- 4th - London 2012 Olympic Games
- 13th - Beijing 2008 Olympic Games

### World Championships:

- World Championships bronze medalist – 2017
- World Championships gold medalist – 2015, 2016
- World Indoor bronze medalist – 2012, 2015
- Pan American bronze medalist – 2011
- World Junior Champion – 2004
- Pan American Juniors gold medalist - 2003

### National Championships:

- Seven-time USA Outdoor Champion – 2008, 2009, 2011, 2013, 2014, 2015, 2016
- Four-time USA Indoor Champion – 2013, 2014, 2016, 2017
- Three-time USA Outdoor runner-up - 2005, 2010, 2012
- Two-time USA Junior Champion – 2003, 2004



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