



# Norris Frederick

Motivational Speaker/Athlete  
*"Becoming a product of your potential."*

## **CAREER:**

Norris Frederick began his illustrious track and field career as a sophomore in high school. He was ranked among the best high school athletes in the country by the time he graduated. At the University of Washington, Frederick's accomplishments made him the most decorated athlete in Washington State history and he was ranked as the third best long jumper in the world. Frederick turned professional and he is a 3x indoor bronze medalist for Team USA. He continues to compete at a high level all over the world while also training for the Olympics. Frederick has also worked as an ambassador for several companies including Nike, Muscle Milk and Oakley.

## **EARLY LIFE:**

Life hasn't always been easy for Frederick, one of four boys raised by a single mom in a poor household and a father that struggled with alcoholism and was only briefly present in his life. Frederick used sports as an outlet growing up, but his college career nearly ended when his father was murdered and he struggled to keep his head above water. It was only after being convinced by the head coach not to be a product of his environment that Frederick decided to continue.

## **MOTIVATIONAL SPEAKER:**

Frederick spends most of his time not speaking about his athletic accomplishments, but about his personal struggles and how sports prevented him from making mistakes growing up. Frederick's approach is infectious and he has gained a large following amongst youth from around the nation through speaking engagements, camps, media exposure and online efforts to promote his sport and inspire others.

## **TOPICS:**

- Overcoming adversity
- Overcoming rejection
- Bullying
- Self confidence
- Reaching your potential
- Goal setting
- Peer pressure
- Staying motivated

## **NOTABLE SPEECHES:**

- NFL Courage Award
- United States Olympic Committee
- University of Washington
- University of Oregon
- Childhaven
- Lifewire
- United Way

**TO BOOK NORRIS**

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## **ACHIEVEMENTS:**

- Member of the United States National Team 2004 - Present
- 9th place finish at the Olympic Trials 2016
- 5th place finish at the Olympic Trials 2012
- Most consistent long jumper in the world over 26 ft in 2012
- Gold medal finish as the Tucson Elite Men's Long Jump Tournament 2012
- Bronze Medal at the United States Indoor National Championship 2012, 2010
- Number 1 world ranking starting the indoor season in 2012
- 3rd longest jump in the world in 2012, 2011, 2010
- 5th best long jumper in the US & top 10 in the world in 2011
- Stadium & meet record holder at the Harry Jerome Classic
- Gold Medal finish at Mt. Sac Relays 2010
- United States Team Competitor 2009
- 4th place finish at USA vs. the World 2009
- Competed in over 36 international competitions
- Olympic Trials Qualifier 2008
- 11x NCAA All-American
- 11x All West Region Team
- NCAA Runner Up 2008
- West Region Male Athlete of the Year 2008, 2007, 2006
- NCAA Indoor & Outdoor Championship Finalist 2008, 2007, 2006, 2005
- Most decorated athlete in Washington State history
- Washington State Gatorade Athlete of the Year 2004