Lindsay Dare Shoop, OLY, MSEd, CSCS

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Lindsay Dare Shoop is an Olympic Champion rower, a three-time world champion, a five-time world cup medalist, and a US National Rowing Hall of Fame inductee. She holds her BA in Spanish from the University of Virginia and her MSEd in exercise physiology from the University of Miami.

Over the past decade, she has been a program director for youth sport, has coached at every level from youth up through elite, has worked alongside national and international non-profit agencies, and has been a sport commentator for NBC Olympics, ESPN, ACC Network, NCAA, and USRowing to name a few.

With a focus on performance optimization and longevity, Lindsay leads camps, clinics, webinars, and workshops for coaches, athletes, and teams of all types; and she is a speaker, having presented before major corporations, academic institutions, and national sport conferences.

To round out her passion for coaching and education, Lindsay is also an author, having published several articles on the topics of sport and health, as well as her first book, *Better* *Great Than Never*, which chronicles her life-changing journey from ultimate defeat to Olympic gold.

Through all she does, Lindsay aims to educate and inspire others that it’s never too late to discover the possibility within.

***Better Great Than Never (Book Description)***

Think of any sport, and Lindsay Shoop played it growing up. She was a driven athlete, good student, and happy teenager. But when she went to college, everything changed. She quit basketball, gained weight, and skipped classes. Her drive was gone.

After a sleepless night and a fateful turn of events, Lindsay made the decision to become her best self. She discovered rowing, and the sport became her outlet for transformation.

In just one year she became an NCAA Division-I All-American; in four, she broke a world record and won her first World Championship. Within six years, Lindsay won Olympic gold.

In *Better Great Than Never*, Lindsay cinematically weaves her transformative story from overweight to Olympic gold. In doing so, she shows you how to seize your full potential by removing self-imposed limitations. She demonstrates how to embrace every step, good and bad, to find greatness.

For Lindsay, life isn’t about winning. As long as you learn throughout your journey, you can never lose.