



Mitch Gaylord first thrilled the world in 1984 when he led the United States Olympic gymnastics team to its Gold Medal victory. In addition to being the first American Gymnast in history to score a Perfect "10", Mitch went on to capture a Silver medal for Vaulting and two Bronze medals for Rings and Parallel Bars. As the number one ranked gymnast in 1983 and 1984, Mitch invented two skills now named internationally after him. To this day, the Gaylord Flip and the Gaylord Two are considered among the most difficult and spectacular feats in gymnastics. After the Olympics, Mitch was appointed to the President's Council for Physical Fitness by President Reagan and was asked to return for a second term under President George Bush, Senior. During this time, he fulfilled numerous speaking engagements, endorsements and appearances across the country. In 1986, Mitch made his acting debut in Columbia Pictures' "American Anthem" and went on to appear in several commercial advertisements including Diet Coke, Nike, Vidal Sassoon, Soloflex, Levi's, and Texaco to name a few.

In 1995, he was inducted into UCLA's Hall of Fame, and in 2006, he was inducted into the US Olympic Hall of Fame. Mitch has served as a journalist/broadcaster for FOX Sports during the Atlanta Olympics and anchored the 2009 Maccabiah Games in Israel with JLTV. He has also served as a Celebrity Judge on NBC's "Celebrity Circus".

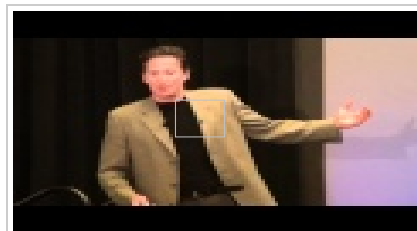
As a motivational speaker and fitness expert, Mitch was asked to endorse several fitness products for the DRTV market including Suzanne Somers' "Torso Track" and "Body Row", as well as, "OrbiTrek Platinum" for Thane International.

With a strong entrepreneurial spirit, Mitch went on to create Gold Medal Fitness, LLC and the "Melt it OFF! wi...

Mitch Gaylord

Speech Topics

- Sports
- Olympians
- Motivation
- Celebrity



Testimonials

...the most realistic speaker we've presented in several years...He delivered everything I asked for and more...A perfect 10! Packed with real-life experiences that we can all draw from to grow both personally and professionally.

- Sprint.