



Photo Teddy Smith

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After three near misses in Olympic competition, how satisfying was it to finally win an Olympic medal?

It is amazing and a little bit of a relief. I felt so close before, but just couldn't seem to find the podium. I explain Beijing as my bitter sweet games and I am just glad I don't have to explain the London Games the same way. It truly is awesome when something you have dreamed and worked for comes true!

Has there been a moment since you won Olympic gold, where you look around and pinch yourself for the opportunity this now provides you and how it's changed your life?

I haven't had time to pinch myself since the Olympic Games. With assistant coaching at Columbus State University I have been trying to put as much time as possible into the team and on top of different appearances I really have been quite busy. I think it is amazing to be able to have the opportunity to speak with so many people about the shooting sports and hopefully have an impact on young people. Life is definitely busier right now, but I wouldn't trade it for anything.

Having reached the Olympic finals in all four events you've competed in, you seem clutch when the moment can't get any bigger. What makes you so strong a competitor when the intensity is greatest?

I have been over the top competitive ever since I can remember, which I think plays a huge role in my success. I am also a very hard worker and when I get into a stressful situation I just remind myself that I have worked for that moment. I truly enjoy competition and that definitely drives me to be good in major competitions.

Outside of winning Olympic gold, what was your favorite Olympic moment in London?

I think it was awesome to watch my teammates bring home medals. I remember trying to sit still in a green room watching Matt's final on the iPad probably just as nervous as he was during the final. I also got to go see table tennis and beach volleyball which were both great events to watch.

What more do you want to achieve in this sport?

There are still more medals to be won for sure; I have come close to an air rifle Olympic medal and I would love to bring home Team USA's first Olympic Medal. I also want to take Columbus State University to their first national team championship and I want to pass my knowledge on to the next shooting generation.

Tell us the biggest tip that's benefited you the most in this sport to date?

Hard work and time management. I think if these two things are learned one can achieve anything they put their mind to.