



A LIFE ALOFT

By Thomas Gompf with Elaine K. Howley

About The Book

Being airborne, aloft, free of the bonds of gravity—that, for Thomas Gompf, is the stuff of life.

When he first learned to fly an airplane, he found himself applying terms from his beloved sport of diving to the maneuvers he was mastering. The line blurred between the two disciplines, and he realized that being a pilot and being a diver have an awful lot in common.

As an Air Force officer in the Vietnam War, a commercial airline pilot for 30 years, and an Olympic medal-winning diver, Tom found ways for his body to soar. His work in support of Olympic divers and as the “father of synchronized diving” has left an enduring legacy that has inspired others to fly, too.

In *A Life Aloft*, Tom reflects on what he’s learned from pushing himself and the sport of diving to ever greater heights.

About The Authors

Thomas E. Gompf

Tom Gompf earned the bronze medal at the 1964 Summer Olympic Games in Tokyo in the 10-meter platform diving event. From 1972 through 1981, he served as diving coach at the University of Miami, where he coached more than two dozen All-American, National Champion, and Olympic divers.

Gompf is an ardent volunteer supporter of the Olympic movement and is considered the father of synchronized diving, as he led the charge to have the tandem discipline admitted as an Olympic event.

An Air Force pilot who served in the Vietnam War from 1965 to 1967, Gompf flew commercial airliners for more than 30 years and is the father of two children and grandfather of seven. He currently serves as a consultant to Duraflex, as president of the Raymond C. Rude Foundation, and lives in Lakeland, Florida, with his wife, Fran.

Elaine K. Howley

Elaine K. Howley is an award-winning freelance journalist and editor based in Boston, Massachusetts.

Specializing in sports, health, and history topics, Howley previously served as publications manager for U.S. Masters Swimming and managing editor of SWIMMER magazine. Her freelance work has appeared in U.S. News & World Report, AARP.org, Atlas Obscura, espnW, and Outdoor Swimmer magazine.

A lifelong swimmer, Howley is an avid marathon and ice swimmer who has completed the Triple Crown of Open Water Swimming (solo swims across the English Channel and Catalina Channel and a solo circumnavigation of Manhattan Island) and was inducted into the Vermont Open Water Swimming Hall of Fame in 2018. She was the first person to swim the 32.3-mile length of Lake Pend Oreille in Northern Idaho.

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