1. Michael Phelps was raised in a competitive swimming family. His mother, Debbie, was a competitive swimmer, and his father, Fred, coached a local swim team. Michael's two older sisters, Whitney and Hilary, also swam competitively.

2. Michael Phelps was diagnosed with attention deficit hyperactivity disorder (ADHD) at a young age. His ADHD made it difficult for him to focus in school, but he found that swimming helped him to channel his energy and focus his attention.

3. Michael Phelps made his Olympic debut at the age of 15. He was the youngest male swimmer to qualify for the Olympics in over 60 years. He competed in five events at the 2000 Sydney Olympics, but he did not win any medals.

4. Michael Phelps broke Mark Spitz's record for most gold medals won at a single Olympic Games in 2008. Spitz won seven gold medals at the 1972 Munich Olympics. Phelps broke that record by winning eight gold medals at the 2008 Beijing Olympics.

5. Michael Phelps retired from swimming after the 2012 London Olympics, but he made a comeback in 2014. He won four gold medals and two silver medals at the 2012 London Olympics. He then announced that he was retiring from swimming. However, he missed the competition and decided to make a comeback in 2014. He competed at the 2016 Rio Olympics, where he won five gold medals and one silver medal.

6. Michael Phelps is the most decorated Olympian of all time, with 28 medals, including 23 gold medals. He has won more Olympic medals than any other athlete in history. He has also won more gold medals than any other athlete in history.

7. Michael Phelps is known for his incredible wingspan, which is 6 feet 7 inches. His wingspan is three inches longer than his height of 6 feet 4 inches. This gives him a significant advantage in the water, as it allows him to generate more power and speed.

8. Michael Phelps is also known for his pre-race routine. He has a very specific pre-race routine that he follows before every race. He always listens to the same music and does the same warm-up exercises. His pre-race routine helps him to focus and prepare for his races. It also helps him to relax and stay calm before his races.

9. Michael Phelps is a role model for many young swimmers. He is known for his hard work, dedication, and sportsmanship. He is an inspiration to many young swimmers around the world. He has often spoken about the importance of hard work and dedication. He has said that he believes that anyone can achieve their goals if they are willing to work hard and never give up.

10. Michael Phelps is a philanthropist who has donated millions of dollars to various charities. He is a committed philanthropist who has donated millions of dollars to various charities, including the Michael Phelps Foundation, which he started in 2008. His foundation is dedicated to promoting water safety and swimming education.