

Coach Andrea Symak

I was born and raised in the West area of Brazil, my swimming life started when I was 7 years old and it became a passion since then.

During early years of my swimming career I held the title of State Record Holder for 100 & 200 meters Breaststroke from 1991 - 1996. Participated in all National Age Group Brazilian Championships qualifying for finals in different events. Represented Brazil at an International meet in Paraguay placing 3rd in the 200 IM and qualified for Olympic Trials Sydney 2000 at the age 16 in the 100 meters Breaststroke.

I moved to Japan in 1997 with my family and joined the Japan Masters Swimming Association. Couple of my best performances was finishing in 2nd place for 100 Breaststroke at All Japan Masters National Championship. In 2006 I was ranked 7th in Japan at the 200 meters Breaststroke. In 2010 at the Kanagawa Masters State Championship set a record for the 4 x 50 meters Freestyle Relay.

I have been coaching swimming for the past 13 years and worked as an ACSM personal trainer and AFAA group exercise instructor for 8 years. I have been fortunate to work with different organizations such as the Yokosuka Jr. Seahawks Swim Team in Japan as a Head Coach and Team Administrator, Yokosuka MWR as Fitness Instructor and Personal Trainer, Mesa Aquatics Club in Arizona as Assistant Coach, Morris County Swim Club in New Jersey as Assistant Coach and Dryland Trainer and Boys & Girls Club Dolphins in New Jersey as Aquatics Director, American Red Cross since 2003, and I have been with the Stuttgart Piranhas swim team for the past 3 years now.

I have been married to Jason since Dec. 2001; we have 2 daughters, Alexia is 14 and Jazlyn is 8 years old. Both of them swim with the Stuttgart Piranhas.

My new hobby for the past year has been bodybuilding which I started to compete during the spring and summer this year and I am loving it! Lots of fun!

I am ASCA level 4 swimming coach, American Red Cross Water Safety Instructor, American Red Cross Lifeguard Instructor and ACSM certified personal trainer.

I am here to inspire, motivate and help our swimmers to grow.