

LILLIAN SZYMCZAK

TRACK + FIELD

Lillian Szymczak is proud to serve as a Middle School Science Teacher and assistant Track & Field Coach at Jacksonville Classical Academy, where athletic development meets academic excellence. With a passion for both science and sports, Lillian brings over five years of coaching experience to the program, specializing in strength and conditioning for athletes across a variety of sports, including football, basketball, lacrosse, baseball, track and field, soccer, and volleyball.

As a former USA year-round competitive swimmer for over 10 years, Lillian discovered a deep love for fitness and performance that evolved into a focus on Strength and Conditioning during college. Lillian earned a degree in Exercise Science and Kinesiology, equipping them with a scientific foundation to enhance athletic performance and minimize injuries.



In addition to leading group training sessions, Lillian has two years of experience providing one-on-one coaching to help athletes reach their personal best. Their approach emphasizes fostering a supportive team atmosphere, discipline, proper technique, and the mental resilience needed for success both on and off the track.

Lillian is thrilled to inspire and develop the next generation of student-athletes at Jacksonville Classical Academy, fostering a culture of hard work, determination, and sportsmanship. Go Jets!

