



This month's alumni spotlight features Jacob Lambros, Class of 2013. The Lambros last name may ring a bell for many BCHS community members. The Lambros family celebrates a long-standing legacy of Bourgade alumni and although Jacob finds himself on the younger side of the legacy, his accomplishments, both athletically and professionally, certainly speak to his growth.

While many Bourgade alumni have followed in the high school footsteps of their siblings, few have had the opportunity of following their parents. As the fourth oldest of five, Jacob's Bourgade experience was not only preceded by his siblings, Melissa '05, Kyle '07 and Zach '09, but also by his parents Andy and Pam. Grace, the youngest sibling, graduated in the Class of 2016.

Before Bourgade, Jacob attended Ss. Simon and Jude Catholic grade school. At Bourgade, he was heavily involved in athletics during his freshman year, participating in swim, basketball and baseball. In his sophomore year, Jacob made the decision to solely focus on his swimming. In addition to swim, he also played in the school's pep band and was active with the campus ministry department. Through all Jacob's high school involvement, the spotlight always shined brightest when he was in the pool.

Jacob's swimming journey started at age 6, where he began swimming at the City of Phoenix pools during summer break. Just one year after Bourgade launched its first-ever swim program, Jacob and others led the 2009 Golden Eagle swim team to a state competition berth. After his freshman season, Jacob took his coach's advice and joined a club swim program at Glendale Community College. The hard work of juggling school and two swim practices led to his sophomore season individual state qualification in the 200yd individual medley and the 100yd backstroke. His success continued in his junior season where he finished the state competition with a second place in the 100yd freestyle and third place in the 100yd backstroke. The breakout season manifested in Jacob's senior year where he was crowned a state champion in the 100yd freestyle and the 200yd freestyle. Next came the onset of college recruiters. Jacob would ultimately sign his letter of intent with Grand Canyon University (GCU) where his swimming would reach a whole new level.

Jacob quickly began working with the GCU swim team in the summer following his BCHS senior season. He immediately took a liking to the lifestyle of a collegiate athlete which included the perks of on-campus housing and facilities, as well as the ability to travel around the country for various meets. Jacob continued to improve and dominate his personal records. At the end of 2013, he was invited to the USA Swimming Invitation for the 50m freestyle event where his time of 23.28 qualified him for the Olympic trials in Omaha, Nebraska. Jacob's trial fell just short of qualifying for the 2016 Olympics in Rio, but he would go on to carry out a decorated career at

including several first, second and third-place finishes at various meets and invitationals. After his senior season, Jacob would hang up his goggles looking forward to the next chapter of his life.

After earning his bachelor's degree from GCU, Jacob joined the Lopes' admissions department. During his admissions tenure, he also pursued his MBA. As Jacob thought more about what he wanted to do professionally, he took interest in firefighting. Jacob's father, Andy, was a long-tenured firefighter before retiring from the City of Tempe department, and Jacob's brother-in-law had just become a firefighter for the City of Phoenix. In May of 2019, Jacob received a call from the Phoenix Fire Department Training Academy, announcing that he had been accepted into their program. He endured the 14-week academy and graduated in October of 2019. Jacob is loving his position as a Phoenix firefighter and enjoys helping the community.

In a long list of accomplishments, Jacob points to his MBA as his proudest. Also on the list is being the recipient of the 2016 GCU's Roland L. Beck Senior Scholar Athlete Award, which is recognized as GCU's most prestigious award for student-athletes.

With all of his successes, Jacob still looks back on his days at Bourgade and remains grateful for the coaches and mentors that helped him on his journey, including the late Carol Caruso, who most notably served as Bourgade's college counselor, but also helped as an assistant swim coach during Jacob's seasons. This month, Jacob's story came full-circle as he was selected as Bourgade's new varsity swim coach.

Bourgade congratulates Jacob on all his successes and is proud to recognize another accomplished member of the alumni community. We look forward to the possibility of a 2020 swim season, knowing that Jacob will once again be in his comfort zone, the pool.