

General Information	
Country:	CAN
Gender:	M
Handedness:	Left-handed
Date of birth:	1990-08-21
License:	21081990002

Further Personal Information	
Residence	Calgary, AB, CAN
Occupation	Marketing
Languages	English, French, Greek
Higher education	Commerce - McGill University: Montreal, QC, CAN

Sport Specific Information	
When and where did you begin this sport?	He began fencing at age 12.
Why this sport?	Fencing was a popular sport at his school.
Handedness	Left

General Interest	
Nicknames	Polo (Instagram profile, 01 Jul 2017)
Most influential person in career	His high school coach, Jean-Marie Banos. (Facebook profile, 17 Nov 2017)
Injuries	<p>He competed at the 2017 World Cup event in Madrid, Spain, despite suffering from a bout of gastroenteritis. (sportcom.qc.ca, 19 May 2017)</p> <p>In July 2014 he sustained a concussion during a boxing training session. He experienced symptoms for eight months, during which time he also endured a herniated disc, the discovery of a benign tumour in his leg, and pulled a ligament in his knee. (cbc.ca, 27 Jun 2019; Facebook profile, 20 Sep 2017; financialpost.com, 14 Jul 2016; montrealgazette.com, 22 Apr 2016; journalmetro.com, 17 Jul 2015)</p>
Superstitions / Rituals / Beliefs	He visualises beating his opponent the night before a competition. (olympic.ca, 01 Jul 2016)
Sporting philosophy / motto	"I've failed over and over and over again in my life. And that is why I succeed." [Michael Jordan] (olympic.ca, 01 Jul 2016)
Other information	<p>OCCUPATION In 2018 he began working as a territory manager at Suncor/Petro-Canada in Montreal, QC, Canada. In 2021 he relocated to Calgary, Alberta, and started a new role as sponsorship marketing advisor, which involves collaborating with the Canadian Olympic Committee, the Canadian Paralympic Committee, and the Coaching Association of Canada. "Suncor/Petro-Canada has been a major Olympic partner for decades and this commitment to athletes has made it possible for me to combine work and sport." (LinkedIn profile, 04 Apr 2022; Facebook profile, 15 Mar 2021, 15 Mar 2019; lapresse.ca, 14 Jul 2020; rds.ca, 03 May 2019)</p> <p>BOXING INJURY In July 2014 he sustained a concussion during a boxing training session, which was then part of his cross-training regime. He experienced symptoms for eight months, but recovered to win bronze in men's team sabre at the 2015 Pan American Games in Toronto, ON, Canada. "What was supposed to be a fun cross-training activity before the world championships [in 2014] turned into a nightmare which made me lose all my government funding and almost prevented me from even attempting to qualify for the 2016 Olympic Games. I couldn't train. I couldn't sleep. I couldn't be around other people because the noise bothered me. Every time I tried to train, my heart rate would go up. I fell into a small depression. I was on the podium at the 2015 Pan American Games in front of hundreds of hometown fans, friends and family. This was a huge moment because coming out of the darkest period of my life and onto this podium in front of the people who were by my side through the tough times was one of the greatest moments of my life. It also propelled me to more results and helped me qualify for my first Olympic Games in 2016." (Facebook profile, 23 Jul 2020, 20 Sep 2017; cbc.ca, 27 Jun 2019; financialpost.com, 14 Jul 2016; montrealgazette.com, 22 Apr 2016; journalmetro.com, 17 Jul 2015)</p> <p>OTHER ACTIVITIES In 2020 he was named an ambassador for the virtual edition of the Greek-Canadian Games and began serving in the athletes' commission of the Canadian Olympic Committee. In 2021 he worked for CBC News as a French language analyst, covering fencing events at Tokyo 2020. He has also hosted a podcast series called The Olympian's Podium. (delta-optimist.com, 30 Nov 2021; The Greek-Canadian Games Facebook page, 21 Feb 2021; Facebook profile, 12 May 2021, 14 Dec 2020, 14 May 2020; rds.ca, 03 May 2019; The Olympian's Podium podcast, 07 Apr 2019)</p>