

General Information

Country:	POL
Gender:	M
Height:	181
Weight:	75
Handedness:	Left-handed
Date of birth:	1981-09-02
Profession:	Coach
License:	02091981000

Further Personal Information

Family	Wife Beata Tereba, twins Rozalia and Karol
Residence	Kraków, POL
Occupation	Athlete, Coach
Languages	English, Polish

Sport Specific Information

When and where did you begin this sport?	He began fencing at age eight in Krakow, Poland.
Why this sport?	His parents signed him up at Krakow Fencing Club in Poland and the sport became his biggest passion.
Club / Team	AZS AWF Krakow: Poland
Name of coach	Robert Andrzejuk [national], POL; Beata Tereba-Zawrotniak [personal, wife], POL
Handedness	Left

General Interest

Nicknames	Radek (zawrotniak.com, 31 May 2013)
Memorable sporting achievement	Winning silver in team epee at the 2008 Olympic Games in Beijing. "I worked for it 20 years, it's the most important medal in my career." (tvn.pl, 14 Feb 2020)
Injuries	At the beginning of 2017 he struggled with tennis elbow. (dziennikpolski24.pl, 03 Mar 2017)
Sporting philosophy / motto	"Epee is about reflex, speed, and, most of all, motor coordination. I think it's a beautiful sport. It's interesting to train because you use all other sports. You use elements of team sports, athletics, weightlifting, swimming. Fencing is sometimes called a 'late sport'. I say fencing starts after age 20 because you need a lot of experience and bouts under your belt. There is no weight or height classes in fencing so you need to get to know many different styles and gather years of experience. And if you are smart and have a smart coach, you will use this experience to your advantage." (Kkultura YouTube channel, 22 Mar 2022)
Awards and honours	In 2008 he was presented with the Golden Cross of Merit in Poland. (zawrotniak.com, 05 Jan 2014) He was named the 2008 Athlete of the Year in Malopolska, Poland. (zawrotniak.com, 05 Jan 2014)
Famous relatives	His wife Beata Tereba represented Poland in fencing at the 2010 European Championships in Leipzig, Germany. (sport.onet.pl, 16 May 2019; SportsDeskOnline, 09 Jul 2015)
Ambitions	To attend the 2024 Olympic Games in Paris as an athlete and coach. (Kkultura YouTube channel, 22 Mar 2022)
Other information	COACHING ROLE In 2007 he began working as a coach at the AZS AWF Krakow club in Poland. Among the fencers he has trained is Aleksandra Jarecka. "I have worked out my own programme that allows me to realise both my athlete and coach duties. I've already been in this sport for three decades, it's my passion and I'm never bored or tired of it. I'm comfortable that I can combine work with pleasure. By coaching Aleksandra I also do something for myself. If we run, we run together. The same when we go to the gym, and we spar a lot with each other." (sport.onet.pl, 16 May 2019; tvn.pl, 14 Feb 2020) FURTHER EDUCATION He has a degree in sport management from the Jagiellonian University in Krakow, Poland. (Facebook profile, 19 Jun 2018)