



Anthony Jazz Abreu

Coach Jazz, Wellmark YMCA Youth Development Director, has been with training athletes since 2015 and working directly with swimmers since 2017. Jazz's training background includes working directly with local age group swim clubs dry land training programs as well as one-on-one personal training at the Wellmark YMCA in downtown Des Moines. Jazz's favorite swimming event is the 100 free as it includes all aspects of his training: speed, power and strategy!

Jazz's personal athletic background is extensive with 8 years on the football field during his time at Miami Springs Senior High School and Graceland University. In high school, Jazz threw shot put and discus on the track & field team. His senior year in college, Jazz earned the Coaches Choice Award for Team Player of the Year.

Jazz graduated from Graceland University with a BS in Corrective Exercise and Performance Enhancement. He also holds a NASM-PES (National Academy of Sports Medicine-Performance Enhancement Specialist) personal training certification. In his spare time you can find Jazz bowling, listening to music, cooking and working out with plyo, speed & agility exercises and Olympic lifting. He enjoys spending time with his puggle (half pug and half beagle) Starr, black lab/pit Boomer and his wife Brooke.

Jazz's favorite saying: "Hard Work Beats Talent, When Talent Doesn't Work Hard"