

Captain S. Lagaras HN, COMHELFRIGRON 2

Captain SPYRIDON LAGARAS, Hellenic Navy (HN), was born in Athens at the 9th December 1967. He entered the Hellenic Naval Academy in 1985 from which he graduated in June 1989, as an Ensign.



He was promoted as follows:

- Lieutenant J.G. 1992
- Lieutenant 1996
- Lieutenant Commander 2001
- Commander 2008
- Captain 2015

He has served as Division Officer onboard HS LIMNOS (F451), HS KOSTAKOS (P25), HS ADRIAS (F459) and as Executive Officer in HS SPETSAI (F453). From 2002-2004 he assumed the command of the Fast Patrol Boat HS VLAHAVAS (P74). Also he has served as a Staff Officer in C3 Division (Weapon Systems) of Hellenic Navy General Staff from 2005-2009. From 24 June 2009–12 May 2011 he assumed Command of HS NIKIFOROS FOKAS (F466), an S-TYPE frigate. He has served at the Supreme Headquarters Allied Powers Europe (SHAPE NATO), Mons (Belgium), as a Special Agent in Allied Command Counter Intelligence (ACCI), from June 2011 to June 2014. From 2014 to June 2017 he served as the Chief of Staff of the NATO Maritime Interdiction Operational Training Centre (NMIOTC). From 30 June 2017 to 2 March 2018 he was the Chief of Staff of Frigates Command. On the 9 January 2018 he assumed the duties of the Commander of the Second Frigates Squadron.

He has successfully attended a number of military and civilian schools among which the following:

General and Specialized training at the Hellenic Navy Training Center - Speciality in Weapons Systems (1993)

Naval Postgraduate School (NPS) in Monterey, California USA in 1999, where he received a MSc in Electrical Engineering and a MSc in Applied Physics (Weapons Systems Engineering)

Hellenic Naval Staff and Command College

Supreme Joint Staff War College (2005)

National Technical University of Athens (NTUA) , where he received a PhD degree in Electrical and Computer Engineering (2008)

Hellenic National Defence College (2018)

He has participated in multinational operations Desert Shield, Desert Storm, Enduring Freedom, and Atalanta.

He is married and he has two children.