



## Jeffrey D. Firman

July 19, 1970 - April 16, 2014

Beloved son of Douglas and Joann Firman; brother of Brian Firman (Jennifer), Laurie Plavchan (Stephen) and Kevin Firman; uncle of Isabelle and Zachary Firman and Kara and Samuel Plavchan. Relatives and friends may gather at Jefferson Funeral Chapel, 5755 Castlewellan Dr. Alexandria, VA on Saturday, April 26, 2014 from 2 to 5 PM. Inurnment private. Memorial contributions may be made to a charity of your choice.

# Tribute Wall



“ Jeffrey D. Firman

October 27, 2022 at 09:45 PM



“ I was a 6th grade student of Mr. Firman in 2003. I still remember his smiling face, and great sense of humor. He was a wonderful teacher, who encouraged and motivated me to do well in school. I am deeply saddened by this news. Rest in peace Mr. Firman. You were a great man! My prayers go out to the Firman family.  
-Maryam

April 27, 2014 at 12:00 AM



“ Where does one start in remembering all the amazing things about Jeff? Jeff was my mentor when I did my student teaching over 14 years ago. What started as a mentor/mentee relationship turned into a friendship I will cherish for the rest of my life. We all can tease Jeff about his endless piles, but he always knew where the paper you wanted was located in all those piles. We had many conversations after school as he would sharpen his pencils until they were the same height and facing the same way. He was an amazing teacher, coach and most importantly friend. There wasn't anything Jeff wouldn't do for any of his friends. If you needed him, all you needed to do was call and he would say and do what needed to be done. You will always be more than a friend and a memory in this house Fireman, you were family. "It is still so new & all we see is the empty space, but that is not how it is in the landscape of the heart. There, there is no empty space & he still laughs & grapples with ideas & plans & nods wisely with each of us in turn. We are proud to have known him. We are proud to have called him friend."~Brian Andreas

April 25, 2014 at 12:00 AM



*“ I had the privilege of being the math cohort with Jeff for three years. It was great to have him there. My deepest condolences to your family.*

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April 25, 2014 at 12:00 AM



*“ I was lucky enough to swim with Jeff for four years through high school, and will never forget his positive attitude and smile. He taught all of us so much about swimming, and, more importantly, about life. You are very dearly missed, Jeff!*

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April 25, 2014 at 12:00 AM



“ I swam with Jeff for 6 years competitively, and then pestered him with requests for swimming sets all throughout college and even afterward. He always obliged and pushed me even via text message. I started with Jeff in middle school and he would say "we're going to do 100 pushups" and my snarky remark would always be something to the effect of "ummmm... how? you do it first and we'll follow." He would chuckle and then get down to business, my pleas of being tired or not being able to do it were left unheard. He pushed me to go harder, faster and get stronger every single day. Little did I know that with every lap of the pool, he was teaching me life lessons. That greatness was always attainable, and that giving up was simply not an option. I will never forget Jeff Firman. He was a great ally to have in my corner of life. He explicitly told me when I was making a mistake or was proud of me when I did something amazing. I am happy that he is no longer suffering, but I miss him so dearly. His life was cut too short, but the abundance of people he touched and impacted was worth 100's of lifetimes... he lives in me and every other swimmer that he coached both in the pool, and in life. We will all miss you Jeff, know that you are loved.

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April 25, 2014 at 12:00 AM



“ There are so many things I would like to say. But most of all not only was Jeff my Brother in-law he was a Friend. And a wonderful person that I miss dearly in my life!!

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April 24, 2014 at 12:00 AM



“ Dear Mr. and Mrs. Firman,  
Jeff had a positive influence on so very many swimmers and their parents. Please know that your Lee High School family mourns with you and supports you. Jeff will be long remembered; we are grateful for his life, his hard work, his dedication to his swimmers and his big, beautiful smile!  
Love, The Meholick Family

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April 24, 2014 at 12:00 AM



“ Jeff was so many things to so many people. But to everyone he touched, their lives were made better because he was so SPECIAL and so good to us all. We were lucky enough to have him in our lives. We were lucky enough to call him our coach, our cheer leader, our community advocate, and most of all, our friend. He loved all of his kids (elementary school, high school, swim teams, all of them) and was the big brother/uncle many didn't have. He positively impacted so many of them because he brought out their best and made them want to always do their best. We are happy that his pain is over and he can rest in peace. We are eternally grateful to the Firman family for sharing Jeff with us and making us all better because of him.  
The Seward Family

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April 24, 2014 at 12:00 AM



“ We are so very saddened to know about Jeff. We were Hollin Meadows parents, and at a time when most teachers were women, it was a godsend to have your wonderful Jeff there for our two boys. He understood that sitting still all day was impossible -- hallelujah! -- and that a little humor went a long way, at least for them. It made him accessible, someone they could relate to, someone from whom they could LEARN. And even when our younger son was on a different high school swim team, he would always go speak with Jeff whenever our teams were at a pool together. In a too-short life, Jeff made a lasting impression. We send condolences to all of you.  
Cathy and Lee Jenkins

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April 23, 2014 at 12:00 AM



“ There are so many things we remember about Jeff. His spirit, his ability to tell ANY swimmer what his or her time was in ANY race, EVER, his humor, his gift for finding a teaching moment in any situation, his patience with reluctant swimmers and (over)protective parents; the way he expected good sportsmanship and encouraged personal best efforts as the hallmarks of his teams. And oh, that voice! So much more than a coach...a treasured friend, always. We love and miss him so, and our hearts ache for his family.  
The Campbells

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April 23, 2014 at 12:00 AM



“ We were all so sad to hear of Jeff's passing. He was a very kind person and he had such a warm and fun personality. My family and I remember many St. Bernadette CCD carpools, summers at SSRC, and even block parties on Kerr Dr. in the "olden" days with Jeff and the Firmans. We will always remember Jeff for the love he gave to others on this earth through his teaching and kindness . The whole Firman family is in our hearts and prayers. Rest in peace Jeff.

With love,  
The Feron Family

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April 23, 2014 at 12:00 AM



“ Dearest Jeff, Lord knows how hard you tried to stay with us. Thank you so much for the years of being the kind of friend that is like family. I do believe there weren't many important Anderson family functions that you were not present, the exciting swim meets at SSRC, Robert E. Lee swim team, birthdays, weddings, baptisms! Not to mention you always stepped in to help when the Andersons needed a house and a dog sitter or a tutor! Thank you for the love and the endless memories. We love you and miss you so much.

The Anderson Family

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April 23, 2014 at 12:00 AM



“ Dear Firman Family - it is with great sorrow that I learned about Jeff's passing. His presence at the SSRC will be sorely missed. May his soul rest in peace.

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April 23, 2014 at 12:00 AM