



# COACHES PROFILE



MARALEINA

SPORTS | KOH  
RESORT | SAMUI

# CHANTELLE MCCREIGHT-DEVALIA

Personal Trainer, Pilates/TRX/Group Fitness Instructor,  
Physiotherapist

<b>Nationality:</b>	Canadian
<b>Languages:</b>	English

## Certifications:

- Bachelor of Science in Kinesiology, University of Alberta, 2010.
- CSEP-CPT, Personal Training Certification, 2010.
- Group Fitness Instructor: Cycle, Choreography, Step, General. 2010.
- TRX certification
- Kettlebell certification
- APPI Pilates Mat Certification
- Masters of Science in Physical Therapy. 2013.

## Background:

I have been working in the Fitness or Rehabilitation world since 2010. Prior to that, I was involved in many different sporting activities, including football, volleyball and basketball. I have a passion for running and functional strength training and help people work towards goals. I am a Canadian trained physiotherapist. I have worked with a variety of clients such as elderly, office workers, children, weekend warriors, athletes (at varying levels and journeys).

## Specialities/Areas of expertise:

- Rehabilitation or return to previous level of function
- Core and postural strengthening
- Functional exercises and strength training
- Running programs
- Cycle classes
- I have experience working with runners, swimmers, racquet sport athletes, weekend warriors, football players and many more.

# MARCO TERUZZI

Fitness Manager | Head Coach | Athletic Coach

Nationality:	Italian
Languages:	Italian, English, Spanish, Romanian

Certifications:
<ul style="list-style-type: none"><li>• Crossfit Course L1 (Crossfit &amp; Co)</li><li>• Crossfit Course L2 (Crossfit &amp; Co)</li><li>• Aerobic Capacity (Crossfit &amp; Co)</li><li>• Elite Training Crossfit Athlete Course (Crossfit Mayhem)</li><li>• Strength &amp; Conditioning Certification (ISSA USA)</li><li>• Personal &amp; Mental Trainer Certification (ISSA USA)</li><li>• Sport Nutritionist Certification (ISSA USA)</li><li>• Chinese Weightlifting Training Course (Chinese Weightlifting)</li><li>• Burgener Strength Weightlifting (Crossfit &amp; Co)</li><li>• Romanian National Weightlifting Certification (Romanian Federation)</li><li>• Running Certification (Crossfit &amp; Co)</li><li>• Gymnastics Fundamental Coach (Singapore Gymnastic Organization)</li><li>• CPR &amp; First AID Certification (Schweiz CPR Foundation)</li><li>• SkillRun (Technogym Education)</li><li>• SkillRow (Technogym Education)</li><li>• ProLine (Technogym Education)</li><li>• ExiteLive (Technogym Education)</li><li>• Professional Coach Academy (Technogym Education)</li></ul>

Background:
<p>With over 15 years in the fitness industry, I've nurtured my passion for helping others achieve their fitness and health goals. I've trained and mentored over 20 top-level international athletes, including Olympians, and have garnered extensive knowledge in various aspects of fitness, from weightlifting techniques to mental fitness.</p>

### Specialities/Areas of expertise:

- Top Athlete Training: Catering to both novice and professional athletes, with a specialized focus on Olympians.
- Weightlifting: Proficient in global weightlifting techniques, including Chinese and Romanian methods.
- Gymnastics: Comprehensive coaching, from foundational moves to advanced gymnastics techniques.
- Cardiovascular Training: Expert in aerobic capacity development and running techniques.
- Mental Fitness: Techniques designed to bolster mindset for peak physical performance.
- Customized Workouts: Personalized programs based on specific goals and fitness levels.
- Technogym Equipment Workouts: Using the latest in fitness technology to derive maximum results.
- Triathlon Program for Beginners: Specific plans for those aiming to complete their first triathlon.
- Vegan and Vegetarian Food Plans: Nutritional guidance tailored to specific dietary preferences.

# MOO PHUMSAWAT

Meditation Trainer | Yoga Instructor | Rehab Specialist |  
Strength and Conditioning Coach | Longevity Training Expert

Nationality:	Thai
Languages:	English, Thai

Certifications:
<ul style="list-style-type: none"><li>• Certified Meditation Trainer (Thai Meditation Institute)</li><li>• Yoga Teacher Training 200 Hours (Yoga Alliance)</li><li>• Rehabilitation Specialist Certification (ACSM)</li><li>• Strength &amp; Conditioning Specialist (NSCA)</li><li>• Longevity Training Expert (Longevity Academy, Thailand)</li><li>• Traditional Thai Massage Therapy (Wat Pho Traditional Massage School)</li><li>• CPR &amp; First AID Certification (Thai Red Cross Society)</li></ul>

Background:
<p>Moo presents as a multi-faceted professional who is deeply grounded in both the realms of physical fitness and mental wellness. There's a beautiful blend of spiritual depth and practical expertise evident in the profile.</p>

Specialities/Areas of expertise:
<ul style="list-style-type: none"><li>• Mindfulness Meditation: With over 18 years of experience and having spent five years as a monk, Moo offers deep insights into practices that bring about inner peace, focus, and emotional balance.</li><li>• Holistic Fitness: An integrated approach to fitness that combines traditional workouts with mindfulness practices, ensuring both mental and physical well-being.</li><li>• Rehabilitation: Expertise in aiding recovery post-injuries or surgeries, and addressing specific conditions like office syndrome, ensuring clients return to optimal functionality safely and effectively.</li></ul>

- **Yoga:** From traditional practices to modern adaptations, guiding clients through sessions that enhance flexibility, strength, and mental tranquillity.
- **Strength & Conditioning:** Comprehensive programs designed to improve muscle tone, boost strength, and enhance overall athletic performance.
- **Longevity Training:** Tailored regimes focusing on health and fitness practices that promote longevity, particularly beneficial for the aging population.
- **Body Recomposition:** Specialized programs aiming to help clients gain muscle and lose fat simultaneously, reshaping and toning the body.
- **Postural Correction:** Techniques and exercises designed specifically to correct and improve posture, beneficial for individuals who spend long hours seated or have developed poor posture over time.

# BOY SURASAK

Muay Thai | Boxing | Racket Sport Instructor | Recreational Activities Enthusiast

Nationality:	Thai
Languages:	English, Thai

## Experience:

- Muay Thai
- Boxing
- Racket Sports Coaching
- Beach & Water Activities Guide
- CPR & First AID Certification (Thai Red Cross Society)

## Background:

Immersed in the disciplines of Muay Thai, boxing, and tennis for nearly a decade, Boy possesses a rich blend of combat and racket sports expertise. His 9-year tenure in Recreational Activities has allowed him to provide a range of engaging beach and water experiences for guests. Having received meditation training directly from revered monks in Thailand, Boy brings a holistic approach to his coaching, ensuring both physical prowess and mental well-being.

## Specialities/Areas of expertise:

- Muay Thai: From basic to advanced techniques, Boy offers comprehensive training grounded in genuine fight experience.
- Boxing: Practical boxing training sessions ranging from foundational footwork to advanced punch techniques.
- Racket Sports: Specialized strength & conditioning regimes enhancing agility, stamina, and power tailored for racket sports like tennis, badminton, and squash.
- Stretching: Personalized flexibility routines designed to boost muscle elasticity, coordination, and overall body alignment.
- Recreational Activities: Ensuring memorable guest experiences, Boy offers guidance in beach and water activities such as trimaran sailing, paddleboarding, kayaking, and snorkeling.

- Represented Quebec Province at Canada Winter Games - 2003
- Captain and ranked #1 player of both Dawson College and McGill University, Montreal
- Selected as a member of Ontario University Athletics All Star Team (2 years during 3 year campaign)

Specialities / Areas of expertise:

- Junior Development
- Intermediary and Advanced level
- Private sessions as well as group training

# RICKY THOMPSON

Squash Coach Assistant

## Nationality:

British

## Languages:

English

## Experience:

- 1981: Cyprus, Royal Air Force Akrotiri handicap: Winner
- 1986: Oman, Salalah Squash Open: Winner
- 1987: UK, Milton Keynes, Stantonbury Squash Club closed: Winner
- 1993: Saudi Arabia, Eastern Provence closed: Runner-up
- 1993: Saudi Arabia, Eastern Provence Aramco Open: Runner-up
- 1995: Malaysia, Penang Squash Open Over 35's: Winner
- 1999: Taiwan American Club Squash Open: Runner-up
- 2000: Taiwan American Club Squash Open: Runner-up
- 2007: Sri Lanka Over 40's Squash Open: Winner

## Background:

- Ex professional Squash Player
- I was a keen long-distance running during my youth (20-27 years old) competing in marathons and half marathons; best time for marathon was 3:10 and half marathon 1:26
- First started to play squash at the age of 22 during my time in the UK Royal Air Force and have now been playing for 43 years (as of 2023).
- Strong international experience
- I have played squash in many countries, England, Germany, Oman, Saudi Arabia, Malaysia, Singapore, Taiwan, Australia, New Zealand, Pakistan, Sri Lanka, Cambodia, Vietnam, Philippines, Hong Kong, Myanmar and Thailand.
- Started my own squash club in Yangon, Myanmar from 2015 to 2021

## Specialities / Areas of expertise::

- Junior Development
- Intermediary level
- Private sessions as well as group training