



COACHES PROFILE



MARALEINA

SPORTS | KOH
RESORT | SAMUI



CHANTELLE MCCREIGHT-DEVALIA

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

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| Nationality: | Canadian |
| Languages: | 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

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

Certifications:

- Crossfit Course L1 (Crossfit & Co)
- Crossfit Course L2 (Crossfit & Co)
- Aerobic Capacity (Crossfit & Co)
- Elite Training Crossfit Athlete Course (Crossfit Mayhem)
- Strength & Conditioning Certification (ISSA USA)
- Personal & Mental Trainer Certification (ISSA USA)
- Sport Nutritionist Certification (ISSA USA)
- Chinese Weightlifting Training Course (Chinese Weightlifting)
- Burgener Strength Weightlifting (Crossfit & Co)
- Romanian National Weightlifting Certification (Romanian Federation)
- Running Certification (Crossfit & Co)
- Gymnastics Fundamental Coach (Singapore Gymnastic Organization)
- CPR & First AID Certification (Schweiz CPR Foundation)
- SkillRun (Technogym Education)
- SkillRow (Technogym Education)
- ProLine (Technogym Education)
- ExiteLive (Technogym Education)
- Professional Coach Academy (Technogym Education)

Background:

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.

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

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|--------------|---------------|
| Nationality: | Thai |
| Languages: | English, Thai |

Certifications:

- Certified Meditation Trainer (Thai Meditation Institute)
- Yoga Teacher Training 200 Hours (Yoga Alliance)
- Rehabilitation Specialist Certification (ACSM)
- Strength & Conditioning Specialist (NSCA)
- Longevity Training Expert (Longevity Academy, Thailand)
- Traditional Thai Massage Therapy (Wat Pho Traditional Massage School)
- CPR & First AID Certification (Thai Red Cross Society)

Background:

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.

Specialities/ Areas of Expertise:

- **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
- **Holistic Fitness:** An integrated approach to fitness that combines traditional workouts with mindfulness practices, ensuring both mental and physical well-being
- **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

- **Yoga:** From traditional practices to modern adaptations, guiding clients through sessions that enhance flexibility, strength, and mental tranquility
- **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

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|--------------|---------------|
| 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)

RICKY THOMPSON

Squash Coach Assistant

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| Nationality: | British |
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| Languages: | English |
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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