

# MICHAEL MONTES

- FITNESS & RECREATION MANAGER
- SPORTS COACH

- FOOTBALL
- RACKETS
- FITNESS



## EDUCATION:

- Bachelor of Arts Degree, University of Toronto
- Certified Personal Trainer, CanFit Pro

## BACKGROUND:

With over 20 years of experience in the Fitness Wellness, and Health industry, Michael has successfully led high-profile facilities across Canada, the Philippines, and Hong Kong. His background combines senior management expertise in operations, financial planning, and revenue growth with a deep understanding of fitness programming, member engagement, and wellness innovation. Known for his ability to build strong teams, foster lasting relationships, and create exceptional member experiences, Michael leads by example—bringing both business acumen and a lifelong passion for health and fitness to Maraleina Sports Resort.

## EXPERIENCE:

- Manager and Director of Health Center Operations
- Fitness General Manager
- Director of Sports & Recreation
- Senior Manager Sports & Leisure
- Top Sales in Personal Training, Extreme Fitness Pickering
- University of Toronto Women's Interfaculty Head Coach
- Semi-Professional Basketball (MBA) Philippines
- MVP University of Toronto Interfaculty Basketball

# WELLNESS SPORTS

**NATIONALITY:** PHILIPPINE AND CANADIAN

**LANGUAGES:** ENGLISH

# CHANTELLE

## MCCREIGHT-DEVALIA

- PERSONAL TRAINER
- PILATES/TRX/GROUP FITNESS INSTRUCTOR
- PHYSIOTHERAPIST

### 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.

### FITNESS



### 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)

**NATIONALITY:** CANADIAN

**LANGUAGES:** ENGLISH

### 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).



**MARALEINA**  
SPORTS RESORT • KOH SAMUI

# MOO PITITAM

- MEDITATION TRAINER
- YOGA INSTRUCTOR
- REHAB SPECIALIST
- STRENGTH AND CONDITIONING COACH
- LONGEVITY TRAINING EXPERT



## 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.

## 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)
- Mat Pilates Coach Level 1, 2 and 3
- HYROX Foundation Course (HYROX)
- HYROX Level 1 Course (HYROX)

**NATIONALITY:** THAI

**LANGUAGES:** THAI, ENGLISH

## 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.



**MARALEINA**  
SPORTS RESORT • KOH SAMUI

# NAVIN SIKDER

● SPORTS COACH

● FOOTBALL

● RACKETS



## SPECIALITIES/ AREAS OF EXPERTISE:

- Football Coach
- I consider myself a versatile coach. Due to my experience in other sports such as badminton, table tennis, squash, volleyball
- Football Translator

## BACKGROUND:

I started my career in 2018 as an assistant coach and translator at Samui United and became head coach in the year 2023. I currently work with the age categories from 4 to 13 years old at PSG Academy Samui. Additionally I worked as a recreation agent at the Ritz-Carlton Hotel (Koh Samui).

## CERTIFICATIONS:

- FA Thailand G Grassroots License
- PSG Academy Methodology Course
- Lifeguard CPR (swimmer employed to rescue people)
- HEADS UP Concussion - Training for Youth Sports Coaches (USA)
- FIFA Guardian Safeguarding Course
- Maraleina Safeguarding Course

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**NATIONALITY:** THAI

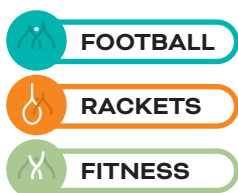
**LANGUAGES:** THAI AND ENGLISH



**MARALEINA**  
SPORTS RESORT • KOH SAMUI

# HUGO LEONARDO BARROS DE PAULA

- FOOTBALL MANAGER
- SPORTS COACH



## BACKGROUND:

Passionate about football, I focused on football during my academic phase. I had experience in the United States as a coach and technical coordinator. I worked as a football coach of the International Department of Cruzeiro Esporte Clube - Brazil. I also conduct research in the identification, selection, and development of young footballers. I have experience with all age groups and my main goal is to assist players in their multifactorial skills.



## SPECIALITIES/ AREAS OF EXPERTISE:

- Football Coach
- Strength and Conditioning Training
- Functional Exercises
- Application and Analysis of Football Tests – Tactical, Technical, Anthropometric, Physical, Physiological, and Psychological Assessments

## CERTIFICATIONS:

- Master's degree in Physical Education – UFV (Brazil)
- Bachelor degree in Physical Education – UFOP (Brazil)
- PSG Academy Methodology Course
- Talent Detection Course: Z Strategy CELAFISCS (Brazil)
- Sports Initiation in Football and Futsal - UFMG (Brazil)
- Football Physical Preparation Course – Module I – Understanding the game – (Brazil)
- Football game situations – Understanding the game – (Brazil)
- FA level 1 – Introduction to Talent Identification – Online - (England Football Learning)
- Initiation and Grassroots Football – Online platform – Interactive Football (Brazil)
- TetraBrazil Soccer Academy – UFV (Brazil)
- Grassroots 9v9 and 11v11 In-Person Coaching License - U.S. Soccer Learning Center (USA)
- The Coach's Guide to Youth Soccer - Injury Recognition – US Club Soccer (USA)
- SafeSport Trained – 2019/2022 U.S. Center for SafeSport Trained (USA)
- HEADS UP Concussion - Training for Youth Sports Coaches (USA)
- Analysis of the Performance of Grassroots Football – UFV (Brazil)
- Technical Management of a Football Team: Assembling a Training Curriculum - 6° Soccer Experience – UFV (Brazil)
- From the Research Problem to Database Organization – UFOP (Brazil)
- The Influence of Biological Maturation on the Performance of Young Football Players – UFJF (Brazil)
- FIFA Guardian Safeguarding Course
- Maraleina Safeguarding Course

**NATIONALITY:** BRAZILIAN

**LANGUAGES:** PORTUGUESE AND ENGLISH

# JERONIMO ARELLANO

● SPORTS COACH

● FOOTBALL



## SPECIALITIES/ AREAS OF EXPERTISE:

- Football Coach
- Children Care

## BACKGROUND:

I've always been passionate about football whether it was playing or watching. I got the chance to play for two top level academies in Spain in Madrid and Valencia where I learnt so much and it only deepened my love for the sport. I worked as a football coach at the New International School of Thailand - NIST (Bangkok) with kids from 6 to 19 years old. Also, I worked as a children care for two years and because of this I have more experience with young children sessions.

## CERTIFICATIONS:

- Red Cross Certified First Aid Responder
- PSG Course
- HEADS UP Concussion - Training for Youth Sports Coaches (USA)
- FIFA Guardian Safeguarding Course
- Maraleina Safeguarding Course

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**NATIONALITY:** MEXICAN

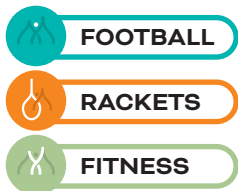
**LANGUAGES:** SPANISH, ENGLISH AND FRENCH



**MARALEINA**  
SPORTS RESORT • KOH SAMUI

# JAKKARIN CHOOKORN

● SPORTS COACH



## EDUCATION:

- Silpakorn University
- Bachelor of Science (Sports Science)
- Faculty of Education Major of Sports Science

## EXPERIENCE:

- Recreation Department (Trainee) at Angsana Laguna Phuket
- Weight and Resistance - Instructor of Group Class in Fitness SU.ED.CENTER
- Aerobic - Instructor of Dance Class in Fitness SU.ED.CENTER
- Yoga Instructor of Yoga Class in Fitness SU.ED.CENTER
- Personal Trainer
- Maraleina Safeguarding Course

## CERTIFICATIONS:

- Bachelor of Education (Sports science)
- HYROX Foundation Course (HYROX)
- HYROX Level 1 (HYROX)
- Certification Programme in Recreation
- Life Saving and Water Rescue Course
- Weight & Resistance Instructor
- Group Exercises Foundation Workshop

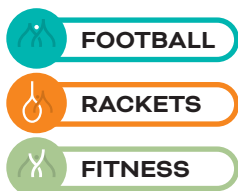
# SPORTS

**NATIONALITY:** THAI

**LANGUAGES:** THAI, ENGLISH

# RASITA PHUKTHAMAI

- PERSONAL TRAINER
- SPORTS COACH



## SPECIALITIES/ AREAS OF EXPERTISE:

- Personal Training
- Badminton Training
- Circuit, Resistance
- Speed Endurance

## EDUCATION:

- Silpakorn University
- Bachelor of education (Sports science)

## CERTIFICATIONS:

- SCG Badminton Academy, Sports Scientist
- SCG Badminton Academy, Sports Scientist Trainee
- HYROX Foundation Course (HYROX)
- Maraleina Safeguarding Course

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**NATIONALITY:** THAI

**LANGUAGES:** THAI AND ENGLISH

# TAYYAB WASIM ASHRAF

- PERSONAL TRAINER
- SPORTS COACH

- FOOTBALL
- RACKETS
- FITNESS



## SPECIALITIES/ AREAS OF EXPERTISE:

- Physical Education Specialist
- Expertise in designing tailored fitness programs for athletes and individuals
- Squash Coach
- Badminton Coach
- Player Development
- Adaptability and Versatility

## BACKGROUND:

A highly skilled and passionate sports professional with over a decade of experience in squash and badminton, hailing from Pakistan. Fluent in English, Punjabi, and Urdu, this individual brings a unique blend of cultural understanding and international expertise to the world of sports. With a Master's degree in Physical Education (2018-2020) and multiple certifications from prestigious organizations like the World Squash Federation (WSF) and Asian Squash Federation (ASF), they are a well-rounded expert in both coaching and physical education. Their experience includes working with players of all levels, from beginners to professionals, making them a versatile and adaptable coach.

## CERTIFICATIONS:

- Master of Physical Education 2018- 2020
- WSC Level II - Coaching Course (World Squash Federation)
- ASF Level 1 - Coaching Course (Asian Squash Federation)
- ASF Level II - Coaching Course (Asian Squash Federation)
- Ahmed Fuad Trainings (Organized by PFA)
- Maraleina Safeguarding Course

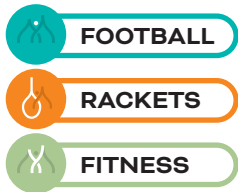
# SPORTS

**NATIONALITY:** PAKISTANI

**LANGUAGES:** URDU, PUNJABI AND ENGLISH

# JIRAPAT AMNUAIPHOL (JEEP)

- PERSONAL TRAINER
- SPORTS COACH



## SPECIALITIES/ AREAS OF EXPERTISE:

- Functional Fitness & Conditioning
- HYROX Training & Competition Preparation
- CrossFit Coaching
- Football Strength & Conditioning
- Weight & Resistance Training
- PT Session Strong Background

## BACKGROUND:

Experienced and versatile fitness professional from Thailand, specializing in functional training and athletic performance. With a background in sports science (Bachelor of Education), Jeep brings a strong foundation in human movement, exercise physiology, and coaching methodology.

His coaching style combines scientific knowledge with practical experience, helping individuals improve strength, endurance, and overall fitness. Jeep is particularly passionate about functional fitness and preparing athletes for HYROX competitions, CrossFit events, and sport-specific performance (with a strong background in football conditioning).

## CERTIFICATIONS:

- Bachelor of Education (Sports science)
- HYROX Foundation Course (HYROX)
- Football Strength and Conditioning
- Weight & Resistance Instructor
- Crossfit Certification
- Maraleina Safeguarding Course

# WE LOVE SPORTS

**NATIONALITY:** THAI

**LANGUAGES:** THAI, ENGLISH

# ROBERT COLES

- PERSONAL TRAINER
- SPORTS COACH



## SPECIALITIES/ AREAS OF EXPERTISE:

- Personal Training
- High-Level Client & Athlete Coaching
- HYROX Training
- Program & System Design
- Biomechanics & Sports Performance Development
- Injury Rehabilitation & Prevention Strategies
- Youth Athletic Development

## EXPERIENCE:

- Strength & Conditioning Coach - BXB Fight Lab (Thailand)
- Personal Trainer - Koh Fit (Thailand)
- Founder & Coach - Samui Run Club (Thailand)
- Director of Performance & Staff Education (England)
- Personal Trainer - Full Circle Fitness (England)
- Manager - Cambridge City Ladies (England)
- Consultant Coach (USA)

## CERTIFICATIONS:

- Personal Training - REPS L3 (England)
- Clinical Nutrition (USA)
- Precision Nutrition (USA)
- Poliquin Group - Biosignature L1&2 (Canada)
- Poliquin Group - PICP L1&2 (Canada)
- BackFit Pro - L1,2&3 (England)
- HYROX Foundation Course
- Maraleina Safeguarding Course

# SPORTS

**NATIONALITY:** BRITISH

**LANGUAGES:** ENGLISH

# GABRIEL BRIGATTO

● SPORTS COACH

● FOOTBALL



## SPECIALITIES/ AREAS OF EXPERTISE:

- Football Coaching
- Youth Development

## EXPERIENCE:

- Head Coach - Cruzeiro Esporte Clube (Brazil)
- Technical leadership in youth programs for international experience (Brazil)
- Team Coach - ID Sports (Brazil)
- Head Coach - American School of Rio de Janeiro (Brazil)
- TetraBrazil Soccer Academy - Seattle Summer Camps (USA)
- Head Coach, Goalkeeper Coach - Club Crusa (USA)
- Head Coach - Club Driftless United (USA)
- Head Coach, Goalkeeper Coach - Euro FC (USA)
- Head Coach, Goalkeeper Coach - Minnesota Rush (USA)

## CERTIFICATIONS:

- School of Physical Education, UNIG (currently)
- Coach License - CBF Lincense A (on process)
- Coach License - CBF Lincense B
- Coach License - CBF Lincense C
- Coach License - ABTF Lincense C
- 6th Soccer Experience - Federal University of Viçosa
- Modern Football Clinic - Federal University of Viçosa
- Offensive Play: The Brazilian School and The Trends Inspired by it - CBF Academy
- Tactics Applied in Training - University of Football
- Individual Tactics - Gabriel Pelozato
- The importance of the methodological process for a club understanding the game
- Sports Initiation in Football for ages 4 to 12: Developing Intelligent and Creative players - UNIGRA
- Course: PSV (Netherlands) DNA - Head Principles
- National "E" License (USA)
- 9v9 Grassroots - US Soccer Learning License
- 11v11 Grassroots - US Soccer Learning License
- Introduction to Grassroots Coaching - US Soccer Learning License
- United Soccer Coaches Goalkeeper Coach Level 1 and 2
- Maraleina Safeguarding Course

**NATIONALITY:** BRAZILIAN

**LANGUAGES:** PORTUGUESE AND ENGLISH

# THANTHAWACH O-AEIM (DEW)

● SPORTS COACH

● FOOTBALL



## SPECIALITIES/ AREAS OF EXPERTISE:

- Football Coaching
- Physical Preparation
- Technical Development
- Youth Development

## EXPERIENCE:

- Football Coach - Lamai Football Club
- Football Coach - South Kids Academy U10
- Soccer Player - Samui United
- Soccer Player - Ban Tai Soccer
- Sports and Recreation Management - Ritz-Carlton Koh Samui
- Sports and Recreation Management - Centara Reserve Samui
- Sports and Recreation Management - Anantara Lawana (Koh Samui)

## CERTIFICATIONS:

- Bachelor degree in Sport Science and Health - Thailand National Sports University
- FA Thailand C Coaching Certificate
- FA Thailand Introductory Football Course
- Kinesio Certification
- Maraleina Safeguarding Course

# SPORTS SPORTS

**NATIONALITY:** THAI

**LANGUAGES:** THAI AND ENGLISH

# DAVIDE GAUDIOSO

● SPORTS COACH

● FOOTBALL



## SPECIALITIES/ AREAS OF EXPERTISE:

- Football Coaching
- Technical Development
- Performance Analysis

## EXPERIENCE:

- Assistant Coach, Valencia CF, Valencia (Spain)
- Assistant Coach, Barça Academy, Barcelona (Spain)
- Head Coach, ACF Fiorentina, California (US)
- Head Coach, ACF Fiorentina, California (US)
- Head Coach, Real Madrid CF Foundation, NY (US)
- Head Coach, Barça Academy, Newcastle & Canberra (Australia)
- Head Coach, Juventus FC Academy, Melbourne (Australia)
- Head Coach, Stanford Strikers FC, Menlo Park, CA (US)
- Head Coach, Real Madrid CF Foundation, NY & Connecticut (US)
- Volunteer Video-Scout, AFC Ajax Amsterdam
- Coach & Scout, AC Milan Academy, Vienna, VA (US)
- Head Coach, Red Star Soccer Academy, Los Altos, CA (US)
- Assistant Coach, Real Madrid CF Foundation, Madrid (Spain)
- Head Coach, Real Madrid CF Foundation, Virginia & Delaware (US)
- Head Coach, Centro Sportivo De Matteo, Bari (Italy)

## CERTIFICATIONS:

- Master's Degree - Sport Management, Università Telematica Pegaso (Italy)
- Master's Degree - Coaching Leadership, Mount Marty University, Yankton, South Dakota (US)
- B.S. Sports Science, Università Telematica Pegaso (Italy)
- Scouting, IPSO (International professional scouting organisation)
- Grassroots courses, U.S. Soccer Federation
- Certified Program in Football Data Analyst, Real Madrid Graduate School
- Corso Osservatore, FIGC (Federazione Italiana Giuoco Calcio)
- Maraleina Safeguarding Course

**NATIONALITY:** ITALIAN

**LANGUAGES:** ITALIAN, ENGLISH AND SPANISH