

## Mantas 2017 Winter Coaches



**Vincent Chung**

Hi Mantas! My name is Vincent. My coaching career started in 2010 with the MINI Mantas program and I'm excited to be returning for my 3rd summer season as head coach! I grew up with the Mantas over 16 years starting off as a junior swimmer and I have been involved in every winter maintenance and summer season since. I love swimming and have learned many life lessons in my involvement with swimming – my personal goal is to help inspire everyone in the club to be as passionate about swimming and sport as much as I do! Outside of the Mantas, I study Mechanical Engineering at UBC, coach year-round in the North Shore, and enjoy sitting in the hot tub after a hard work out! As always, looking forward to a fun and fast season!



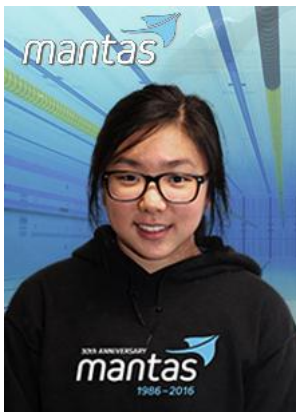
**Alan Huang**

Hello everyone! My name is Alan. I have swam with the Mantas for 9 years. Over the years, I have competed in swim meets with the club as well as with the Burnaby North Swim Team. I am currently studying accounting at UBC and training with the UBC Triathlon Club. I'm excited to coach again this season and if you have any questions, please don't hesitate to ask me.



**Alex Campbell**

Hello, "Although this is my first year with the Mantas, I have been involved in BCSSA from 2000-2013, including 4 years of coaching. After taking some time off to finish my geography degree at SFU, I am very excited to return to the pool! I am a strong believer in a successful environment being a fun environment, so I hope to see lots of smiles around the pool deck. I believe in each athlete being as well rounded as possible, and encourage participation in other sports and life experiences. The transferable skills that arise out of participating in a sporting environment appear in all activities, and I hope to carry that theme within all Mantas swimmers and be the top team in the province! Other than at the pool you'll find me hiking the trails of BC, kayaking the beautiful waterways, and catching my breath at the finish line of half marathons."



**Bonnie Cheung**

Bonnie has been swimming with the Mantas for 10 years, and has been volunteer coaching for 3 years. This is her third year coaching during the winter season. She has competed in multiple regional meets and qualified for provincial meets. Since the September, she has been attending university to study in the Faculty of Business.



**Brian Bortignon**

Hi Mantas, welcome back! My time with the Mantas has been split between 2000-2010 and 2016 until now. The time between allowed me to grow as a person and a leader, and now I'm back with a vengeance. My expectations of athlete performance are notoriously high as they should expect the same from my coaching – but the best part is that we learn and grow together. Outside of coaching, I work in Leadership & Organization Development and will soon be pursuing my MALD.



**Bryan Cheung**

Bryan has been swimming with the Mantas for 14 years, and has been coaching for 5 years. This will be his fourth winter season coaching with the Mantas. He has been to multiple regional and provincial meets, and has swum for 6 years on the Burnaby North Swim Team. He has finished his second year of university and is studying Civil Engineering at UBC.



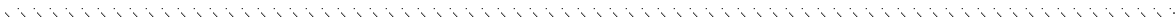
**Cara Moretto**

Hi, my name is Cara and I have been swimming with the Mantas for 9 years. I have been a Mantas coach since this past summer. In Div 4 I was honoured with the Aggregate Award and in the past I have attended many regional and provincial swim meets. I currently attend Burnaby North Secondary School and have been on the BNS swim team for 5 years. This year I was elected Grade 12 Sports Rep and I will be fulfilling that position this school year. I have experience coaching volleyball and I am a certified gymnastics and ski instructor. See you around the pool!



**Colin Lai**

Hello Mantas! My name is Colin. I have been swimming with the Burnaby Mountain Mantas Swim Club for 8 years now and coaching my 2nd season with the Mantas. I am returning for another winter season hoping to share my passion for the sport and coach the upcoming stars. When I am not on deck, I am a student at SFU studying sciences and working myself mentally and physically through fitness. I hope to see you all at the pool!





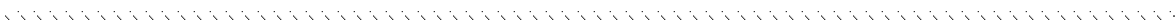
**Jacob Ng**

Jacob started swimming with the Mantas in 2008 and started coaching in 2014. He has competed at multiple provincial meets and had swam for 5 years with Burnaby North Secondary's Swim Team. Jacob is also a Lifeguard/Instructor with the City of Burnaby with over 250 hours of experience with the Red Cross Swim Kids program. Jacob currently studies Microbiology/Immunology at the University of British Columbia.



**Lauryn Sartori**

Hi, my name is Lauryn. I have been a Manta since I was 8 years old and I have competed in numerous Regional Championships and several Provincial Championships in both relay and individual events. I am proud to share the Provincial Record in the Div 5 200m Medley relay with some awesome Mantas team mates! Currently I attend Notre Dame Regional Secondary School where I organize and am in charge of the school swim team as well as hold an executive position in my schools Outdoors Club. I have a passion for the outdoors and for swimming and I am looking forward to passing on my love for the sport to our newest Mantas this season.





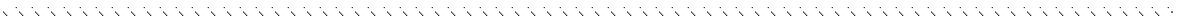
**Luica Gaudes S. Dacanay**

Hello everyone, I'm Lui. I started coaching at Mantas since summer 2017. I was a competitive swimmer before and the best part being a swimmer is that I traveled a lot and meet people from all walks of life. My favorite swimming quote is "start unknown, finish unforgettable". Hope we have fun this summer. Let's go Mantas!



**Nicole Bodnar**

Hi, I'm Nicole! I've been swimming with the Mantas for 6 years. I was a volunteer coach for 3 years and coached the Mini Mantas group last year. I'm a certified lifeguard working for the City of Burnaby. I really enjoy singing, listening to music, swimming and working with children. I'm so excited to be coaching a Development group this summer, so bring all your energy and be ready to have some fun at the pool!





**Selena Cui**

Hi, my name is Selena and I have been swimming with the Mantas for 9 years now, spending four of those years as a volunteer coach. I have been the fortunate recipient of many aggregate and sportsmanship awards throughout my swimming career, as well as multiple Regional and Provincial medals. This is my first year as a coach for the club, but I believe a good coach is not measured by their years, but by their love and dedication to the sport. Outside of the pool, I am a Burnaby North Secondary Student who runs, organizes and coaches the highly successful BNS swim team and is the executive graphic designer of the school newspaper. I look forwards to a great season, and I'll see you on deck!



**Tanisha Vallani**

Hey everyone! My name is Tanisha. I am excited to be returning as a Mantas Coach for my 4th winter maintenance season. I have been competitively swimming with Mantas since 2010 and have been an event volunteer as well as a volunteer coach with the club. I am currently attending SFU pursuing a degree in Biomedical Physiology. I can't wait to meet and work with the all Mantas 2017 swimmers and parents this winter! See you around the pool!



## Mantas 2017 Winter Assistant Coaches



**Desiree Wu**

Hello! I am Desiree Wu. This is my first year as a coach in Mantas. I have been a competitive swimmer for more than eight years, and a volunteer coach for almost two years. I have also been a cadet for over six years and am a Model United Nations leader at my school. I would love to bring my passion and experience to Mantas! See you on deck.



**Ziyanna Vallani**

Hello! I'm Ziyanna! I am super excited to be joining the mantas as an assistant coach this winter season! I started in mantas as a junior swimmer in 2010 and I have been swimming ever since! I have also volunteered at several Mantas events, meets and volunteer coached. In my spare time, I play and coach soccer as well as bake as a hobby. I can't wait to start my first winter season as an assistant coach for the mantas team!

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