



TERESA ORTEGA HEAD COACH

As she is set to start her eighth season as the head coach, Teresa Ortega has a strong core of returning players and has brought in a new group of freshmen and a new assistant coaching staff. Joining Ortega this season will be Gay Castaneda, along with Reggie Malauula (his second season) and Richard Silva. Last season, the Falcons rebounded from a slow start and ended up in second place in the South Coast Conference before being eliminated in the first round of the Southern California Regional Playoffs. It marked the second season in a row the team came in second place in conference play and fourth time in the last five years. Two seasons ago, the Falcons placed second in the South Coast Conference and defeated 12-time defending state champion Golden West in the first round of the playoffs. The team saw their season come to an end in the next round with a loss to Los Angeles Pierce.

Even with the graduation of six players from last year, Ortega returns four players from last season, along with a red-shirt sophomore. They will help guide a group of freshmen that are looking to get the team deeper into the post-season. Ortega began her head coaching career with the Falcons by being named the South Coast Conference Coach of the Year in 2001 and has compiled a 76-39 (.661) record in her time with the team.

Prior to taking over as the head coach, Ortega spent six seasons as the assistant coach under Jeanine Prindle (four years) and Nancy Welliver (two years). Prindle retired from coaching, while Welliver has moved on to be the head coach at Cypress College. Ortega has been involved with the Cerritos College volleyball program since 1989 when she led the Falcons to a Final Four appearance in the state championships. She also led the nation in kills among community college volleyball players that season. Ortega was also selected to the Asics All-America Team as well as to the All-State Tournament Team in 1989 and 1990.

Ortega has extensive international volleyball experience and brings her very intense and competitive spirit to the program. She received her dental degree from National University of Mexico and earned her Master's degree in Physical Education from Azusa Pacific University. Ortega is also a full-time classified employee in the HPER/Athletics Division.

Ortega and her husband Elias have two children – Chris (16) and Isaac (8).





GAY CASTANEDA
ASSISTANT COACH

Joining the coaching staff for the first season is Gay Castaneda, who has 15 years of high school coaching history. From 2001-05, Castaneda coached the girl's volleyball teams at Santa Fe High, as well as the boy's team from 2002-06. With the girl's team, she led them to the CIF Playoffs from 2002-05 and reached the quarterfinals twice. In 2003, they captured the Del Rio League championship. On the boy's side, they won the league title in 2004 and reached the CIF quarterfinals. They qualified for the post-season from 2003-06.

Her coaching assignments have also included stints at Saddleback High (2000) as the varsity boy's volleyball assistant coach, Gahr High (1999) as the junior varsity girl's head coach, and at Whitney High, where she started her career and coached three sports. From 1993-99, Castaneda served as the girl's basketball head coach and led them to the CIF Playoffs in five of those seasons. She served as the softball coach from 1992-98 and guided them to the CIF Playoffs each season, while advancing to the CIF quarterfinals three times and won the Delphic League title in 1992. From 1991-98 she was the girl's head volleyball coach and guided them to the CIF Playoffs in seven of those years, while they reached the state playoffs in 1995. They advanced to the CIF semi-finals

in 1998. She spent 1999 as the boy's volleyball head coach.

Castaneda was a three-sport athlete at Whitney High, earning all-league honors in volleyball for three seasons and also played basketball and softball. She then played one year of volleyball at Cypress College before moving on to Cal State Fullerton, where she earned her Bachelor's degree in Kinesiology, as well as a teaching credential. She then moved on to Cal Poly Pomona, where she earned an administrative credential.

Castaneda is also a math teacher at Santa Fe High and is working on her Master's degree in Technology in Education and is then planning on working on her Master's in Physical Education. She is single and lives in Long Beach.



REGGIE MALAUULU
ASSISTANT COACH

Now in his second season as an assistant coach with the Falcons, Reggie Malauulu came to the school after spending six years as a coach at Artesia High at every level. For the past four years, he served as the head boy's volleyball coach at Artesia before leaving after the 2006-07 season to coach the boy's team at Long Beach Jordan High. He is now coaching at Bellflower High and for the Amazon Volleyball Club.

An early starter to the coaching profession, Reggie began his career at 13 when he served as an assistant

coach to his mother's 12-and-under team for the Ichiban Volleyball Club. He also coached his own 12-and-under girl's team when he was a sophomore at Downey High and has been a coach ever since. While at Downey High, he played one season under the guidance of former Cerritos College All-American and assistant coach Traci Dahl.

Still active in volleyball, Malauulu played for the Fusion Volleyball Club for two years, one year with the Asics Nova Volleyball Club and finished his club career with the Amazon Volleyball Club, which his family has owned since 2000.



RICHARD SILVA
ASSISTANT COACH

Joining the coaching staff for the first year is Richard Silva, who has 15 years of volleyball playing experience and seven years as a coach. Silva played volleyball at Lynwood High before moving on to Mt. San Antonio College to play for two seasons. Upon graduation, he returned to Lynwood High and coached the boy's and girl's teams for three seasons. For the last two years Silva has been a coach for the Amazon Volleyball Club.