

This dissertation examined perceptual-cognitive skills and expert performance in sailing. The efforts and evidence described focused on developing a novel approach to capture, understand and predict these skills in sailing.

Joost closely collaborated with the Dutch Sailing Team with the aim to optimise scientific guidance of sailors, coaches and staff by translating evidence-based sport specific findings into practice.

Wind and water are irresistible magnets for Joost, he derives great pleasure from sailing and surfing. As a PhD candidate Joost worked at the Department of Human Movement Sciences, Faculty of Behaviour and Movement Sciences (Vrije Universiteit Amsterdam, MOVE Research Institute Amsterdam) and the national sailing innovation lab (InnoSportNL, The Hague).

Joost is currently in training to become an applied sport psychology consultant (VSPN®) with the goal to guide athletes to peak performances. He lives in Amsterdam with his wife-to-be Wanita and his two children, Philippa and Miles.

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Freedom of movement in all its aspects determines quality of life – from cell to organ and from organ to the entire body. Our inspiration is substantiated through research into regenerative medicine, rehabilitation and sport.

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