

General Information

Country:	NED
Gender:	M
Handedness:	Right-handed
Date of birth:	1997-06-01
License:	01061997000

Further Personal Information

Residence	's-Hertogenbosch, NED
Occupation	Athlete, Nutritionist
Languages	Dutch, English
Higher education	Nutrition - HAN University of Applied Sciences : Arnhem, NED

Sport Specific Information

When and where did you begin this sport?	He began fencing at age seven, and started with foil at age nine.
Why this sport?	He was influenced by his older brother Tristan.
Club / Team	Scaramouche Arnhem: Netherlands
Name of coach	Arwin Kardolus [national], NED
Handedness	Right

General Interest

Famous relatives	His older brother Tristan and his older sister Lola have both represented the Netherlands in fencing. Tristan competed at the world championships in 2017, while Lola competed at World Cup level until 2014. (fie.org, 2018)
Other information	<p>TEAM TULEN In 2017 he and his older brother Tristan began coaching each other. The pair have since started running clinics and providing coaching and mentoring services as 'Team Tulen'. "It is certainly great to be able to train together with your brother and to help each other get better. We don't only fence together but we also go to the gym together and improve our condition and workouts together. We often discuss moves and tournaments. Or we watch livestreams and discuss the matches and moves that we see. Half a sentence is enough for us to understand each other. That coaching should not be seen as completely directing each other. Rather, it's advising. What else can you do. Help each other. No one knows my fencing strengths and weaknesses better than Tristan. Despite the age difference, coaching does not feel strange. It does sometimes lead to special situations." (nos.nl, 23 Jun 2022; Facebook team page, 29 Mar 2022; teamnl.org, 05 Oct 2020; teamtulen.com, 23 Sep 2019; Facebook profile, 25 Jun 2018; knas.nl, 06 Mar 2016)</p> <p>EDUCATION In 2020 he graduated with a degree in nutrition and dietetics from HAN University of Applied Sciences in the Netherlands. "With this degree I want to further expand and apply my knowledge about nutrition and sport in my training. When fencing became more and more serious for me, I wanted to delve into nutrition. What was the best thing to eat before or after competitions? I wondered such simple things. I did a bit of Googling and found out what was true and what was not. I started reading scientific articles. About supplements and the use of protein powder. When I had to choose a study in sixth grade, the choice was not that difficult. I am now [speaking in 2020] working on finding the best possible diet. For example, I make my own sports drink with some carbohydrates, sugars and sodium. It doesn't taste like anything. But it is good for you." (Facebook profile, 01 Jan 2021; teamnl.org, 05 Oct 2020; knas.nl, 06 Mar 2016)</p>