

Name: Dr. Ben Chell

Job title: Lead Sport Psychologist.

Job Description: My role is to structure, manage, and deliver an integrated and sustainable sport psychology programme from pathway to performance that consistently produces mentally tough, high performance sailors.

How and why did you get involved with Skandia Team GBR:

I have worked within elite sport as a sport psychologist for the past six years. During this time I provided support to a range of sports including: table tennis, speed skating, tennis, football, figure skating, middle distance running and sailing. I provided sport psychology support to the RYA National Youth Squads for four years before securing a full-time position (with the English Institute of Sport) as the Lead Sport Psychologist for the RYA's World Class Programme.

Born: Swadlincote – England

Currently living: Hampshire

Other interests: When I am not working I enjoy surfing (preferably somewhere hot) and Starbucks.

What does it mean to you to be part of Skandia Team GBR? Being part of Skandia Team GBR provides an opportunity to work with a world leading multidisciplinary support team. Each member of the support team possesses a common goal, which is, to continually strive to enhance the performance of our elite sailors. I believe that the broad range of expertise that Skandia Team GBR provides enables our sailors to, consistently, be the best that they can be and realise their goals.