

Chris Brain: 00:15

Welcome to the coaching podcast. I'm joined today by Caz Dawson and we're going to be chatting about stand up paddle boarding. Hi Caz.

Caroline Dawson: 00:22

Hi Chris, how are you?

Chris Brain: 00:24

Yeah, good thank you. Very good. Can you tell us a bit about yourself Caz? Your paddling, what you've been up to, and how you've got to where you are?

Caroline Dawson: 00:32

Okay, so probably people would know me as Suplass Paddle Adventures based over in North Wales. I'm actually based in Northeast Wales. So, for me, I'm really, really fortunate to have the River Dee on my doorstep. So, that's kind of my river, that I've kind of grown to love and use and, paddle all its sort of lengths, and different parts. And, yeah, it's paddle boarding for me. I'm a kind of purist paddle boarder, through and through, and kind of my journey, started actually over on the Dee. So, I'm probably one of Ant Ing's prodigies that sort of started paddling with Ant back in the day and kind of gone from there. So, it started; had a good few years of recreational paddling. Really, really enjoyed it and then probably this will be our fifth year now of commercially sort of coaching, taking people out. But we went and did some qualifications. I've got my white water SUP coach and I've done my coastal leader, plus I kind of went through a different pathway with another organisation but I'm sort of fully switched over now to Paddle Cymru, Paddle UK and yeah I'm actually at the moment going through all of my tutor sort of program. So, sort of doing my orientations, looking to get those kind of live and kicking. So, I think I've got about four or five on the go at the moment. So, yeah, there's a lot of work ahead of me at the moment. So, lots of shadowing, lots of, just kind of pushing on to that next level which is great really for kind of a woman in the sport and getting to that next level. But yeah, paddling for me, as I say, it was a hobby turned into a business, but I still love it just as much as probably when I first stepped on a board. I'm

probably known for my adventure paddling so I do lots of trips. I've raced and competed, I've done long distance journeys. Probably the biggest thing I did was last year and, I got to paddle down the Peruvian Amazon, 337 kilometres over five days, which is pretty epic, so the first woman to complete that, which was a real achievement. The biggest river I've ever paddled, huge, big, boily, bouncy rapids, carrying all our gear, all our kit, but it was such an epic thing to do on a SUP. So yeah, it's then kind of moved on to lots of expeditions that I do. I do a lot of guiding in Sweden and Norway. So, my thing is really about trying to inspire people, making I suppose or sort of showing people really that SUP is much more than just paddling around in a lake in a circle, making adventure accessible and trying to sort of share those other possibilities that we can do on a paddle board. That's something that I've really had a lot of joy and pleasure from. And I've loved taking clients from complete beginners, paddling around a lake in North Wales, a tiny little pond, and then last year, on an expedition in Norway. And to see that kind of journey and kind of grow with people has just been quite special really and probably the reason why I do what I do. Yeah.

Chris Brain: 03:40

I'm so excited to have you on. And it feels that we need another podcast just to talk about the expeditions and the adventures you've been on.

Caroline Dawson: 03:48

Yeah. Yeah. I've done a few little podcasts about the Amazon and yeah, it is a podcast in its own right. But yeah, I think that ability to kind of use SUP as a platform, as a means really to undertake some of those bigger trips and journeys and carrying gear and carrying kit. I think the possibilities are endless with it and I think these are journeys that we're now doing on a SUP, which may have been done they've done previously on a kayak or a canoe but we're kind of pushing that now in the stand up paddle world which I think is brilliant

Chris Brain: 04:22

So, let's chat about the coaching then. You mentioned about taking people from being a complete beginner and getting through those fundamentals and right up to

where they're competent and independent. As a coach where do you start with those basics? Talk me through it.

Caroline Dawson: 04:41

Most of those basics I start actually on the dry land before we even hit the water. So, for me it's always about a really, really good introduction and, really getting them to understand the craft. So, it's explaining about the board, the nose, the tail, the deck pad, understanding all its components, different parts. The same with the paddle as well, getting them to sort of feel it, explore it, understand, the way that it needs to be facing, how you hold the T grip. I think getting all of that real kind of fundamental stuff out on the bank, really helps paddlers understand how they then sort of transfer that across to kind of being on the water. So that's how I start off with kind of real beginners and I like to just make them feel like they sort of know what they're doing before they get on, and then they're kind of getting on the water. So, for me everybody starts kneeling. We create a real level playing ground. We get them on and I like to let them go and have a little explore for five minutes and get them to do a bit of a wobble and push those edges a little bit. See what they can learn and find out for themselves. Once they've done that, I kind of pull them all back in and we then start going through some of the fundamentals and what I like to teach people on their knees is all of those really sort of important fundamentals that, all kind of, apply when standing so we go through a lot of the basic turns. For example, we just look at sweep strokes, forward and backward sweep strokes on both sides and we like to just play some games with them. So, probably one of the favourite ones I like to play is we play a bit of stuck in the mud or we play tag or tip, depending on what you call it, but we get them to just really explore and get comfortable on that board before we even look at standing up really. And I think that's really important. And I tend to attract a lot of female clients over the age of probably 50, 50 plus, that's kind of my demographic. And for me, they want lots of reassurance. They want to know they're safe. They want to know they can set out and achieve things. And even for them, it might just be staying on their knees for the whole duration of the session, but they want to be able to go and feel like they've achieved something and working through those fundamentals with them you can build their trust you can build their confidence and then kind of work to the standing which it's always the really real big thing that kind of gets a lot of people kind of hung up I would say with paddle

boarding. So I think if you can really get those kind of comfy bits and all those fundamentals done on your knees then that transfers across to standing then for a lot of people I can get most people standing I take out within sort of 15-20 minutes I've got quite a good track record and I've got a few skills and things that I like to do with them, little top tips but yeah that's kind of where we start.

Chris Brain: 07:45

And what are the things that you find people struggle with on some of those basics and how do you handle that as a coach?

Caroline Dawson: 07:73

Some of the big things that people really sort of struggle with is probably understanding left and right and how opposites kind of work with the sweep stroke. So, trying to understand that and explain that and a lot of that kind of comes from the self-kind of exploration allowing them to go and play and kind of learn for themselves a little bit, play some games, that kind of thing. There's a lot around kind of water confidence and just trying to dispel any myth that they're going to fall in or the board's not stable. So again, just showing them, how far they can push those edges a little bit. and then talking about, the rescue techniques, if you do fall in, it's not the end of the world. And just giving them some simple little things that just keeps them kind of confident and comfortable on and around the board and most people are pretty good with it.

Chris Brain: 08:45

Do you address falling in and getting back on quite early on or do you just leave that until that happens?

Caroline Dawson: 08:52

Depends who I'm taking out. I think, the older ladies that I tend to take out, that needs addressing quite early on because, a lot of them will come with maybe some anxieties around water or some challenges around water confidence. So, I think if you can, reassure them that they can get back on, I'm there. I've got skills and techniques to help them. Just very simple things like just grabbing that handle, getting your bum nice and high, big kicks, relaxing. I'll be there in jack flash and get

you sorted. I try not to overwhelm them too much about the kind of techniques at that point in terms of self-rescue, but as long as you know they can hold on to that centre handle, they keep themselves nice and high, they've got their leashes, their buoyancy aids, that they're in a very safe and sheltered environment. So that's not an issue. No.

Chris Brain: 09:42

So, once you've got people paddling okay on their knees, they've explored those sweep strokes and making the board move and go, where do you take them to next once they're stood up? Is it just more of the same or do you start in introducing different things?

Caroline Dawson: 09:56

I like to play a few little games with them. So, again, it's a bit of this self-exploration piece and, they kind of go and get all their little wobbles out and just get their confidence up and then it's a case of kind of calling them back in. And, we'll run through all of those fundamentals again. So, making sure, those sweep strokes feel a little bit different when they're stood up, thinking about their foot placement, how their board is kind of nice and level, just feeling very comfortable and trying to get a few little things that they can relax into kind of their paddling. So, I play little games like copy me, follow me, little challenges where they'll follow me through the slalom poles and I try not to get them really to overthink the paddling just to kind of have fun with it a little bit. And, generally for me, that would be enough for a first session. That is kind of more than enough with a client. And I think the sense of achievement of just standing, basic turns, I wouldn't interfere too much at that early sort of time in terms of their paddle strokes. It would be maybe then the next two or three lessons then I would start looking at improving their technique, but for a first session, they're generally pretty beaming by the end of that.

Chris Brain: 11:14

And do you find that the right equipment makes a big difference on those beginner sessions? Do you have options of wider boards, different fins/setups, different lengths? What works well for a beginner?

Caroline Dawson: 11:25

My boards generally. So, it's always really interesting because for four years now, we've run a sort of a Friday night SUP club and it's a very affordable rate and people can come along, they can hire my kit or they can bring along their own kit and it's all about again just making paddling affordable, accessible, they get a bit of coaching, they get to have a bit of a social. But some of the boards and bits of kit that turn up to those sessions, they kind of make me chuckle and as a coach, you're responsible to make sure everything is as good as it can be. I try and encourage people to use their own kit because if they've invested in their kit, it may not be the best kit, but if I can make sure that they're at least safe, they've got it inflated to the correct PSI, their buoyancy fits well, their leashes are done up correctly, if I can give all of that information, if that is the kind of top level that particular paddler can afford what they've kind of invested in, we try and make that work for them. I will call it out if it's dangerous if it's unsafe, if there's something really kind of glaring, or failing that, I've always got really good kit. I've got great relationship with a board manufacturer and they kind of help me to, put some boards out there. I've got white water boards that I use for beginners, which are, that little bit wider, but they're very stable and steady. and great as well for slightly larger paddlers. So, you've got sort of different options there to paddle with. But yeah, I just try and work with what I've got. And, again, just going back to that piece about talking through kit, it's great to show them, this is a touring board, this is more of an all-round board, explain the fin setups, as much information as I can give them. And I think in those little kind of SUP clubby sessions that we do on a Friday, we can really address a lot of issues that kind of come up in the Facebook kind of groups or the sort of chit chatter you hear on a bank when people kind of rock up with a new bag, we can kind of nip a lot of that in the bud and what's great is they then go on and share that information with friends, family members, etc. So, you're kind of doing your bit really to make sure that they're going away as sort of better, safer, more informed sort of paddlers.

Chris Brain: 13:49

So, if somebody has already got those basics covered and they've been out several times, they feel like they're okay at moving their board around and they've done all of that, but they're looking for improving their performance and getting better at stand

up paddle boarding, could we look at some of the skills that you'd cover with them there? What if somebody was like, "I just want to get better at forwards paddling, more efficient, more effective." What does that look like to you as a coach? And how do you get them there?

Caroline Dawson: 14:20

When they're moving to that next level and they've done their sort of couple of little taster sessions, yeah, naturally you sort of start getting that curiosity of why can't I paddle straight or why can't I paddle as fast as you. So, then you sort of start dripping in some of the little sort of top tips which would help them. And probably the biggest thing you see is when sort of newbie paddlers go out, they tend to have the sort of the shaft of the paddle very much across their bodies and they paddle quite far out and their paddle strokes are very much putting almost a turn stroke in opposed to a sort of a straightforward kind of power stroke. So, straight away working on the vertical paddles, getting that top hand nice and high, stacking their hands. So, really sort of trying to get them to that nice vertical point with their paddle, and straight away, they see such a huge difference once they bring that paddle to vertical. Also making sure they're kind of looking up and looking forward. And paddlers, when they first start, they're very much looking down. They're quite nervous. They're looking at their feet, maybe the nose of the board and just trying to get them to look ahead, thinking about 10, 20, 30 metres ahead, what they're doing now. They need to be thinking about how that, moves with the board, where the board is ultimately heading to. So, thinking about the movements they're doing and how that kind of controls the board. So, yeah, that again makes a huge difference and as soon as you start adding a little bit more, you can then start looking at things like their stance, are they kind of hip width apart with their feet? Have they got some nice soft knees? Are they quite relaxed? Keeping that even weight between feet as we don't want any kind of rocking boards. All of that kind of stuff is just little things that you can just drip in in a fun way and they can do maybe little laps of a lake or back and to but you can really start making a very big difference with a stand up paddler within sort of two or three sessions just by starting to play with that and I would do that even before I start messing about with the question I get is how can you just paddle on one side? Check you out. And that's kind of the next level then. But I very much, just like them actively paddling forward with a nice vertical paddle,

nice stacked hands, maybe relaxed top hands and just get them moving forward. So yeah, that's kind of my next sort of little bit and that would probably fill a session quite easily. Yeah.

Chris Brain: 17:03

Yeah, I could well imagine. One of the things I noticed that's starkly different from somebody who's just getting going to somebody who is really proficient like yourself is that their body is doing something completely different. When you look at that new paddler, their body might be quite upright, it's not doing much movement other than maybe their arms to move the paddle. But somebody who is really making their board shift seems to be getting their whole body involved. How do you start the steps towards that as a coach?

Caroline Dawson: 17:35

So, I think again with that and what I like to do as well is it's not just on the water and it's going back to the bank a little bit and I've got lots of laminates and things that I like to teach people. I've got my iPad as well so actually running through the phases of a paddle stroke understanding some of those fundamentals and we've got some great YouTube videos different sort of teaching resources that we can refer to people but actually seeing somebody really proficient on a board starts getting the kind of cogs turning in in the client and they're thinking okay how do we need to do this? So, it's kind of then breaking it down. So yeah, there's typically kind of five phases of a paddle stroke. So, the first one would be the reach. So, looking at kind of how they extending their paddle out. So, you want a really kind of forward stroke. You're sort of extending your paddle and that's before you catch which is kind of dropping into the water. So where you sort of paddle blade enters and I like to kind of give them a little bit of markers. So it could be, the D ring on the front of their board. Where are they reaching to? Where's the paddle sort of entering? So, they can then start thinking about how that starts getting consistent on both sides. Then it's about kind of pulling your body more towards the paddle as opposed to the paddle to you and this is when you start engaging more of your main body and then thinking about the exit. And you see it a lot where paddles get kind of left in the water and dragged. And I like to say, "Right guys, you're putting all this lovely effort in, all this forward momentum, and then it's going past your foot, it's going out the back, and you're just

killing it all off." So, just getting them to think about, where they're exiting the paddle. And, we might play a few little games or things and I'll say, "Right, where did that paddle come out of?" And I can say it didn't come out there or I can do a little video with them and it always kind of shocks them. They say it's coming out in the foot but it's generally a bit further out back. And finally, kind of the recovery piece which is as they're sort of taking their paddle out it's kind of paddle rotating the hand ready to bring it back forward again back into the reach and sort of bringing that stroke through. And yeah, that's always kind of an interesting one to teach clients and start getting them to think about how they can be that little bit more proficient. And yeah, it takes a number of sessions and maybe a little bit of homework or some links or some nice little bits of things they can go away and look at but you do get some really keen paddlers and you certainly see the difference between maybe the recreational ones that come and have a bit of a splashy session with me to those that maybe two three years down the line are still with me and they're still kind of developing their skills. Yeah.

Chris Brain: 20:31

And what about when you're teaching people who come from a canoe and a kayak background and maybe they've got some experience there? Do you find that you're unpicking a lot of things that may be a bit problematic that they're trying to bring across or do you find that they transfer to it really well? How do you deal with that as a coach?

Caroline Dawson: 20:50

I think they transfer across it generally pretty well because they're used to being in the environment, so we can kind of kick that out the door a little bit. but they do sometimes come with some preconceived ideas and there are some strokes that put in appearances that perhaps don't work as well on SUP but nine times out of 10 we can work with them and it always kind of makes me chuckle but they're good candidates, they're good students and as I say they have that kind of water fundamentals. So, yeah that we can normally work with them.

Chris Brain: 21:25

That's good to hear. Let's go on to making that board turn around. How do you approach turning and what does that look like on a SUP in terms of some of the basics leading to some of the advanced moves that we can do?

Caroline Dawson: 21:42

So on a SUP the kind of two really basic turns that we start and we start this off on our knees which then moves to standing. But it's very just simple sweep strokes. You have a forwards sweep stroke, a backward sweep stroke, and we get to sort of get the clients to play with that and experiment with that. And the backward strokes do tend to spin that board a little bit quicker. The sweep strokes are a bit more like turning an HGV on a SUP and you find people after sort of two or three sessions have kind of had enough of these I would say forward momentum killing strokes that they have to do so that they're going somewhere it's all going quite nicely and then they want to turn and it takes half a lake to turn or they have to put a little backward stroke in and all that lovely forward momentum gets killed. So, very quickly they then want to learn a few more kind of Gucci turns, should we call them, a little bit more advanced turns. So then really the sort of turns we tend to go to and the ones that we use on a SUP is all those lovely kind of cross deck, nose grabby kind of turns. And for us, as you become more efficient and effective as a paddler, you tend to paddle more on one side, I certainly prefer paddling on my right. I'm proficient on both sides, but I can be quite lazy and particularly if I'm river running. I kind of get into my comfort zone and I know I can do all of my turns and control all of my board just from that right hand side. So it's being able to share that with clients. So getting them to explore that and when they first do cross deck turns it's always kind of quite a funny wobbly experience and you get to watch them and I kind of explain it by they're sort of twisting their top of their bodies and they have to pat the side and then they go for their first kind of dig in the water and as they're sort of pulling it towards the board it always catches nine times out of 10 the kind of the paddle blade kind of catches that nose of the board and you get a big wobble or maybe a splash. And yeah, they're like, "Whoa, that's quite a powerful turn." I was like, "Yeah, there you go. You got to make sure you take it out before you hit the side of your board." so we kind of build and play on that. And we like to use again slalom poles and we do

different courses and I'll say, "Right, we've all got to go through here paddling only on our right and you've got to just do it all with nose grabs." And they really pick it up quickly and it's one of those ones I think that the clients once they kind of start stepping into that kind of nose grab kind of realm they get more comfortable with that they seem to just their progression after that is that they're away. And it's a great turn for things like white water, avoiding rocks, all those really precise turns that you want to make on a river, but things like racing, if they want to go fast, keep momentum, those little nose grab turns are great for little sort of directional sort of tweaks and changes. So yeah, that's probably what I see the most advancement really with my clients and there's no stopping them then.

Chris Brain: 24:52

So, you mentioned about white water and for me when I see stand up paddle boarders operating on white water I'm just in amazement because they're like magicians just really making their boards move around and change direction and it just seems like they are so well balanced on the board and as a white water kayak paddler, I find it just incredible to watch. Can you talk us through some of the basic skills that you might do if people looking to develop white water skills for a SUP?

Caroline Dawson: 25:23

So probably with white water there's probably two or three things I would say are really sort of fundamental but number one is people's ability to manage height. So that ability to go from kneeling one knee one foot and standing. They're the three sort of different heights that we have with white water. And trust me your ability to be able to get up and down pretty quickly and effectively are really fundamental. And particularly on kind of the river Dee for example where I paddle. I was out last weekend and it was really low and I was forever hopping up and down like a jack in the box basically. So that ability to be comfortable in managing height and changing your height is kind of quite important for safety and you don't want to be falling and hitting rocks and I think that that's a good skill and that's something you can very much learn on flat water. I teach that anyway in some of my more advanced flatwater sessions. It's like, "Right, guys, we're going to be getting up without touching the board, using a paddle stroke, driving ourselves up." So, we sort of teach that on the flat. We then as well sort of look at moving your feet and your ability to be

a bit more dynamic on the boards and that's quite a transition from flat water paddlers. When people sort of start out, you have you very much kind of bird claw feet, as I describe it, where their feet are sort of digging in for all their worth and their feet are hurting and they're very kind of tense. The other end of the scale is kind of white water paddling where you've got to be a bit more dynamic and sort of twinkle toed and light footed on the board. And you've got to be quite confident of being able to step back using that centre line, switching feet, switching sides. So again that ability to move feet on a board just adds to that sort of dynamic ability to be in those environments. And then I think finally the other big one then for me would be using your sort of step back creating these kind of triangles these tripods on your board, creating a really sort of low powerful position so your two feet and your paddle in the water kind of always creating a triangle trying to avoid any sort of straight lines which on a SUP in a moving water environment does create those wobbles. And then with that then it's just getting used to edges on a paddle board. We all love them in moving water environments. So, understanding how that works with crossing eddy lines, etc. and that's the kind of real difference really from the flat water. But so much of that you can, practice in a really kind of benign environment, nail it, and then transfer it across then to being on the river.

Chris Brain: 28:13

So, you mentioned just a little bit then about moving your feet and using the centre line there and I know how you might move your feet on flat water, for example, could be a bit different to how you'd move on white water. Do you want to just give us a few fundamentals there that you think will be helpful if somebody's listening to this and they're thinking, how do I actually do it?" What could they do to try some of these moves out with their feet?

Caroline Dawson: 28:36

I'm really kind to begin with and what I try and encourage people to do is use the paddle to help them. So, initially it's the biggest step excuse the pun is kind of overcoming that fear of actually kind of ungluing your feet. And when beginners on a board, it's almost like their feet are super glued into one spot and they are petrified of kind of moving their feet at all. So, just using a paddle to begin with, having a paddle, in front of you again, creating that triangle really of security on the board and then,

just getting a foot to take a step back. That first big moment of just lifting a toe, sliding a foot back, and just creating a slightly offset stance on the board. and you sort of find once they've kind of done that, then it's like, okay, I've moved the foot. Okay, I can move another foot. Do that a few times and then it starts then realising I can relax a bit in that. And as soon as you've relaxed, it's amazing then how much you can sort of start sort of moving your feet. So, yeah, that's kind of what I would do just to get them moving and just away from that. And then as you start getting a little bit more kind of confident, it's kind of starting to integrate those foot movements with paddle strokes. So really, if you want to start moving your feet then and kind of moving up and down the board, obviously the centre line is your friend and kind of the most sort of stable part of the board, but actually integrating that with some, active forward paddle strokes straight away then becomes a much easier process then to be able to move around. And again, it's just through games, having fun and they start moving their feet, they start relaxing into it. And, again you see some really good progression once that sort of starts happening with the client. They start moving their feet and they get that confidence. Again, it really helps their sort of ability as a paddleboarder.

Chris Brain: 30:38

And I imagine that taking a dip in the water and falling in maybe early on actually is probably quite helpful for people giving it a better go. Is that the case?

Caroline Dawson: 30:48

Yeah. We run pool sessions and with the pool sessions I actively play some games of kind of follow me and so much of that is about moving both feet off the board putting some jumps in putting some twists putting some turns and again just sacrificing yourself to the water gods and saying right you're going in so we've just got to roll with it and again as soon as they've done it three or four times the difference in terms of how more relaxed they look on the boards just yeah it really does help their growth then in terms of making them better paddlers. Yeah.

Chris Brain: 31:30

So, you mentioned about paddling SUPs at the coast and leading trips out there and I'm interested, are there any technical skills that somebody needs to be able to do

that aren't the same as the white water skills and aren't the same as the flat water skills? Is there something a SUP coastal paddler needs that's different?

Caroline Dawson: 31:50

So you've got that dynamic environment again. So probably the two things which are there on the coast to kind of just test you that little bit more is wind and your ability to know how to paddle in headwind, a side wind, a tailwind, how to control your board in all three of those sort of different environments. Again, starts just making that paddling a little bit more interesting. So, yeah, that would be a key one. So, understanding those skills and then, throw in a few waves as well or a bit of swell and, all of a sudden you start adding all of those into a mixing pot. Maybe a little bit as well. You can also then add in a bit of tidal flow and all of a sudden it starts becoming an interesting environment. So having kind of different skills to be able to not only navigate and read those conditions but to be able to deal with those conditions is really kind of key, really important.

Chris Brain: 32:51

And I imagine for a coastal SUP paddler there's quite a holistic range of skills there including being proficient at paddling kneeling as well as prone too. Do you find yourself developing all of those skills through taking people into the environment? Is that how it works?

Caroline Dawson: 33:09

Yeah, definitely. I run an intro to kind of coastal paddling course and I've done that for the last few years on the North Wales coast and we very much kind of like to sit down and probably we spend the first couple of hours of it actually looking at the theory and the why and looking at things like the maps, the tidal charts, the wind, the weather. We try and sort of piece it all together and then we get them to kind of almost plan the little journey that then we're going to go out and do. So, they get to kind of see in real time the kind of conditions and they kind of then can almost see themselves how they've planned something to versus how it paddles, how it kind of turns out. So that's a really lovely, lovely way to kind of do it and yeah, I find that they get so much out of that if they are involved with a planning process rather than they just turn up and I've planned it all and they just get involved. I think they can

understand why it is such a sort of dynamic environment that needs to be understood and respected. So, yeah, I think that that works really nicely. And we like then to throw in a few skills. So, you mentioned the prone paddling, a little bit of self-rescue, looking at sort of different towing techniques, that kind of thing. I throw a few little scenarios in. All kind of stuff that if they were paddling themselves or going out with sort of peers and things that they would get to possibly experience. So, it's just kind of that first little level really of giving them a taster to that. Yeah. But all of the skills, they're all transferable across all the different disciplines and that's I think why I like the sort of the SUP as a craft so much because it is so diverse and there's so many great kind of learnings that can be shared across the different environments and I think that's what keeps it quite fresh as well.

Chris Brain: 35:02

Caz, it's been such a pleasure having you on the podcast and hearing you talk. I feel really inspired to get out on a board and throw myself in the river and probably swim next to my board for quite a bit and to explore a little bit at the coast, too. So, thank you so much for sharing your knowledge, sharing your wisdom. Really appreciate it. Thank you.

Caroline Dawson: 35:19

Thanks, Chris. Thanks for inviting me on.

End.