

Chris Brain: 00:14

Hello, and welcome to the coaching podcast. I am joined today by a legend in the paddlesports world. Someone who needs absolutely no introduction. I'm joined today by Ray Goodwin. Hi. Ray, how are you doing?

Ray Goodwin: 00:28

Hi Chris, really pleased to be here in this conversation, been looking forward to this.

Chris Brain: 00:34

For me, it is really special to be talking to you. You've had a massive input in my paddlesports and my coaching journey. So, it feels really special to be able to have you on and I know that there's plenty of people all around the world who would say the same thing as me that you have had a really big input for them and their journey as well. Can you tell us a bit about yourself your paddling experience, and your achievements?

Ray Goodwin: 01:01

What some people know but not all is I started out as a climber and fairly fanatical, I was okay. I wasn't, top notch but getting quite a lot done and got my Mountain Leader Award, right I'm gonna say this very quickly in 1974 and you have to be 21 to be able to do it back then, so you can do some maths from there. So, it was a long, long time ago. Then I've worked in outdoor centres. I've worked as a teacher delivering Outdoor Ed in a private school and took me all the way through my 20s and I just climbed as much as I could, and I was fascinated in teaching people in school. When I got the job in the school, part of the condition was, if I'm going to do rock climbing, I need to teach the lads or lasses for that matter how to lead climb. That's quite a big thing because you start taking a risk at that stage. But I looked at my own beginnings in climbing and how dangerous it was. I thought I can't introduce people to climbing, then let them adrift. So, a massive interest in teaching the physical skills of things, right from word go. Then, in my late 20s, I took a year off to go climbing. Not as successful as I'd like, but at the end of that, I had an interview for the British Antarctic Survey and it was a turning point in my life because I didn't get the job. And if I've got that job paddlesport may never have seen me ever. But failing to get that job I went working an outdoor centre in North Wales. And, again, just fanatical climber just do anything to go climbing if it's pouring with rain, I knew the climb's wet, let's go and do those, it's wet anyways so do them in the rain but the guys I was working with really weren't into that. So, they started dragging me out, river, kayaking and sea kayaking. River kayaking I was the centre joke. I think I swam a good proportion of the grade two and three rivers in North Wales and I started getting better, a whole succession of good people to paddle with, Bob Llywellyn on the sea, real adventurer and a good climber mountaineer as well. Got me going sea kayaking, Roger Ward, particularly on the rivers. He was just an

adventure of the first, so I've suddenly meeting really good people. And then I have the misfortune that Loel Collins came to work at the centre and he just dragged me out on anything. We had great times together, paddling back then. So eventually on, I'm paddling class five white water, I wasn't swimming, thank goodness and sea kayaking was a big thing, so I could just dump the boat on the roof and go off and do something on my own on a day off and have big adventures. Quite committing adventures. And things like I've seen loads of videos of the Grand Canyon and I said to the boys should go to the Grand Canyon and I organised a trip, about 85/86. Loel was on there. Roger was on there and Hugh Evans, if you remember Hugh Evans from White Water consultancy, it was just a good team of people to paddle with. So that went on. And then the centre got a canoe, just one canoe. And I was sort of reasoning that all this paddling class 5 and waterfalls and everything particularly with Loel was getting a little bit on the edge. And I thought anything we're prepared to do in a canoe I can swim to the side, and Loel and I had some adventures. I can remember just standing in the water wetting in myself with laughter because of the stupid things we've been doing and it just introduced me to the canoe and the canoe is what I'm known for I suppose. So I've got all this but coming into the canoe, I already had a very big mountaineering background, really robust white water kayaking background, including Nepal, the Grand Canyon a couple times, eastern part of the States, Alps obviously. Sea kayaking, a lot of committing stuff and I brought all that knowledge, and ideas into the canoe and so I could say what can I bring in? We were sort of talking beforehand about that. Part of my success in the canoe was that I could bring ideas in from elsewhere and challenge some established ideas if you like. So that's a huge wide background. I wrote a book about it. I've started a YouTube Channel, I got old, the body's broken, and I still like getting out there to be honest, but not too much. So there you go. You ask the simple question. You've got a big answer.

Chris Brain: 06:07

The thing for me, that's really special here Ray, is that you are still out there doing it. I see you on the river and other people see on the river. I know you get up to Scotland and do expeditions, you're still out there. So why do you still do it? What's motivating and in particular why do you still love coaching and sharing your knowledge?

Ray Goodwin: 06:26

Okay, well there's two things. I found something that I was good at. And that was working in the outdoors and particularly in the canoe and I was very insecure as a teenager young man into my 20s and it wasn't until I started to get my professional qualifications of mountaineering, I began to relax and chill out. A lot of people who know me wouldn't understand that insecurity that I had. So, there was a drive to be accepted to be one of the people and I think if you like an inadequacy or something along those lines was part of the drive. And I also like the magic of working with people. I'm a storyteller. My mum was a storyteller. My daughter's turning out to be a storyteller. So it satisfies me on so many different levels, so I'm not out coaching much

now, you have to sort of battle away at me to get a day in or a day in there. I am relishing not being on the water nearly every single day. The body doesn't like it. But I took a day's work this week. Two delightful people, they had objectives they wanted to achieve and just seeing them achieve and the artistry of coaching, sort of having to make a decision on it's simple, where am I going to take them today to achieve what they want to achieve? And they were talking about white water. I looked at them, I need to get you on flat waters first. So, did a classic loop? The canal in Llangollen would give me a couple hours on flat water and to see it all come together on the river. It's part of the magic of coaching. And it's like a performer who has an audience in their hands, I think most coaches have a little bit of the actor within them. There are very different personalities but a lot of this particularly work with children, we act. What we put on in front of them isn't necessarily what we are but I still a largely work with adults now, almost exclusively but I think it's that joy of seeing things happen. It's the relationship with people and it's also the achieving with people, I think, is the magic that keeps it going, so I don't really want to give it up while I can still do something. Yeah, so there you go, Chris. There's a partial answer.

Chris Brain: 09:14

Yeah, that resonates really well with me and for anybody listening, I've been coached by Ray before, and we've been on the water quite a bit together. Certainly, when I was becoming established as a paddler and getting myself going and I really realised for you that for one of your great skills. Not only is your technical knowledge and your ability to pass on this information in a really clear way but just how good you are with people. And how great you are at crafting that experience of a really successful day and helping people achieve their goals. That's something I really noticed when I was out there with you. And that's a little thank you from me for that, but also, just a recognition that the coaching isn't necessarily always about the technical, but it can just be about the whole experience as well. And I'd love if I can to explore how you develop your coaching knowledge and experience. And of course, this is such a big question because it's still growing I'm sure and still expanding, but you made a massive contribution to the world of paddlesports but where did you learn to coach and how do you work that out?

Ray Goodwin: 10:32

This is an odd one. I can analyse the whole sections of my career and I would say I'm still learning. One part of it's really sad and some parts honest. I think I was a fairly natural teacher and I think part of that comes from being a storyteller. And you need to engage people, but I like the technical side of things as well. So, when I did teacher training, I really was scraping the barrel on a lot of subjects and a lot of areas, except for the teaching, you've put me in front of the class, and I earned a distinction on that aspect, everything else was, I've just got by, but I could stand up in front of the class and teach. So, I think there was an innate ability and you do meet people like that. I'll quote you one, you may know of Jay Cooper, got his Level 5 coach inland kayak years

ago. He might be embarrassed if he listens to this, but back in the day when we had the old coach two, so quite a lowly level coach, Jay failed, he went to somebody and he failed. Now, Jay was massively experienced as a paddler. Lovely guy. And he was really demolished by the whole experience. And he came to me and asked me to reassess him, and I just watched him. I was awe struck. I knew his technical background and I said to myself and to other people he's going to be a coach 5 and it's the only time I've ever seen it with a young instructor. I've just watched them operate and how instinctive is they were and he got his Coach 5. So, I think some people born with a teaching ability. I think he failed because the person who assessed him didn't understand what they were seeing. he didn't conform to the book. Where he was massively inspirational. So, I think some of us have a slight innate ability to coach. And I think I've seen that. But that's raw. And it's rough edges. It's rather like you might pull a diamond out the ground. It's not very impressive unless you know what it is. But once it's cut and you put it in hands of someone else, and so there were massive rough edges to my coaching. And I can think about periods of things, the right people to be around. Who would be knocking those edges off? I'm going for a reunion soon. To the centre I first worked back in 74. The boss there is getting old to say the least. I said, I go to this reunion and the boss there and the deputy there started knocking some of those rough raw edges off of that talent. So, it was beginning to become more polished and more professional. So, I think that's one thing. The second influence. I think I've always listened to the people I've taught. So, it's very easy at the end of sessions to say, how did we do? How is that? Okay. And somebody comes up with a negative and you immediately dismiss it or in written feedback, my rule of thumb was if one person mentions it, have a think about it, but if in successive courses the same people come up with the same issue then it's your problem, the coach's problem that you need to sort out yourself so listening to people. And I was in a unique position in one part of my career, because of the disaster of Lyme Bay where I've got a massive amount of coaching in canoe being delivered to outdoor centres, but it was to very, very experienced staff who never bothered to get a piece of paper before. And they don't stand for nonsense. And I can remember somebody saying Ray, I'm showing them and explaining it and they say Ray, you're wrong, let me explain. And I didn't have to like the situation because it can be very uncomfortable but I would always listen and see and the number of times that would be proved to be that they were correct because they had specific knowledge in certain area. So, I've learned from people as I've gone along. Marcus Bailie, but his influence was via the mountaineering courses and the professional development. He looked at learning and teaching stuff on that and Marcus always was really impressive to me. Loel Collins wasn't so much of an influence as a coach because Loel was so good that I couldn't understand what he was doing and it wasn't until much later, because he made these instinctive jumps, and I just couldn't follow where they were going. I had no basis for analysing what the guy was doing. I knew they worked. I didn't know how they worked so that intrigued me, but it wasn't till later when Loel was doing his doctorate and questioning people like me and his ability to question made you understand what you did far better so Loel has influence much further on. And then things like back when I started coaching,

there wasn't really a theory behind coaching, the West was well behind other areas in the eastern block in terms of coaching. So, there's no scientific basis to understand it, so we were given in Paddlesport, we would give him EDICT and IDEAS and these models to follow, but that didn't satisfy me. So, I was looking around and one of the big influences for me back then was the "Inner game of skiing" by Timothy Galway and Bob Kriegel that's a good game show question. But most people know the first name but not the second. The inner game stuff gave me a theory to base my coaching on, now we know that theory isn't correct now, but it was a good sound basis for coaching and later on in this it'd be good to return to the inner game. I think it's far more influential than most people realise, because of the coaches that used it. So, all the way through and still to this day, people will challenge me and I try openly to listen and in fact I'm gonna cut off at a tangent Chris if I may, I think one of the skills that I've got is the ability to truly listen. To people, my ex from years back wouldn't agree with me on that. I'd laugh because she was influential on my coaching as well. There were significant moments when she criticised me quite harshly and I've listened to that. But listening to people is a huge skill, which I don't think as many people have got as think they've got it. And again, that's something to talk about. So, there you go there's a whole series of influences. I can throw in "Zen and the Ways" because that leads on from the inner game. And it wasn't that I became a Buddhist or a martial artist or anything like that. But these were ways of looking at how skills acquired, work in the real world. So, they fascinated me and gave me a basis. So, when people were just giving out "wrote, follow this model, EDICT-IDEAS." I was giving some background as to why they work and, this is why you teach this way. So, the coaching always fascinated me. So, there you go Chris. I could go on for a long time without stopping.

Chris Brain: 18:38

Would you say that you're quite a rebel Ray? Do you like to challenge some of those coaching ideas and work out if they work? Is that how you operate?

Ray Goodwin: 18:48

No, and in fact, I would describe myself as very conservative. For a person who apparently from all viewpoints would be seen as somebody who embraces change. Now, I'm in the 70s, I've got a YouTube channel. I embrace social media to a certain point and enjoy it. So, I've had to learn technology and stuff like that, but innately I think I'm conservative, I don't like change. However, I realise that change is and changes very often, very positive. So, therefore let's say that's a very simple one. British Canoeing as was. So, I'll give them the title as was, in the White Water Safety and Rescue came out "you shalt" and there was a lot of "you shalt do these things" or at least it came over that way. Instead of having a sling, we all carried a tape sling for rescue. You should have a single piece of tape so you can tie these knots, blah blah blah. My instant reaction being a conservative type or a rebel. Whichever plays appropriate said "This is a load of rubbish." But me being me, I got myself a single piece of climbing tape and I used it for the next three months, on all sorts of courses.

And at the end of three months, I said, "This is actually far better and it works." So, you have to convince me that I'm willing to try things. But I know friends of mine who are good coaches with good reputation, they embrace it. They leap for the latest new idea. I tend to be, this has always worked to this point. Why do I need to change? But then I'll go and try the change and see if it works. And if it does, then I embrace it. So, I certainly wouldn't regard myself as a rebel with such. No, but several friends would laugh at the idea of me being a rebel.

Chris Brain: 21:02

So, what does a day of coaching with you look like Ray? Talk us through your process and what you do with your students. I know that's a really big question but what might you do?

Ray Goodwin: 21:13

Okay, so for something like this, it's two different ways. UK paddlesport courses, I've ditched everything. Now in my 70s, I decided things were moving on in terms of how it was run and whatever and I no longer wanted to go with the change. That doesn't mean the change was wrong. It means that I'd come to a time in life, where it wasn't for me. But if I was running one of those courses, then I have a syllabus. I have to fit my customers, clients, students within that syllabus. So that's dictating quite a lot of my day. You might come along and I'll be quite imaginative how I use my venue, my choice location, but that's dictated. So that's one thing. Then I've got courses, with Frontier Bushcraft with Paul Kirtley. We have a couple of courses, we run in the Lake District, which we've drawn a syllabus for, which is expedition canoeing. So, if somebody wants to go to Canada either with us or themselves or do the Great Glen. They're going to get the skill set to go and do that so again some of the space so we have to fit the client within that. But if we talk about a day like the other day and a lot of the days that I've done where people say, So, nowadays people will contact me by email, whatever and say we'd like a day with you or two days with you. So, then I need to do a bit of investigation on what do you actually want? What have you actually done? What do you want it for? So, I had one guy who had very little experience of anything. And he wanted to go and do a big river in Canada, solo. Okay, so, we're gonna need to do this this and this, and the people I've just had they are outdoors folk, they work in the outdoors, not in bushcrafty, type things. They wanted to be able to go up and do the Great Glen independently, just the two of them in a canoe so that's a quite clear objective. Okay, what's your experience? So, I tried to build up a picture of their experience, the kit they've got, that's all before I meet them. And then when I meet them, it still might not be absolutely clear. I need to talk to them and again if go back to a paddlesport course. I still need to know about the people and again, I think one of the skills I've had over the years is asking the questions. But listening to the answers. And this is a theme all the way through. And one of the ways of doing that, I think anybody who's good at listening will ask questions to clarify the answer that they're listening to and I do that fairly automatically nowadays but it also allows me to

have a one-to-one engagement with the person when I'm talking to them. But I need to find out sometimes so I try to find as much information as I can and that allows me to move on in what I'm going to teach. But until then I'll make decisions, then whether it's safe to use it or the water is too high. Or the other day. They think they want one thing but I suddenly realise they need something else first. And I've done that before, people coming for white water and in canoe, you do need to be able to control the canoe. And if you realise that their paddle skills aren't high enough, you need to get them into a venue. Still flat water, fairly windless preferably. So, you can work on the individual paddle skills so that they can actually manoeuvre the boat before you take them into a more complex environment. Then that's a negotiation because what they paid for and what they've asked for is not what you need to deliver. So, it's always a negotiation at that stage and it's always a relief when you get on the water. Again, to go back to the other day. I convinced them, we need to be on flat water and sheltered. When we got on there, it was really evident I was right and very quickly, they're beginning to progress, maybe things are getting better, that they feel the difference in their ability to control the boat, then I can move them to the environment they wish to be in. So that coaching day really starts with that. The email exchange, maybe even a phone call followed by when you meet them in person at confirmations of that. And then choosing your venue. Then you've got to actually see the evidence which again, is why I will see, and the issue with that is if I've got somebody one on one say, I will actually warn them there's gonna be 15-20 minutes where I'm just watching you and maybe asking you to do things. Because you'd have seen the same. You've got the person on the water and there's some pretty ropery stuff going on if you give them 20 minutes, it's decent like you say in a word it's just like they were rusty and felt under a bit pressure. So just trying to hang on things as quickly as possible. And then the last thing in that conversation one of the things I've done in recent years, I have a conversation with everybody I coach on what coaching is from my perspective. The fact that it's a two-way process, I warn them, that I have a little degenerative head twitch from side to side. I first found out about this about 25 years ago assessing, and somebody was doing really well. Are thinking that's good. And then their performance crumpled. I went, what? when I was debriefing after what happened? They said, you told me I was doing it wrong. I didn't. Yes, you did Ray. No, I didn't. You shook your head and I've realised I had this twitch. I don't think it's got worse over the years but I've warned people about that. That also seems to disarm people. You can see them chuckling. I think you're laughing at my disability and I'll get you later. Such things, disarms people on that one. The body language of a coach is powerful and I know coaches who withdraw within themselves and get a bit dark when they're trying to sort things out and you can see the impact on the customers. I don't have that, but I do have my twitch. That's mine. And I talk to them about, I'll work things with you. I'll tell you when you've got it right. Because that's the most important time of all. But if I tell you it's right, and you think it doesn't feel right? Then tell me because I can only see from the outside. I need you to tell me what it feels like and I'll ask you how it feels. And to me, it looks right, and you tell me it's doesn't feel it Ray, now that maybe because you're not used to it or it may be because it's something I cannot see. I will

say that I will explain things, I'll show you things, but if it doesn't make sense, come back and tell me it doesn't make sense or Ray can you show me again, or could you just explain this a bit further? As my wife, as Lena will say, Ray, if we're working together, let me just explain this one, they didn't understand you! So, I know that I'm not perfect by a long shot, But what I've done is put into my coaching, that that's the case and I'm trying to get the customer to come back at me. So, there's all of that going on. The other thing I talk about if I'm in a group coaching situation and I'm gonna be firing off on all cylinders and different directions. Because I'm trying to individualise as much as possible beyond certain basics. That I'll turn around and say If you got it right, that's easy for me because I'll tell you got it, right? But, again, this proviso that if it doesn't feel right, still come back to me. If you've got it wrong, I might turn around say that's wrong and make sure I get it sorted. That's interesting because there was one stage within paddlesport coaching, we were taught that everything must be positive. And we were told, if you've got a negative, you can have to have a positive and negative, then the negative that you really are, then it was so false and people knew it was false, it really was hideous and it felt hideous. But if I give somebody a negative, that's not working. Then they need to know that what I say to them is. In a group context. If I don't come back and sort it with you, come to me and say Ray you said this was wrong, can we get it sorted? Again, be proactive. So, I'm trying to set down a framework for the coaching so it's not just I coach them. They should have some understanding of how the coaching process works. So, I share that, I'm then on to the water and let's see what we've got. And what I'm out for is to have a positive experience overall. And to give the client ownership of the skill that we're working on. So the moment I see them doing that skill independently of me or task. So, I've been doing turns and they're getting on ok, but then we'll look at say forward paddling, but what they're not realising in the end of each forward paddling section that they go turn around and come back, so I get to see the turns but they're not thinking about it. So, I'm also looking at the turns, have they actually now made that turn theirs as opposed to something that only when I tell them to do it. So, and then kind of find the right venue for what you're trying to achieve. And I mean, this was a large part of Loel's first study towards his doctorate, that epistemological study of coaching beliefs amongst top coaches, mind you I had to work really hard to pronounce the word and understand it! And it's the fact that all top coaches that he studied all moved within the environment to suit what they were teaching or took advantage of the environment. I think that's two different ways of coming at it. Sometimes I'm going out. I'm looking for, the right place to teach something because that's on my agenda to teach this thing. But other times I get out there and I go oh, this is just perfect for teaching this thing, maybe not been on my agenda, but the situation is just so perfect. Let's grab it. So, I think again being opportunistic while keeping it on board, the aims of the course if it is a syllabus course or the client if they set the aims for you. So, there you go. You set me off on one there, Chris.

Chris Brain: 32:59

This is great Ray and there's so many really good gems that I think people will be listening and taking and putting into their own coaching practice here, just hearing your thought process and what you think is important is super useful even just for me. If I'm the only one that benefits from this, and that's fine by me.

Ray Goodwin: 33:17

Yeah, thank you, Chris.

Chris Brain: 33:21

You mentioned before about the idea of the inner games like what's happening inside that maybe you can't see, how do you deal with people who are frightened or experiencing fear or whatever? What might they be going through inside?

Ray Goodwin: 33:35

Whole range of things. I'll throw some inner games into this, a couple of inner games strategies there's the simple ones to understand. But I will talk openly about fear. I'm surprised the number of people that don't understand that I experience fear, trepidation or whatever. They feel that us coaches who've been performers don't feel fear and little do they know, part of the game is controlling fear. So, teaching them in certain contexts, fear is normal. That's not a good learning environment. So, we talk about this envelope of learning, you have to be a more comfortable environment to learn the techniques, whether it be the boat direction, the paddle stroke, whatever it is, and I was saying to some folk the other day. Yeah, the progress is really good, but when we looked at bow rudders and cross bow rudders in canoe and the lady was doing brilliantly, really stylistic. I could photograph them and most of I could use a photograph and say that's how you do it. Once you got onto white water, it's so hard, two a degree and for her husband in this learn about some of itself apart and they came back in and a little bit fear would be in there, but also, this is a massive amount of information, from a stationary environment and suddenly you're in an environment that was moving. And so you've got all this overwhelming information coming in that they're not used to and the skill still isn't embedded. And I think in paddling or in climbing and certainly in climbing, I can remember instances where people said, you made that look easy and I'm thinking I was pooing myself, and I knew I was on the verge of coming off every move, but you either did it well or you fell off. Because they were so ingrained within the brain and our body linkage the brain continues the work, even though there's a side of you that's outside of it, but we're going to die or we're gonna go and fall a long way or we're gonna go for a swim and I'm getting things that embedded and you'll have plenty of experience of that yourself. And that's one of the things that when I read the Inner Game intrigued me because Galway talked about, Timothy Galway had been a tennis player. And he had got to the Junior Championship for the US. So, he was good. But he wasn't that good and he wasn't expected to get to the final and he got to the final playing, the best tennis of his life. And he talked to that time slowed, and that the ball became bigger. And the ball, just waited to be hit. And that intrigued

me because I've experienced that as a climber, and this ties back to some of the Zen stuff that come on to. But it felt to me. I've first experienced as a climber an out of body experience that your body brain combination goes into automatic and it's just start moving. Whereas a part of you is saying this is frightening. And time slows and it's almost like watching yourself, paddle or climb. And when you climb, it's best you visualise it as you climbing, not paddling but that experience and Galway, was describing this. And I recognise that, that time change when everything slows just waits to happen, and you're performing at the top of your game. And he was looking at ways to get this to operate further through. Now we have modern science ways of explaining that now but back then they didn't and Galway went off and looked at Zen Masters in Japan and then Buddhism and the likes, there's a lot of linkage. The Inner Game of Tennis isn't terribly useful to us. And in fact, there was a mistake Robert Cunningham wrote a piece for I think his coach award back in the day and the British Canoeing back in the day, published it, which was a mistake because he didn't understand it, he didn't have the intricacies in his heart. But I think part of that was The Inner Game of tennis didn't explain it as well but when we got to The Inner Game of Skiing it talked about movement and edge and fear and dealing with those and so it's directly applicable to Paddlesport. And Marcus Bailie was a massive proponent of it. And I think I picked up some of that Loel did more with Marcus. And so I picked some of that up from Loel, but also saw it with Marcus as well. And he talked about the self one, which is the conscious self, the self that you and I are now engaged in dealing with and then a self two, which is the active part that controls the physical action. And his concept was, get practice in and then distract the self one, so the self two can do the smooth performance and it just made a powerful impact on me, but I'll give you two examples and there's masses with this guy. So, we've talked about dealing with fear. Galway in the skiing book with Kriegel talked about moguls and a lot of people were frightened going down mogul slopes. Bouncing off and big humps, so he had a game. So, you had to go down. And as you hit each mogul, you had to shout lovely mogul and blow a kiss. I don't know if you've done it, it was quite common at one stage. I done it in river kayak in a relatively easy area of flowing water with rocks. People have to hit rocks side on. Now, there's a technical aspect that Coach must know that they must get the boat on edge before it hits the rock. Because you're doing it in an easier place you can get away with things. So, the coach still has to have an underlying technical understanding of what is needed. So, I can remember particular rapids and you'd have to drift sideways at a rock. Just before they hit it, they have to put the boat on edge towards the rock and then hit the rock. They have to fall onto the rock if they can and kiss it, but very importantly, I would always add no tongues, that makes that makes people giggle. So, the idea was to lighten the mood with this. And the idea was you keep doing different rocks down the section of river. You hit them and you getting people shouting out lovely rock and then coming off to the side, that's great. And so you can practice the thing and start removing the fear, but it's interesting just on occasion, if you would do that on an easier section, then I can remember once and it must have happened. More than once. I can remember seeing this person's going for a ruddy big rock and I'm thinking oh my god, we're on down the river. That practice is

long behind us. And at the last moment, they fall onto this rock of oblivion and kiss it and slide off. So, the technique had worked. Yeah. So, have you ever used that one yourself?

Chris Brain: 41:54

I'm gonna start using it now right there.

Ray Goodwin: 41:57

Okay, so I'll give you another one again that's dealing with fear. If you want a really nasty version of that and you can get it. bayonet practice. People were trained First World War, Second World War to use bayonets it's really nasty. And they were trained in a very rote way with certain shouts. In real action, people continued those shouts They were so terrified. The only way they could do it was what they've been trained with. So, it's a common thing through physical action and fear, not a nice reminder, but it shows you how everything ties together. The other one that I really liked is a very easy one is people very often with stoppers, will stop paddling as an inexperienced paddler. You've had it, I've had it, they get to the lip and they stop paddling, so I'd have them in an Eddie further upstream. And they have a washing powder. So, Persil/Ariel They have to have a washing powder or capsule nowadays. And they have to shout it at the top of their voice. Of course, it's like a pantomime line, isn't it? The first shout is never enough. Yeah, this is the coach as actor/ performer. And then the idea is I want you to paddle slowly towards the edge. So, you're nice and straight. Again, it's very often with inexperienced people. But just on the edge, you've got to shout your washing powder at the top of your voice because you're going into the washing machine. And then that's the washing machine action and you've got a paddle through it. So, it's to the trigger that action. So, in the old days, if you met people shouting washing powders on the river, they could have been being coached by me, but again the same thing you do that, but I've seen that, I remember I was at Mile End Mill where the water was quite high. Not ridiculous, but it was high, higher than this group was comfortable in, but I thought we'll finish off the day. Do the bottom rapid but if I let them see this, it's not going to work. They're capable, they're in kayak and I can sort any rescues. I'm going to tell them what's there, but they're not going to see it. And you're gonna follow me around the corner and I swung around the corner. Big waves down through the first bit. And the bottom wave is a good one at certain water levels and just before she hits it and we've done this exercise early in the day and you guessed it, this woman yells her washing powder and piles into the stopper padding for all she's worth and it triggered it. So, it was ways of dealing with fear and building up stuff. So that was very much an influence of Galway. Back in that day, I started putting that in as coaching theory in my courses in the days where not many people say these are the models you follow. And I was saying Here's a why, you do this and later on the American Skiing Association brought out their book which was skiing, right. So they went away from self one, self two to left brain, conscious right brain action, and so they called it skiing right. But it was basically Galway's ideas being put into a more modern

context and we now know the brain doesn't quite work like that, so we've thrown that away, which is why one of the reasons I gave up coaching in the end, because we came up with yet another way of explaining how coaching works. And it's right to move on, but I just went, you know what, I've made so many changes over the last. And at this age, no, I'm not gonna make the last change. I'll stick with my things, but that means, I don't want to run coach education anymore, which is a shame because I love educating coaches, I thought it was great fun. So, there you go. So that's Galway in a nutshell.

Chris Brain: 46:28

I really want to hear people paddling down the river shouting out washing powders. That's a challenge out there for anybody listening to their students.

Ray Goodwin: 46:37

Yeah, if you've got people you know are gonna hesitate with a touch of fear because it's such a big situation for them. And I'll emphasise a big situation for them. If you're paddling class five, and you need to shout out washing powder, I think you're the wrong game!

Chris Brain: 46:56

I'm really mindful of the time and I think I could listen to you all day, just chat about paddling and coaching and your experience, and I feel like we're literally just getting started. So, I'm gonna ask a big favour if you can. Would you be happy to come back on and do another episode so we can go through a few more things and chat about some of the techniques that you teach people, there's things I want to talk to you about like sailing and your YouTube Channel, and skills that you show on there. So, would you come back again for another episode?

Ray Goodwin: 47:27

Chris I would absolutely love to, I love talking about coaching. You're getting me started and it's kind of to control that track, isn't it? So, I would be delighted. Thank you, Chris.

Chris Brain: 47:41

Wonderful, thank you very much Ray.

End.