

## **Podcast Transcript: Season 2, Episode 1**

Ricky Snodgrass 0:00

Hello and welcome to this episode of the coaching podcast from British canoeing. Welcome to season two of the coaching podcast from British canoeing. This year, we are going to mix things up a slightly. We had a good start last year, we had some great topics and the team interviewed some great people. And we've covered quite an array of areas. So what we're going to do this year is each person who you met last year: Pete Sid, and Lee are going to have their own mini series and cover their own topic. And basically, what we're going to be doing is looking at a couple of different areas. And what I'm going to do now is just introduce the guys, let them introduce themselves and let them introduce what their mini series is going to be about this year. So if we can Pete, I think you're there. Can you just say who you are, and let us know what your miniseries is going to be about.

Pete Catterall 1:03

Yeah, thanks, Ricky yet, so I'm Pete Catterall, I'm the talent coach development, primarily worked with, you know, the competition discipline coaches. But this series I'm going to be looking across all disciplines, both in competition and in recreational paddlesport, as well. So we're gonna have a huge variety of coaches that work at all sorts of different levels within each discipline. And then the variety within those disciplines. So you're going to be looking at, finding out who the coaches are, what they do, where they do it, what they love about the challenges they face, and then just how they develop as coaches as well and progress forward. So really looking forward to this one, it should be nice and nice and diverse, and plenty of plenty of good chat and plenty of good learning along the way as well. I think it's gonna be really interesting.

Ricky Snodgrass 1:55

Yeah, great, it'd be great to look into the disciplines. I know, there's quite a lot of people out there who were keen to see some more discipline specific stuff on the podcast. So hopefully, that will keep everybody entertained and informed. Sid, can we just move across to you introduce yourself and tell us what your mini series is going to be about this year?

Sid Sinfield 2:18

So my name is Sid, I work as a performance coach developer in the world class program. So that's really focusing purely on the Olympic and Paralympic disciplines. And we're the coaches that work in that program. So what I'm going to do in my little mini series is get a little bit behind the scenes with those individuals. So we're not so much talking about the nitty gritty of coaching, but more we're bringing the person to light merely. So how did they end up doing the job they're doing? What was their route to where they are notable things along the way that stand out, just so people can see how you might, if you're interested ended up in such a role if you're interested in that. So that's that's where I'm going to be going a bit more light, a bit more of a light touch, rather than a nitty gritty coaching philosophies and things.

Ricky Snodgrass 3:03

Great. said, Yep. So a great way to meet some of the world class program coaches and find out a little bit more about their experience and compare it to your own and see, see what you've got in common and see, see what differences you've got. So great, easy listening series. They're coming up from Sid over 2021. And then lastly, Lee, if you could just introduce yourself and introduce your miniseries, please.

Lee Pooley 3:30

My name is Lee Pooley. I'm the head of coaching for British Canoeing. The series that I'm involved with is probably the opposite to what Sid said. And this is probably the nitty gritty. And throughout the year, I'm going to be interviewing seven or eight highly respected, adventure paddlesport coaches. And all what it is all about is exploring how they go about deciding what they coach with examples of their approaches and the complexities that is involved. So this subject could go almost anywhere. We're going to we're going to keep it contained to around 30 to 40 minutes with some subjects that could go absolutely anywhere.

Ricky Snodgrass 4:19

Great. So I know a lot of people are interested in there you come for the coaching podcast and Lee's go into the heart of what coaching is there. So a

great miniseries for those people who wants to listen to that out there. So what we've actually done is we've we've got these miniseries as well. Just to give you a bit more clarity on what to expect on the podcast. Obviously, we'll bring you some stuff in between to give you all the updates that come out of British canoeing, and anything that we're launching, we might jump in with some podcasts on things there. And anything else that we see relevant throughout the year, but these miniseries are the ones to watch out for 2021. Now we've had a bit of an introduction. I think what we're gonna do for the rest of this podcast, we're just gonna spend 15 to 20 minutes just like we ended the last series. It was really good to reflect on kind of what happened in 2020, although a lot or not a lot happened, depending on how you look at it, but what we took away from our cultural experiences in 2020. And we're definitely going to be doing that at the end of this year again. So what I thought would be quite nice, between all three of you is just ask you a couple of questions about what you're gonna expect in 2021. And then we can see how, how, right you were at the end of the year if we want to put you to the test? So I've got a couple of questions wrote down and and I think, one for me to get people elevated, to get people kind of wanting to get out there coaching again, because I know at the minute we're in lockdown, and and with coaching isn't very much limited. But what are you looking forward to doing? What are you looking forward to coaching wise, in 2021? When we're allowed out there, when we, when we can when we can get back on the bank? What are you looking forward to, it might just be your experience, it might be something that you're going to be looking for, it might be something you might want to implement? Just what you're looking forward to. Pete, have you got anything for us?

Pete Catterall 6:27

Yeah, looking forward to about being allowed out again. Outside would be the biggest one. But for me, you know, all coaches and you know us as coach developers, it's all about being out with the with the partners and with the the athletes, the coaches. So yeah, just just re re-engaging with people outside face to face whilst they're actually doing what they're doing is really looking forward to seeing the effects of what they've done during this. This lockdown, lockdown, that's our each athlete and each coach kind of urges, what what learning has been done. And just like how much stronger people have become much more resilient people have become just looking forward to seeing the outcome go fast. Whether you're really in a in a way that hopefully we're gonna be out for a long period of time, this time and be allowed to go and play. So just just I just

want to see what what's been done, and how that comes to fruition out on the water. And no matter what water it is. That's that's what I'm really looking forward to. It's just really engaging with everybody again, it face to face will be amazing.

Ricky Snodgrass 7:41

Yeah, I'm sure I'm sure every coach is out there thinking the same thing right now. Pete that just getting outside and getting back to what we love is high on everybody's agendas. Sid, have you got I'm sure you completely wholeheartedly agree with what Pete said, and I'm sure Lee will do the same, but have you got anything different anything else you're looking forward to get?

Sid Sinfield 8:07

In my particular one, I am really looking forward to actually seeing the racing, you know, both the coaches and the athletes have had a really difficult year managing and you know, keeping that focus on training and and developing those physical qualities and skills that they need to race. And they really miss in racing. And so I'm really looking forward to, to just see in the racing happening and seeing the the athletes doing what they enjoy doing. And the coaches watching them do what they want they've been training them to do. So that's my number one priority is to really see that. And then just like Pete said, to actually get back on the bank, and speak to people face to face in person is really key. But the Racing's declined a bit. I think that everybody's looking forward to.

Ricky Snodgrass 8:56

Cool. Yeah, cool. And I'm sure I'm sure racing is not standalone in that some freestyle events and all events that are happening are going to be key for people to get out there and get involved in and get seen. And that's not just cultures, that's participants, that spectators that's parents, that's everybody. I'm sure everybody is craving to go and watch a bit of paddle sport, in whatever form it is.

Sid Sinfield 9:23

On a personal level is this is the least I've been in a boat in the last 34 years. So I really want next year to break that trend and to go back to being in a boat, you know.

Ricky Snodgrass 9:33

Yeah. Well, you'll have to do twice as much next year to make up for it. So that's what advice I can give you. Lee, have you got anything different? So we've had events we've had just getting out in the open air and being coaching again. Have you got anything else you want to? You're looking forward to?

Lee Pooley 9:52

Yeah I think very similar. And I think if you asked any, any coach or coach developer, they would have there would be echo in exactly the same things that has been already been said to be in from Pete and Sid. For me, it's about being able to just re-engage in some of the relationships that I've had long term with some, some people that I'm mentoring, I think that would be that's gonna, I'm really looking forward to that. So picking up some of those long term mentoring relationships that I've had with, with coaches and providers, and helping out the local club again, which will be which we nice to be able to do and hopefully support them in their in their development. So yeah, it's all about re-engaging back into those relationships that have that have, you know, that are very difficult to, to do online. So yeah really looking forward to getting out there and same, as Sid, is getting more time in a boat.

Ricky Snodgrass 10:49

Yeah, I'm sure there will be plenty of people. And all we can hope for is plenty of water, and plenty of sun and nice conditions to get out there and get paddling again this year. That's kind of what we, what we looking forward to. And I want to kind of move into kind of coaching itself now and coach developing itself, obviously, you're all coach developers, what's one element of your coach developing our coaching, I know you, you do both roles that you want to develop over the next year, something that you want to scale maybe that you wants to develop or an element of coach development that you want to look into a little bit more, just anything that you're going to bring to the table. And you might

have done it before, but it could be something new as well, something that you want to look into. Let's start with Lee, let's go with Lee first on this one.

Lee Pooley 11:51

Okay, so yeah, my mind is pretty straightforward, really is due to not being able to get out on the ground. What I'm looking forward to is be able to continue my research in the area of notation analysis, and notation analysis, specifically within adventure sports coaching, paddle sport and paddle sport, as an example, specific example of how you use notation analysis in a dynamic environment. So incorporating the use of video incorporating the use of drones, can we use them for objective notation analysis. So that's the area that I'm looking to specifically explore or continue to explore when I can get back out on the ground.

Ricky Snodgrass 12:36

Great. So yeah, I'm sure plenty of people are looking at things like that over the next year. And, you know, we've discussed recently the way technology is changing and rules around technology. So drones, for example, the laws all changed this year, which make it hopefully make it a lot easier for coaches to be able to use drones and things like that. So I think there's going to be some major developments in those areas. And great to see that people are already looking into them. Sid, have you got anything that you're looking to develop this year?

Sid Sinfield 13:09

Yeah I suppose it's a bit of a continuation on some things I've been thinking about. I've been engaging in a little bit more in ecology, ecological dynamics, and constraints, led coaching, and looking again, some of the assumptions I've got over the years of way I tackle something through this ecological dynamic lens constraints lead lens, which sounds very vague, totally jargon, but it pretty much is where I enjoy, I enjoy examining the kind of the academic side of things. So looking at how that might apply both to my daughter who's in a, you know, more talent and a slalom, and then in the high performance setting, so that's really where I'm kind of going. I've been engaged in more in that material during lockdown. So actually getting back out on the wall and coaching with just that examination through that lens is really why I'm going.

Ricky Snodgrass 14:03

Yeah, again, I think a lot of people have probably looked into theory and looked into things that they can do from home over this last year. And I know us as British canoeing have been putting out loads of resources for people to be able to engage with, actually now having a sustained period of time of paddling and coaching is what's needed to be able to put those things into practice and, and actually test out some of the skills that we've developed over a year of almost a year of theory, if you could, you could consider it because paddling has been so limited. So yeah, I think a lot of people being the same same boat there are they just say that for Yeah. There we go. Pete.

Pete Catterall 14:49

Yeah, I'd echo Lee's point around technology. I think technology is getting easier for us to use more accessible for us to use a technology is definitely one thing. But the other bit that I keep trying to unpack is, is this what is good coaching? And you know, I can take any of my coaches that I work with, and I could say they're all they all do really good coach and excellent coaching, but they all look slightly different. So it's that kind of trying to really this is still down what, what is that? And why do I believe somebody is a good coach? And even though they coach completely different to someone else's? Who's a good coach, and what all that is? So yeah, a little bit of sort of unpacking it or really that I've spent a lot of time thinking over this last year about what what is what is that? And I'm just trying to? Yeah, just find another way of unpacking what good coaching is, and why some coaches are seem to be excellent. And it can be completely different to someone else who is seem to be equally as excellent. They do it in completely different ways. So just Yeah, a bit of unpacking the process.

Ricky Snodgrass 15:53

Yeah. Yeah. Cool. And I think Lee's pod, Lee's miniseries, will be a great insight into that as well. You know, looking at what, and hopefully good as well, we'll get quite a few different opinions, and I'm sure yours will as well, across the disciplines there. Pete, so maybe help you in your development by doing the series. Cool. So one last question. Before we kind of wrap up today is probably going to reflect on that question that we've just asked.

I'm sure you could just answer the same answer again, but just in sense of the wider community of cultures talking from grassroots all the way up to World Class performance. Have you got any ideas? And this is where we might put you to the test at the end of the year to see if you are right, have you got any ideas around like trends and developments that we're going to see across 2021. It could be across all skill levels, or it could be like say, right down to beginners all the way up to high performance coaching. Is there any trends and developments that you've kind of got wind of in the background that you might see coming out in 2021, in practice. Sid, do you want to jump in first.

Sid Sinfield 17:18

There's two things I'm gonna, I suppose are going to be pretty much more biased towards my role really. So there's two things I'm looking to do. I'm going to spend a little bit more time across High Performance Sports. So looking to really see what expertise looks like in other sports to see if we can draw in some of that into our world class program as well. So I'm hoping to spend a bit more time on the ground and monitor other sports with other coach developers in similar roles. So I'm going to hopefully be a bit more cross sport sharing really is what I'm looking for that. And then within within a part of the world class program, we're looking at positive psychology, strength based coaching and humanistic approaches to coaching which is really looking at the athlete, the whole holistic athlete experience. So that's kind of an area that that a few of us are exploring at the minute, which again, is pretty narrow, is pretty specialist. But that's that's kind of where where we're going to be going in the near future. And the future always extends, it always grows. So that will be a significant trend in my year.

Ricky Snodgrass 18:27

Yes, that's great. Yeah, I think I think both those areas are be ones to, to look at. And at the end of the year on the summary podcast, we'll see how you've got on with that said, I'm sure. Lee.

Lee Pooley 18:45

Yeah, Ricky is really good question. And, you know, it's something that, you know, might be the key trends in 2021. Moving forward, I think there will be a



continual use, and probably a better use of digital solutions. Probably an increase of people using video remote analysis. We're already seeing it being used in reflective practice. But yeah, I think that will continue. As well as coaches engaging with learning development online. With more people now considering their own carbon footprint, their environmental impacts and travel time and costs. So I think I think, although it's been almost, you know, pushed upon us, I think this will continue. So I think there is going to be better use of digital solutions, more remote analysis going on. And coaches really considering their own learners of learning development and can they do some aspects of that online and reduce their carbon footprint? I think that's what we're probably going to see 2021 to 2022.

Ricky Snodgrass 19:59

Yeah, I think I think I think that could be a trend in itself, like just taking the lessons that we've learned from a year of restrictions and, and, and putting them into into our new normal of coaching and developing those skills that we've actually learned. And just keeping hold of them, like we say, like the the remote remote sessions and rock coaching. So yeah, I think I think, probably on the money there. Pete lastly, what have you got? Have you got anything anything different to to observe over 2021?

Pete Catterall 20:37

Yeah I guess I suppose it's not too dissimilar to what Sid said it. But it's about the, there's been a lot of collaboration going on, in with, you know, all the webinars and everything else that's been going on in, in these lockdown. So lots of different sports are coming together to talk about this and talk about that. I think I really, I really think that will carry on and people learn from other sports. So it's a bit like what Sid said, I think that will happen at all levels. So the collaboration across sport, I think is is something I can really see. It's been really powerful during this. And I think that that will really continue alongside, you know, everything we say now about use of technology and remote learning and online content as well, I think. Yeah, I think we'll keep quite a lot of what we've had. But I think, Well, hopefully the trend has been outside. It's gonna be a new trend. But yeah, collaboration, I'd say be the big thing for me.

Ricky Snodgrass 21:33

Yeah, fingers crossed for that one. Yeah, I think it's a great idea there. And it's really good to do these little podcasts at the beginning. And then just to reflect and predict, and I will come back and I will re-listen to this podcast at the end of 2021. And make sure I've got your answers written down to question you on how you got on and whether we, whether we were right with what we predicted. And I think I think it's I think it's great that we can offer these miniseries as well. I think people will really engage with these miniseries over this year, and hopefully be able to take some elements away and implement them into their own coaching. So with that, I think if people have got questions if people have got comments, and if you've got any thoughts about what the trends might be over the next year, please, please do leave them on the podcast, comment section below. And we're always intrigued to get people's thoughts out there and get people involved in the discussion as well. Other than that, I suppose it's goodbye from all of us. Watch out for the podcast. They're coming every two weeks fortnightly and watch out for the first episode in two weeks time. So thank you very much for listening and goodbye for now.

**Finished**