

S2 E6: Sprint Kayak Coaching

Ricky Snodgrass 0:00

Hello and welcome to this episode of the coaching podcast from British canoeing.

Pete Catterall 0:07

Welcome to the coaching podcast. My name is Pete Catterall, I'm the talent coach developer for British Canoeing and in this edition of the coaching podcast, really pleased to have tracked down Imogen Collins. It's been a while we've been talking about doing a podcast for probably about a year now. So finally we've managed to get it together. So I'd like to welcome Imogen I'll let you introduce yourself image why don't you just say a little bit about who you are what you do a little bit of background about you just to get people in the mood.

Imogen Collins 0:39

So as Pete said, I am Imogen Collins I am the English national talent squad coach for sprint cocking. I have worked for British canoeing for four years and six months, which I've read recently. And I have been within the sport since I was about eight, started paddling at Reading Canoe Club. And then at 18 I've kind of made the transition into volunteer coaching and worked my way through the ones existent sprint talent pathway, so from RTA to SRS, up to ence coach with a few other steps in between. And I'm doing lots of work at the moment with a bit of the female Development Group trying to make some changes there. And I'm also on the SRC speculation committee, for those who don't know.

Pete Catterall 1:37

And that's why we haven't managed to get this done till now. Because you're quite busy on it. I say and you coach, and everything else, and you've got a new dog in your life as well, which is, which is cool to see in the background there. Not that anyone else can see that. But hey. And so, you know, we're going to talk about sprint and sprint coaching, I guess mainly. So, you know, let's just, let's just delve into that a little bit then. So what why did you want to go down the sprint line as a public because obviously, you used to compete? What was it that attracted you to sprint?

Imogen Collins 2:14

It was over quicker. I'm pretty much my attention span was a little bit rubbish to go and do the marathon, it put a lot of pain in my body that lasted a lot longer. I didn't really like having blisters that much. And now I really like the adrenaline side of the split sprint section, you sitting on that race like that start line, you know that you can go and do what you've got to do. You know, how long are you doing it for? It's really clear, it's all down to you. And I think especially the K4 racing is just something I loved being part of crew boats. So sprint was just an Easy, easy. Winner for me.

Pete Catterall 2:57

Yeah, that makes loads of sense. And you find, obviously the key one as well. But did you was it the you know, the kind of team thing that you liked about the K2 and K4 stuff that you did? Was it being part of a bigger, bigger thing than individual?

Imogen Collins 3:13

I am pretty much all about kind of doing things for others. And I actually think that I spent a lot of time struggling with my K1 because I didn't see the point in trying to perform for me, but shoved me in a K2. And now I know that I'm trying to help other people get to their kind of points of success. It gave me a hell of a lot more enthusiasm. And I think that's what also helped me transition into the coaching. I wanted to be able to give back start off with give back to the club that had given me so much of my childhood. And then as I moved on just helping people reach their goals of whatever that might be, be that today, I found out that one of my athletes got a job that I sent him through, he managed to get that. So it's the little things where you like, okay, I've been part of their process as well.

Pete Catterall 4:03

Brilliant. Yeah, that makes now. As soon as you started talking about why you liked K2 and K4. I was like, well, that makes total sense of why you got into coaching. And I've been really successful as a coach as well, because it's we don't

like helping people catch it's definitely not the right thing to go down. Is it? This, this just probe a little bit into that into you. You did a bit of spirit, you would have done a bit of marathon and a bit of sprint, and we see a lot of athletes, young athletes doing both. Do you think that's a good way? To start? Are there any pros and cons to, to somebody doing that? Do they need to have a view of which one they need to really put a focus on what are your thoughts on that?

Imogen Collins 4:46

I think to start off with, it's about experience, it's about fun, and it's about working out what works for you. And I can completely understand that people specialize because if you have an interest in going fast if you have an interest in going for a long time, you're going to go down those routes. However, as long as you enjoy both of them, keep doing both of them. I'm not necessarily sure that you can reach the elite level, if you're trying to juggle both more for the fact that to be doing every race and nationals and with these competitions, and to still go and compete at a high level of sprint, your body probably just can't take it, it's expecting a lot from it. So if you are smart with what you do, I think you can do a large amount of them for most of your junior experience. But that is making sure that you kind of maybe cherry pick a little bit more the races that are going to benefit you. The Regattas that you need to be out for selection, all of those sorts of things that the key races, you might do it better to make sure that you are able to perform in those rather than trying to do every Haussler all the DW series and waterside series and the sprints, and then being lost in this bubble of where am I like, How come? I'm not quite achieving in any of them?

Pete Catterall 6:14

Yeah, yeah, you can see how it'd be easy to get torn, you know, into training for longer distance when actually you might want to be a sprint athlete or, or, or vice versa, you know, been training for sprint, because that's what's coming out. Whereas actually, you need to be able to go for longer. So a different energy systems, even though there's a lot of crossover. Have you said, do you think having almost like, as a junior athlete, then having an eye on what your preference is? And knowing which way you're kind of aiming is a good thing?

Imogen Collins 6:45

I think having an understanding of where you want to go with it, because I think working with Dan Atkins in his year where he won worlds, really emphasized to me that is such a huge difference in the technical paddling abilities of the two different sports, for him to be able to get up to 170 stroke rate and be really efficient with it. It's, it's got to be trained, it's got to be harnessed, and it's got to be understood. Whereas for those that are may be kind of trying to be fitter, go for longer, and then suddenly think that because they do a few turns in America, and they're going to be the fastest they can. It's a different sprint is a power based sport. Marathon is an endurance baseball, they can come together if you do it in the right way. But technically, the efficiencies are just slightly different in marathon is a lot more about kind of getting the string of the body there kind of ticking through the tempo. In in sprint, you've got to be a lot more dynamic. It's all about that kind of catch phrase that that delivery, that quick movement through the water, and each individual stroke. So it was definitely working with Dan Atkins that kind of helped cement that for me, because I've seen the boy do it now from race. I've seen him sprint at that kind of middle level. But then as soon as he wanted to make the jump pop, it was like Yeah, okay, there is technical changes that need to happen to be the best you can possibly be in the sprint wild.

Pete Catterall 8:19

Yeah, that's, yeah, this is this is what I like doing these podcasts, I learned a lot loads about how you think as a coach and how you see things and, and just kind of helps me put things into place. When I watch you're working with athletes out on the water, why you're doing what you're doing. So you know, Sprint is a really technical discipline. And I know a lot of you know, paddlers who don't come from that world or go just paddling fast in a straight line. How hard can it be and seeing that, you know that that technique delivered absolutely on point, every stroke, being as good as it can be, and like you say, up to, you know, junior worlds, 170 strokes per minute. Yeah. It's pretty quick that to have an ad as a coach, then, you know, there'll be coaches, obviously a coaching podcast that talks about coaching, how do you? How do you help someone build up to that 170 because if you asked me to go and do 170 strokes a minute, I might be able to do it. But you know, you'd throw your laundry in and all sorts because it just wouldn't look pretty. It would just be splashing everywhere. So how does someone build up to that? Is it do you do stroke rate counting? Do you do real pacing sessions and it's built upon quality? How does that look?

Imogen Collins 9:33

So I like to go down the route that you have to learn to paddle fast slowly, before you can paddle fast. So if you are able to move your boat as quickly as possible at 50 stroke rate, 60 stroke rate, 70 stroke rate. When you go up to those next levels, you've actually got somewhere to go if your boats already accelerating when you're here, like down at the 60 zone, think of how well it's going to move when you transition that slowly up. So I get my guys to do a lot of work on that power stroke section. So it's about that speed through the stroke, it's about almost feeling like you're trying to go really hard for that section, that's the water phase of the stroke, and then feeling comfortable to like, hold off, hold off, hold off, and then go for the next one. There's a lot of people that spend time trying to do things like 60 stroke rate. And that isn't that compression of the body and the connection through the kinetic chain. Without that you can't start to build it up. So it is about kind of starting off, trying to go be as fast as possible. Going as slowly as possible. And slowly building up on top of that, I think there is a lot of work to be done around. Understanding how to grip the water, if you understand how to grip the water at max pace, so you bungee using resistance, Dan did a lot of that, Dan put extra weight in his boat, if we're using Dan, as an example, a lot of work about kind of, actually, how do we get that force into the water when something's trying to stop us. And then it just means that when you're then going to that next level, you still want to apply as much force but there's nothing resisting it. So as you're building that stroke rate up, I would say a power is a really big thing to do bungee is a really good big thing to do. And I would say understanding how to attack the correct sections of sessions. So, for example, a lot of work rolling in to be able to get max, if you're doing a short effort like a 50 meter sprint, if you aren't at max to start off with, then you're wasting half of your effort to get to max. So understanding how to use the processes before the effort even starts is quite a key thing as well. I'm not sure if I've kind of veered away from your question there. But there are some steps that you've got to do don't just think that you can go fast immediately. It's about getting everything in your body to move at the correct tempo, to be able to get that energy into the water to accelerate you through

Pete Catterall 12:35

And I guess you know, we've spent quite a bit of time on boats in riverbanks Lake size, it's been a while but we have done it. Let's get back to that. So you know, I'm always fascinated when you're seeing those breakdowns in performance. So there are certain things that you that you are sort of drawn to watch you know your Coach's Eye, there's certain things that you notice are the regular things that you go, that's the trigger. That means they need to just knock it back a little bit on the stroke rate or, or is it just different for everybody. And there's obviously

Imogen Collins 13:11

Some big triggers around when you're trying to push that rate up losing some of the connection at the start of the stroke, if you're starting to short stroke, and then you just turn into by swiping it, that's not dynamic, if you've got that really long, kind of reach in front of that great connection through the body, and then you're accelerating the blade out so that you've got time to still get in the correct position for the next stroke. That's the real big thing. I think for me, I love the technical side, like absolutely my favourite and me and Nick, my manager, he won't mind me saying boss, he gets angry at my equal ends coach who isn't equal. And he, like we both like to really say, I've completely forgotten my partner, or do we say, what was my point?

Pete Catterall 14:03

The technical point in a bit, the way you look for the breakdown?

Imogen Collins 14:06

Yeah, every session is a technical session. And that probably I'm really fortunate that I'm able to shadow some incredible coaches, one of which Eric Farrow, who is leading heats coach, he was Tim Robbins coach, he has done some exceptional things. And you can tell that he's working with three world class program athletes, and there's not a single session that there isn't some sort of technical input into it. Maybe a little bit less so with Liam, but there is still that check and challenge and that understanding of like, actually, How come you've done that and how come you're paddling this way. And it might be a little bit more like, Oh, well, this has happened off water. That's what's causing this. But yeah, every session is a technical session, but you have to frame it in the right

way. If you can't, if you're expecting an athlete to go absolute max, you can't expect them to have 10 things to think about if they're going cap slower speed, that's when you can almost overload them a little bit and make the difference so that as they slowly progress ups in those speeds, they're taking things with them because the body's got into the routine of doing those movements. So I'm very into the technical I love the thought of that acceleration, that quickness through the water, finding the time to really set up so that every, every single catch is at the front of the, at the front of the stroke.

Pete Catterall 15:33

What's really funny is a lot of people listening can't see this property, we're doing this over zoom, I could see you miming it as you're talking, which is great, you obviously got what I really love is you stop, you start buzzing about it whenever we start talking about forward.

Imogen Collins 15:47

I also think that people that see me along like riversides, must think that I am absolutely nuts when I'm talking to my athletes, because I'm holding these shapes and gripping the water. I'm pretending I'm paddling, and they're like, oh, what's she doing. And some of the things and the words and the terminology and what is it that I love to do? What is it when you say compare something to things? For example, I quite like athlete's analogy. Yeah, I love talking about analogies, but loads of time one of them talking about how he spreads his Nutella on the toast nice and quickly, and then take a lick of his of his knife. If he doesn't grow quickly enough, it doesn't spread perfectly. And then he has the time to enjoy it after I've spoken to one of them around how if you think of your body, the body, the body, and hips and legs, and that kinetic chain is a Shire horse, and your arms are a Shetland pony. And if you want it to get somewhere quickly, you know which horse you're going to be jumping on the back of. Okay, so like it's using those sort of things.

Pete Catterall 16:59

That's why every time I come and watch you coach is quite entertaining. You know, you, you know, and we've talked about it before that you know, a creative coach, you're creative with your sessions you do and the ideas you come up

with, and that really shows through on the water as well. And it shows through in your athletes that, you know, in a good way, they never know quite what's going to happen next in a good way you keep them, keep them engaged and keeping them guessing. I think that's really, do you think with sprint being you know what it is? It's quite, if you're not careful, it can be repetitive and doing the same thing every day. And I know, you know, this, there's another piece of work that you've been doing on that creativity and that keep keeping things interesting. How does that process work in your, you know, without diving into your head, which is risky? You know, that's, that's for another podcast, I would tell somebody else. But where does that creativity come from? As you as you keep that going? Is that something that works? Do you bounce off the athletes that you work on, or you have great relationships with your athletes, that's really important to you? So where does that sit?

Imogen Collins 18:00

I think that one of my big things is by being creative, I'm probably going to go down some bizarre routes that might not work. However, me doing that is always going to have a benefit still, because it shows my, it shows the athlete, it's okay to fail. Like not all of the things I come up with are going to work. Sometimes I do get their faces like come on. Now imagine you've taken it too far. Like where's your head at? And actually, I love that I love that they can challenge me back and be like, that doesn't work for us. And I'm like cool. Okay, let's move on. Let's try something new. What do you think might work? And it does, it comes back massively to that relationship section of it. By making myself vulnerable by trying different things. The athletes feel really comfortable around me and feel like okay, well, we can explore things as well. And I think it makes a big difference. Creatively wise, I think it's just that my brains a little bit. I've never been a massive academic. I'm not even tiny, my academic really. And I like to explore things so that my brain can process things. And actually it processes through things that are just going on in my brain to do with other stuff. So luckily, I'm when I'm working with kids, there's a little bit more freedom I can I can understand, try and understand them and bring things back that relate to them and their lives. And that works really well. I, it was quite recently. Me and Nick again. We just kept on using car analogies. And I stood there and I was like Nick, not one of these people has even started to drive yet. Why are we doing this? Of course they don't know about changing up to get through gears half the time. I don't know about it. And I've been driving for God knows how many years. So actually, it was it was a massive eye opener to me that we needed to

bring it back to what's relevant to them. And I think that's what allows me to be quite creative. I mean, sometimes I use an excuse as to why I watch such rubbish TV like love Island, but there's a reason behind it.

Pete Catterall 20:11

Are you claiming Love Island is work? It's not!

Imogen Collins 20:16

No, but I'm going to try!

Pete Catterall 20:20

Okay, so let's delve in there. So coach athlete relationship see every nearly every pot? Well, yeah, every podcast I've done comes back to that. So does it all? Does it always come easy to you to build that coach athlete relationship or some harder than others? Because it's really important we know that that the ways you go.

Imogen Collins 20:45

So way harder. And I think I know I've had to do a lot of work within my own kind of development to make sure I understand that it's not harder because I'm necessarily doing anything wrong. It's coming back to the individual. Do I understand the individual? Do I understand what makes them tick? And can I provide for that, and I think that's my realization is that I'm not going to be the perfect person for everyone. Everyone needs someone slightly different. And there are individuals that actually they'd much rather work with a coach that just gets them to that is just a stop watch. However, that's not what I am. And that's why I kind of been quite open with my athletes from the start of how I work and how, how I want us to collaboratively work. And I think that's a big thing, if the athlete knows that they are in a really safe place for me where they can put in their ideas. And then I think that relationship just builds massively. And one of the things that I do still want to work on a lot is understanding when there's a line, as in, how do I make sure that I have my time for me as an individual, and not just constantly providing as a coach for the juniors, for example, they don't quite understand that friday night, five o'clock, I should really be switching off.

And I think that's a development thing for all of us. But I think the relationship side of it is just invaluable. And it is about being there for them at the lows, as well as the exceptional highs.

Pete Catterall 22:32

Yeah, for sure. And you know, it, I've seen your commitment to that first, first-hand, and we've had conversations about, you know, don't forget about you make time for you. And that's where as soon as you get that space, you can, that's where your next level of creativity can come from. And, you know, that, you know, we've chatted over this last one, it has been a year now, you know, you are just desperate to go out there and coach and that that's, that's brilliant to see. So in terms of your own sort of development, as a coach, you know, you're obviously, you know a lot about for paddling, you know a lot about sprint racing, you know a lot about physical development. So, how do you keep, you know, obviously, I'm a coach developer. So I've got a bit of a hand in this, but how do you keep that want to get better as a coach? And where does where do you look for that? I know you work with Eric and I know you have a lot of conversations with you know, guys, we're also learning from Craig Morris in slalom, you know, you, you've even talked to them. So is that do you have like an intrinsic want, like you were when you were an athlete every day you got up and you did what you could to be better is that do carry that through in your coaching.

Imogen Collins 23:37

I think that any coach that believes they know everything they need to know is a failed coach. There is no end in the ability to learn, whether it's something that you've probably always been doing, just understanding why you've done it, or if it's just trialling something completely new. And I think that one of the reasons I push to improve myself is because I probably didn't do it enough as a paddler. And you know, sometimes when people ask like, oh, if you could take what you know now into when you're a paddler, would it be different? Oh, my God, I'd be so much better because I don't think I had that want to learn. I don't think I had that mind-set to perform. I don't think that I really ever prioritize the right things. Whereas now, I'm like, if I want to become the best in my field, I want to do that. For me. I want to do that for my athletes. And I want to keep doing that for 20, 30, 40, 50 years, and things are always going to be changing. Sport has changed so much in the few years that I've been coaching. You not necessarily always for the better as a lot more tick boxes. But if you do them the right way, it's for the

right reason and matches to society. So, yeah, any coach that believes they know, everything that they need to know, is a failed coach in my eyes.

Pete Catterall 25:09

Yeah, I'm going to virtually high five, because that's something I'm really passionate about. So, yeah. And that's great. That is great to hear. And that's the same, you know, familiar and, you know, colleague said, as coach developers, you know, we haven't all the answers, you guys, we've got some of the answers, the athletes have got some of the answers. And then there's other sports and other walks of life. They've got the answers and everyday getting up and answering, asking yourself some questions. How can we be better at what I do is, that's where it all comes from.

Imogen Collins 25:34

It really sickens me to drop his name again, but I think Dan Atkins is something, someone that has really helped me develop my understanding of the right person, the right place. So previously, I had when he was an athlete down at the Canoe Club, I had issues that I thought he was trying to, like kind of sack off working with me and go and work with someone else. Well, actually, I now, as an ENT coach, will regularly asked Atkins to come in to, for me to come in and help with sessions, because it's seeing things through a different set of eyes. He's a year older than some of them, he's been through it, and it's going to be helpful. And then I can work with him to work out the right ways to then help them progress. So that's been a really helpful thing, remembering that you're not only going to learn from people that have won them, this is my pet peeve. It's a bit hypocritical because I work with Eric, but you don't only learn from the best, like the best coaches, the best paddlers, you can learn so much from just exploring what you know. Everyone's so if you if you're trying to get all of your learning, if you're a club coach trying to learn everything from the top elite paddling coach, is that realistic to the audience that you're trying to work with? The chances are, it's not. So actually stepping down a level from that I'm actually taking the opportunity to ask a question to someone that is working at a different club or someone that is working for me I love learning through the Canoe Club, who does a lot of the senior sessions like is in the hope no one gets funded by this middle aged women sessions. And he also runs the under 12. Well, that's quite a broad range. But actually, there are people that I just don't work with. So I love

learning through him and getting ideas of what he's trying and seeing how that is.

Pete Catterall 27:41

And that is just stealing of different people are trying to apply it to your context, isn't it and it's really nice, you know, refreshing to hear that, you know, you've been a coach for a long time you've had, you know, however many athletes through and you're still going, I'm going to learn from someone else and someone else and just cherry pick from it. So on that kind of a slightly disjointed question. But it's a bit I want to get on to is you're involved really heavily with the female athlete work and you know, in coach education, it's something until very recently really wasn't really talked about, you know, me as a male coach coaching female athletes, female paddlers. It's quite a can be quite uncomfortable for us, we told you know, not to talk about certain things. So talk just, you know, unconscious a little bit of time is how does it What's your you're working in a female athlete development and also a female coach development looking like at the moment, and why is that important to you?

Imogen Collins 28:40

It's huge. It's a massive subject area. And myself and one of the slalom coaches Luce Smith, kind of set up this female development group with the hope of just directing people to the information that is out there. And then in time, increasing the information that is available through like, for example, British canoeing, and then taking the opportunity to educate and be that educating females about the opportunities there are in coaching, or be that educating potentially male coaches and in what it takes to kind of support a female athlete and also really strongly educating the female athletes to love and respect the athletic body and all of the things that the female body does, and how that can be a massive benefit to an athlete. It's like such a huge piece of work. And actually, it's lovely to see that British canoeing is actually a couple of steps in front of a hell of a lot of NGB's. So the fact that we are out here trying to pull some things together, for example, we organize the female Fridays on the British canoeing Instagram, and we are looking to do some Q and A's with athletes, female champions to increase role models that are seen. And then we are looking to start to create a coaching module which will then build into more coaching modules about what it takes to create that environment for a female athlete to excel.

Pete Catterall 30:17

Are there any I mean, that's, that is fantastic, you know, and I've seen some of the work you've been doing that. And there any key areas, though that you think so like, let's say I'm a slightly older than middle age, I don't know if I'm middle aged or older than middle aged, I'm not sure where it starts and finishes now. What are the things that what should I go and research if I don't know anything about female? You know, young female athlete development? What should I go and look up right now, before I do my next session?

Imogen Collins 30:46

I think that there is a large amount of work to be looked at around terminology. And because I think, going to, obviously, the next big thing is like, well, the biggest thing is the menstrual cycle, but I'm not, I would never expect a man to go out and learn all of that information and know it off by heart, because I'm going to be honest, I'm 27 and God knows how many periods I've had. I don't still fully get it. But it's understanding how to have those conversations around that subject area, to make sure that you can give your athlete the best opportunity to use their body and Excel. So looking into the wording, how you can approach it conversation starters, with athletes, because the female athletes, they're becoming a hell of a lot more comfortable. And I know, in myself, obviously, I am a female coach, it might seem a little bit easier, but I sometimes have to just check with my athletes that they definitely remember that there's boys on the calls, when they are talking about their periods, their period pains, the fact that they've had a nightmare trying to use the tampon for the first time. Those are all things I like, they are all part of it. And for a male coach to understand that talking about it in the correct way, don't bother them. Don't, don't turn it into a negative, but being willing to kind of openly discuss things where they're needed, and understanding the strengths that it will have of basically understanding why you're asking the question. And having that conversation is really, really powerful. But I do think the menstrual cycle is obviously a key area. And I think body image and understanding what makes girls take I think there is a point that when a girl is really, really into winning races and training really, really hard. There's a quick snap of like, oh, well, she's got a real male mentality.

Might not be the case. And but it's just it's getting stepping out of those little comments and those little the wrong things to say. So just ask the athletes talk to them.

Pete Catterall 33:08

Yeah, I think you've got a real important bit there: is asked to find out. Yeah. And you just sort of hinted at something there that you know, remote, reminding the girls that there's boys on the talk. Do you think that that kind of helps this kind of separation that like when I was at school, girls went off and talked about girl stuff with girl teachers and boys went to talk to that boy stuff? No surprise. I went through most of my life not understanding menstrual cycles, because it was hidden for boys and talk about that. So the more you can get that normalized for boys to hear about and girls to talk about in front of boys, it should be less of an issue later on, I guess.

Imogen Collins 33:48

And I know that I'm in a really fortunate place. I'm in a fortunate place that because I am a female, I've experienced these things. I can start those conversations with the girls really openly. And because they know they're in an environment once again, where I'll join in with the chitchat. So they're going to want to start that they're comfortable. They're like, this is a place where I can vent about all of these issues I've had. And actually, it's really nice to see how that has grown as the group has mixed, especially during COVID and everyone just has a great time being able to openly discuss it you can see there's an awkwardness in the boys still, but it's getting them to understand.

Pete Catterall 34:36

It. Yeah, I think that's a really good Yeah, like understood is as good as understanding will be an awkwardness. The boys again, that's okay though. It will get less awkward and less awkward and less awkward. Yeah, as we go through. So we're sort of running out of time here on our chat. And I think, you know, like all these podcasts, we wish we could just do another hour or whatever. What if someone wanted to be listened to this and 'corr yeah' I quite fancy being a sprint coach, you know, I've done a bit of sprint racing, what attributes do you think? You could, it doesn't have to be a sprint coach, because

coaching is coaching. But what are the attributes a sprint coach needs to have in your eyes? What? What do they need to have before they can make that jump into coaching?

Imogen Collins 35:23

Um, lots of layers? That would be my one big thing? No, I think there has to be an understanding that it's an individualized environment. So there is a lot of extra work that has to be done to create that team morale to make sure that everyone's getting a little bit of what they need, or what might make them tick. And so creating a team, while focusing on the individual result is a real key thing to be able to do, to be able to like, think about when you're coaching, and I do think like just paddling up and down a lake can become insanely monotonous. So feeling comfortable to explore that. And challenge that stop start process, and be willing to just do something a little bit different, is also a really big thing.

Pete Catterall 36:27

I love that because you started off with about setting the right environment, and be willing to explore and challenge, it's not about full paddling. I love that because that's taken as read in it that if you want to be a coach, you need to know what you're talking about. What I love there is you're not talking about that you're talking about how you set up a good coaching environment. I think that's a that is a really key thing that is not just about saying stop going.

Imogen Collins 36:54

Yeah, my biggest fear is being a stopwatch, because anyone can put a stopwatch on the front of the boat. So what then then I'm obsolete. So if I'm just a stopwatch, then I'm underperforming. That that's where my task is, as a coach, to give these athletes, these young developing athletes, the best opportunity to love the sport and achieve things. I love the sport, explore the sport and explore themselves and achieve the best thing that they can possibly achieve.

Pete Catterall 37:28

And that is a great way to finish this chat. That is a really cool message. I think so Imogen. Thanks ever so much for your time. I know you're very busy. You're a bit

busy, writing training plans for coming out of finally coming out of lockdown. And things can open up and looking. You know, we had a meeting earlier where we're talking about racing, wow. Boats and all sorts of stuff that happened back together again. So thanks for taking stepping out and spending a bit of time with us. And yeah, good luck with your athletes. And you know, I'm always looking forward to see when I move forward to actually seeing you again, not on the screen and seeing where your athletes are at and seeing how they do over this next season. So thanks ever so much for your time, and I will speak to you again soon.

Imogen Collins 38:10

Thanks Pete.