

Lee Pooley 00:00:13

Hi everyone, and welcome to the British Canoeing Awarding Body coaching podcast. My name is Lee Pooley. I'm the director of coaching and qualifications. And today we are joined by two people. So today we're joined by Ivan and we're joined by Scott. Hi both.

Scott Hynds: 00:00:30

Hi, Lee.

Ivan Lawler: 00:00:30

Hi

Lee Pooley: 00:00:31

So before we dig into the particular subject, which is about wash hanging and we're gonna explore what on earth that means but I think what would be good is if for the listeners if you could give you a little bit of a background on who you are and your knowledge on this particular area. So Ivan you all right to go first?

Ivan Lawler: 00:00:50

Yep, I've been a flat water racer and a flat water coach for as long as I can remember. With which my short-term memory that could be only three minutes so it could be 30 years. In my canoeing career, I guess I made a living wash hanging. That's what I did. It's one tool in your box and it was my specialist tool. So yeah, I used it as a way of getting more out of my ability than my ability actually itself allowed

Lee Pooley: 00:01:16

Brilliant, thank you. Scott?

Scott Hynds: 00:01:17

Yeah, and I'm gonna echo that I'm a flat water racer and coach. And I would say I had a similar skill set to Ivan. I just wasn't as gifted as him physically and mentally so I used wash hanging to outperform my ability as well. So look after yourself in big groups. Whereas your physical capacity didn't necessarily enable you to do that.

Lee Pooley: 00:01:44

So, it's quite intriguing just listening to you, you're not giving it away, but you're almost teasing the listeners about what on earth is wash hanging? So Ivan if I come to you, what is wash hanging and a little bit more about the context of why you used it. It's not cheating is it?

Ivan Lawler: 00:02:02

No, absolutely it's not cheating. I mean you'd be a fool to think of it as cheating. So it's really basic the boat goes through water the energy of that boat going through the water creates waves. Every wave has a downhill side and an uphill side. And if you position your boat on the downhill side of that wave you are literally going downhill. So just like on a bike if you're going downhill it's a hell of a lot easier than going uphill and you gain an advantage from going down that hill. All you have to do is understand where the hill is, how to fit on it and when to sit on it, it's a very basic concept.

Lee Pooley: 00:02:40

With that basic concept, do we know what sort of...does it give you a 10%...what sort off...

Ivan Lawler: 00:02:46

So roughly, it gives you three seconds a minute. So if I'm working 100% on my own, I'll do a minute in a minute and three seconds if you like. Whereas I could sit exactly that same comfort level someone who goes that covers that same distance in one minute, so over a thousand metres it's worth 12 seconds to me.

Lee Pooley: 00:03:10

Okay, I'm just trying to get sort of everyone's head around this in terms of the marathon, we know that it can happen in quite Flat Water environments. But also you can get some chop side winds you can get allsorts. Is wash hanging something that could be using in quite a lot of different environments?

Ivan Lawler: 00:03:29

The whole of surfski works on wash hanging. It's just that the waves aren't created by another canoe, they're created by the wind or ... so a waves a wave, the Surfski guys are probably at using them. We're probably second best and then it filters down to other disciplines from there.

Lee Pooley: 00:03:47

Brilliant, ok, so this is all around, both probably the technical and technical aspects of wash hanging isn't it and this is what we're here to talk about today. And two highly experienced coaches of marathon and another aspects of paddlersport, what would be your approaches to introduce wash hanging to someone that's new to it? So they can forward paddle, but you're introducing wash hanging as a concept. For both of you, Scott you go first, what would your approaches be?

Scott Hynds: 00:04:20

Firstly I'd do it in the warm. Because the chances are they might take a swim at some point. But the easiest way to start is nose to tail. So in beginner type boats, they have a lot of buoyancy in them. And usually they're children. So they're quite light for the boat. So they don't kick off a huge amount of wave and therefore they don't feel it either. So if you stick your nose on their tail, it's the easiest wash to feel and it's the easiest wash to steer around.

So do nose to tail and you can just feel the boat pulling you along, the boat in front. If you're lucky enough and you live on a big enough river you can do the same with cruisers and pleasure boats and that's really entertaining, you can go along on the back of those for very little effort and feel how the wave pushes you around and such life. So how you steer constantly against the wave but not so much as you veer off away from it so on.

So that's where I'd start just on the tail and when you talk about feedback loops. If it's easy, you're in the right place if it's hard you're in the wrong place and you just move your boat forwards and backwards to where you feel it's the easiest if it's too hard, you're probably too close and climbing up out of the hole that's being created by the boat in front.

Lee Pooley: 00:05:49

You use the word feel quite a lot in most of your descriptions and when it goes well what are people feeling? Because when I surf on the sea, I feel a surge, what type of thing are they going to experience or you're going to hopefully for them you're setting up something that they experience. But what is it?

Scott Hynds: 00:06:08

You are going to feel that surge, that glorious run downhill. You're going to feel ...like you say when you're on the scene you drop over the top and the nose drops down you do feel that. Even if it's not a huge wave you do feel the nose drop you feel the load on the paddle decrease at the same speed and you may feel the boat being twisted one way or another, left or right. Depending on where you are on the wave.

You definitely feel that glorious like Ivan say's like cycling a bike downhill, you have two choices you can use that speed, that running downhill and overtake the person but your wash hanging them for a reason usually because they're quicker than you or you want to rest. So use the wave wisely either relax and bring your heart rate back down. Or just wait for a tactical moment and then use the speed from that hill to overtake them.

Ivan Lawler: 00:07:10

I think Scott's quite ambitious in that I'm gonna pull him up on that. Scott was pretty good at this as a skill. So perhaps yeah, he sees very clearly. A lot of the kids you coach don't see it that clearly. They don't have that level of feel. The size of a wave another child's boat is creating at four miles an hour is nothing compared to the wave you're talking about on the ocean. So obviously the concept is there you're going downhill but to feel that you have to have a very fine sense of feel. People who are good at it do have that fine sense of feel but a majority don't.

I tend with my kids...Scott doesn't coach the kids in our club that are a level where they can even begin to do this. So I get them...I'm kind of first coach in the line for this stuff. And I tend to do it visually to start to just line in your boat up with the other boat. If you're fortunate enough to have motor boats around then you can position the kids so they can see that the front of their boat is lower in the water than normal. I'm not asking them to feel it but they can see it. Position your boat where the nose is at its lowest. If you're behind another boat, I'll get them just to look at the other boat and it's learning to steer with that other boat. I don't think a lot of them can feel anything at this stage, but you just get them to visually practice being in the right place at the right time. Then occasionally it does come together for them. You get a bigger kid or a slow adult come and then they can begin to feel the waves. But initially I tend to teach it visually.

Lee Pooley: 00:08:45

And then when you talk about visually Ivan, just to sort of dig into a little bit, and I would imagine if let's say, if I could keep up with you, if you're paddling in front of me, you're creating a pattern behind your boat. So I use that pattern as a visual cue? If there's quite a few boats around that pattern it's confused.

Ivan Lawler: 00:09:05

That gets way too complicated to teach. Yeah, one-on-one.

Lee Pooley: 00:09:08

That gets confused so we're talking about almost one-on-one. Okay, right. Yeah.

Ivan Lawler: 00:09:12

Yep. the other stuff happens sort of organically around but you can't teach that at the beginner stage I don't think. So one-on-one. So yeah position your boat behind another boat. The boat in front of you creates that pattern you're talking about and that what you see is a V shape coming off from the back of their boat. Provided you can keep your nose inside that V shape while you're within sort of a foot to two feet behind them.

That's my start point, steer your boat so your nose never goes outside of that V shape.

And that's where I begin with them.

Lee Pooley: 00:09:45

Okay. Okay brilliant. And yeah, because I was thinking crumbs, if you get lots of paddlers and you do see them on the water it becomes bit of a more a mess of a pattern. And in terms of what would you say is, you say within the V and this is just the way my head's working is that gives me a left to right? What about distance to the other boat?

Ivan Lawler: 00:10:07

Yeah. If the wave is big enough you have the visual of your nose being lower in the water. Bizarrely you're quite familiar with where your boat sits in the water. So when it does drop down you that is something you can notice and then you come on to Scott's stuff about the feel. If you're good enough. You will move slightly further back, slightly further forward see if it gets harder. So what I do with them, I tend to start them almost touching. Which is the wrong place to be.

And then gradually have them drop back drop back drop back. They'll find it easier somewhere. I keep them dropping back and then they find it harder somewhere. Now, they're going up the hill so it goes from hard to easy to hard. So they know there's a difference between the easy and the hard. But once they understand there's a difference that they're searching for then there's something that they can actually look for and begin to feel for.

Lee Pooley: 00:11:00

And how small, is that sweet spot? or is it you a sweet spot that you've got to find or is it quite a large area that you could actually...

Scott Hynds: 00:11:11

It's a reasonably large area and when I say large, we're talking two or three feet. But that also depends on the weight of the person that you're sitting on and the speed that they're going at. So in the beginning, it's a two or three foot sweet spot and then when you get to the top level that stretches out to sort of five six feet.

And depending on the depth of the water and going around corners and things like that, which is higher level still but the nose to tail one is easy because they can mix as Ivan was saying visual and feel.

Lee Pooley: 00:11:49

Okay, so someone's got the principles the scaffolding or whatever we want to call it, lots of buzzwords around and someone understands the concept of wash hanging and now it's around them there may be some progressive exercises. What sort things could you as a coach put in place and not just in your own sessions, but maybe something for them to think about when they're out paddling.

Scott Hynds: 00:12:14

I always try to get people when they're hanging slow their rates down. So their rate is matching the person that they're wash hanging as a minimum. And hopefully it's slightly slower than the person they're wash hanging. So they're being more efficient. They're not working as hard for the same speed. So my cue when I was a paddler and when I've been working with people is to make sure your rate slows down. And usually

with the rate slowing down the heart rate will slow down. and then you can recover so we set sessions with one minute leads and there'll be four people in the group. So you'll sit in four different positions so you can go for four minutes

doing I'm going to say one flat out lead and then three recoveries and then you can go again and go again. So your work rate can be higher than you could do on your own. Because you're doing sort of active recovery and you're still moving and so on. So yeah, I try to make the rates lower.

Lee Pooley: 00:13:24

Ivan other stuff to add into that in terms of progressive exercises, you've gone from what you...

Ivan Lawler: 00:13:29

Yeah, I mean if we're talking Marathon racing here rather than just, going for a paddle with your mate and using the wave to help you out a little bit you're talking marathon racing here. So there's the two basic positions. You've got riding the wash on the tail, which we've already talked about and then your familiar position where you ride the wash just to the side of the other paddler and about half a length down. They're your two basics?

So what I try to do once you've got them to feel on the back wash on the tail when it feels easy and when it feels hard, then you can move them to the side. Again, initially visual you're roughly half a length down, but now they have a concept of when it's easier and when it's harder you can get into position yourself in a place where it's at it's easiest.

And then from there it's learning then to change from that side to the back and to the other side. Once you can change from the sidewash to the tail wash to the other sidewash everything else that's the building blocks of having 10 in the group, 20 in the group, 30 in the group. Those are the three things that repeat over and over. It gets

slightly more technical, but anyone who can move from the side to the tail to the side, that's your building blocks right there.

Lee Pooley: 00:14:40

Okay, and Ivan, in your introduction, it felt like you were talking about, using it wisely and that's what enabled you to be highly successful. Can you use it as an acceleration to overtake?

Ivan Lawler: 00:14:55

Yeah, you can do just like you see the cyclists, they'll come up behind some one, or the formula one. Yeah, they come up behind someone then pull out and overtake. So you've got a run up, our run up would obviously be going down the face of the wave. but then of course once you've gone down the face of a wave the next phase is up the back of a wave so the timing of all that is extremely difficult. But yes, if you want to overtake someone you gradually work your way back on the wave to the point where you're almost teetering on the top then run all the way down it. And then how you get over the next wave is another puzzle in itself. You need to move out over the side of it rather than getting over it lengthwise. So that's quite complicated to explain without pictures. I think. But yeah, absolutely you can use it as an acceleration/

But it rarely, comes to that because usually by the finish of a race. The leader is the one who's going to win, you very rarely see last minute overtaking in Marathon racing. You do see I call it on commentary and every time I call it wrong. So yeah, it's kind of something I'm known for now getting it wrong on the Finish, but it's quite hard to overtake because of that uphill climb.

Scott Hynds: 00:16:09

Can I add to that Lee I think a visual way for people to think about it is,...you see the half pipes in the snowboarding and skiing. If you're at the bottom of the hill, you haven't got much energy. If you're at the top of the hill, you've got all that acceleration down the hill and they can get them up over to the other side where they do their flips in the air.

Coming down the wave is the same if you come from the top of the wave you can accelerate down and that will get you over the next hump. If you start at the bottom of the hill, all you're doing is accelerating uphill and it's really really hard and that hill is moving away from you at the same time. So Ivan's point about riding up to the top of the hill if you think about it as a snowboarder where you're just about to drop over the top of the lip. And that's exactly where you want to sit just on the top of the lip. So if you were to do a little bit of work you fall down the front and accelerate down.

Lee Pooley: 00:17:04

In a minute, we're going to move into a bit of around sort of setting up the coaching practices itself. So wash hanging could also...it's a race tactic isn't it? In terms of could you use that just to make your way up the field of paddlers?

Ivan Lawler: 00:17:19

It's not a race tactic, it's the race tactic in Marathon racing. You see it in the cycling. You see the Peloton. You need to hide as much as you can and in the easiest place, you can because that over the two hours of your race, the more you've done under full power the stronger you're going to be later on so it is the meat it's the bread and butter. Yeah, you can be fit as you like. It doesn't matter how fit you are if someone's going essentially three seconds a minute easier than you that's a lot easier. People have done the percentages. I think on the side It's something like 15% easier and if you get into the V at the back, it's 30% You're saving 30% it's huge.

It's not something you either choose to do or not, it's not at all you decide whether you want it or not. You have to have it, it's not an option.

Lee Pooley: 00:18:10

So in terms of coaching, we know within a lot of marathon clubs there's less one-to-one coaching that goes on, there's quite a lot of group activities in it in terms of so how would you set up the use of wash hanging where other areas are going to be focused on. So like a multiple outcomes session so, you want people to bear in mind wash

hanging, but also their focus is on another particular area. How do you set that up? Because that's quite complex in itself because from what I've seen it's those sessions are just always moving.

Ivan Lawler: 00:18:45

I don't think you have to set it up at all. Once you've taught someone what it feels like going on a wave. If you've got a group going along whether they're a marathon group or a sprint group on a Sprint Lake. If you're falling behind you will find that wave and you will stay with the group. There are sprinters who've made their living out of sitting on waves. I got to final k2 1000 metre final by riding a wave. There's a guy I think he's Slovakian, Peter Geller. He's made his living for the last 10 years riding waves down a thousand metre course. Yeah, you're not directly next to the other boat. The waves are still there, even if you're further away, so I don't think you need to set up a session once people have the skill set. And a survival Instinct, they will always find the wave because if they don't find the wave they get left behind so I think it becomes quite organic in that way.

If you want to set up a session for wash hanging then you have to set scenarios. Scenarios are quite hard in a group because the best person in the group is the best person in the group every week. And so they find everything easy the slowest person finds everything hard. So you might have to dumb down the best person give them a resistance band all of a sudden they're struggling for survival. They need to find the best wave. And it's necessity that accelerates your learning very very quickly. People who think they're good and people who think they can win every effort and don't bother to learn. When the race comes they come up extremely short extremely quickly. They haven't got a plan B. It's the kids that have learned to survive. So you put people in survival type scenarios. And that's kind of how we teach.

Lee Pooley: 00:20:29

And that survival will then go into that race that event won't it? They're using the same approach...

Ivan Lawler: 00:20:35

Yeah, people have different mindsets, I can only tell you how I thought. You're in a group that can be a group of two it can be a group of 10. My mind is always... where is the easiest place I can be? That's the only thought I'm not thinking about winning, losing, that turn coming up. My whole thought process is there somewhere easier than where I currently am if the answer is yes, then rearrange things to get there and to sit somewhere where it's harder is... frankly you're an idiot, but luckily there are lots of idiots. So there's always someone prepared to do the hard work if you want to use them and we love those people.

Lee Pooley: 00:21:14

And what about yourself Scott?

Scott Hynds: 00:21:16

One of the things our coach did when we were kids he'd have two groups. Reasonably equally matched maybe two quick ones in there and two weaker ones on one side of the river and two quick ones and two weaker ones on the other. And because you're competitive you want to win but your last person across the line was the one that counted. So that scenario is setting it up so the quicker person just can't leave. They have to look after the group. They have to manage the group. So you learn from those sort of situations and you look after people but you also know how hard you can go when people are struggling and that transfers later on as Ivan's saying into those races where you can just see people are struggling, but are you going to look after them? Are you gonna make their life a little bit harder here so that I don't have to work hard later

on. So yeah you choose your best driver or your fastest leader, and then everyone has to stay with them and those sorts of things so that as Ivan said you are experiencing hanging on for dear life.

Lee Pooley: 00:22:13

And you just said then about the part of learning there isn't there and there are certain aspects that you will see individuals struggling, so maybe it's scenarios Ivan, you used that word in terms of setting up a practice. If you are going to focus solely on wash hanging as a subject of a session how do you create feedback loops and one is intrinsic feedback loops that you are feeling and the other one is actual, your interjection as a coach for development opportunities. How do you set that up?

Ivan Lawler: 00:22:59

Always that's situationally dependent so yeah, if it depends how many people you've got to practice your wash hanging. If you've only got two people, then you can only practice certain things if you got four you can practice more and then you can get into the discomfort of more than four. As soon as you get more than four discomfort arises in those groups. So you're generally working with the slowest person in the group trying to protect them from the other people in the group. So if you can put them in a position where they have a realisation that hang on a minute, I'm going along with the big guns here. And I've still got capacity to think, I've still got capacity to change speed. That's a very positive feeling for someone you're going along with people who are puffing and blowing that you can't normally keep up with, nobody doesn't notice that and that's your Eureka moment. Do you see that you just kept up with Big Johnny and that's... as much as you talk to them about feel of the wave, there's so much going on often, that to separate their thought process out from what they're seeing to what they're feeling to how they feel as in fatigue and stuff like that. There's so much going on that it's quite hard to isolate a feeling or a thought process.

So it's just to ask them, were you tired at the end of that? Often they'll say not really. I say have a look over your shoulder at your mate here who's red in the face puffing out both ends, how do you think he looks like he feels? Oh, he looks tired. And it's just that realisation that there is this skill you can use that is a lifesaver and that's literally what it is for you in that race in that situation. There's a tool you can always go back to. I'm feeling rubbish here, I'm tired. I'm out of breath. We've all been in a situation we think hang on a minute. I'm on a limited lifespan here. If I carry on like this, it's only ending one way.

Look for the best tool you've got and that's finding a safe place in that group. And that might mean you changing the shape of the group that's complex stuff realizing how you can change the shape of a washing hanging group, but that's the tool kit you're gradually building. First you have to find out what a wave is, then you have to find out how to swap from one wave to another. Then you have to learn what Scott's just told you about reading the body language of the other people and then learning how if I need that shape to change what do I need to do to instigate that change so that it suits me. And that's always your thought process. What suits me? It's a very selfish thought process, but that's sport generally, right?

So I don't know in terms of feedback loops, you're just putting the kids in positions where it's impossible for them to not feel something good. And then you get them to tell you that they felt it, understand why it was that they felt it and then repeat and repeat and repeat and sometimes that's putting them in a worse place. So they go that's how it could have felt mate that if you were sat on that wave that's how hard the same effort the same speed would have been in that place or we can go in this place. You could do that with a heart rate monitor, if you're one of those technical people who like the data and the feedback. But I prefer feel than data on that sort of stuff.

Lee Pooley: 00:26:23

Yeah, Scott. you got any thoughts on that particular area?

Scott Hynds: 00:26:25

Yeah, as a coach one of the most exciting things you see is when one of your kids stays with a group that they have no right to be with. And they stay there legitimately and they finish in that group, that is something like 15 seconds quicker than them at least and they sit there and they stay there. And once one person does it the others realise that's possible and then, the confidence grows. I don't want to name names, but Ivan knows who I'm talking about. We have one lady one effort every week. She now does this effort in the middle group and she's a young young girl. She's going with people that are 15 seconds quicker than her regularly and she's just finding those big...

It's really rewarding as a coach until of course, she knocks you off the wash! But once you've seen someone of your speed and your ability do it, you know it is possible and then when you do it, it's possible and then when you do it you know it's possible. And then you try and repeat. I think you have to set up a culture with a group that allows that as well. Some people are quite aggressive and they won't allow people to join in their groups. You see that at various different clubs, usually with men of a certain age who are on the way down the hill rather than the kids that are on the way up it so but it is vital skill that those people with more experience and I used...

Ivan Lawler: 00:27:58

Yeah, listening to Scott on that, I think we've actually missed out one of the stages that you go through automatically without really knowing it. When we do those sort of group races where everybody's involved, the coaches will go and herd one of the kids like sheepdogs. They're not expecting the kid to put themselves in the right position, but the coaches will gather themselves around a child and lead them into it. So they haven't had a choice in the matter. You put them exactly where they need to be which is generally quite a slow part of an effort and then that group will speed up and up and up and go right past everybody and the child will come with them because you got three fat coaches and a midget kid sat on the wave of three fat coaches and that's virtually impossible not to do well in that situation.

So I think we're very lucky certainly in our club, we've got quite a few very savvy wave riders and who all equally quite sensitive to the kids. So the kids get a lot out of that.

Lee Pooley: 00:29:01

Yeah, so almost... you use the word shepherd don't you in terms of sheepdog and getting them into position. There's probably a couple of aspects just for them to understand that actually this is how you get into that position also giving them the confidence to move into that position, isn't it? I think it's quite interesting you're young and paddling with people that are older. It's just to have the confidence to actually just get in there.

Ivan Lawler: 00:29:24

I think that's a very good point actually because one of the favourite waves you ever want to be on, they call it V wash so you're on the tail of the leader who's got a boat either side and you're tucked in finishing off that diamond shape if you like. It feels initially very restrictive in there. You don't feel like you've got a lot of space to move around you feel a bit constrained. It also looks like it should be rough water in there. It turns out it isn't but there's a lot of splash there's a lot of visual roughness that isn't actually real in terms of the water itself. So it's quite an intimidating place to be and when you meet people who haven't had the luxury of bigger groups, often they don't like being in that wave even though it's the best of the best. Because they just don't feel that comfort. So yeah, you're dead right about giving them the confidence to go and do that.

Lee Pooley: 00:30:17

And something I failed to ask right at the beginning, I'm asking Ivan because you clear that Ivan works with that with the new paddlers that come into... you've obviously got a thriving club down there is you say about wash hanging being almost the most

important aspect. At what stage do you actually introduce it then? Someone's turned up for the first time, you've got group of kids join the club they're really enthusiastic to get out of the water. What is the triggers for you to go now it's the time to introduce this?

Ivan Lawler: 00:30:46

I think even... Scott starts the real beginners, but they're not at a skill level where they could do this stuff, so I probably get them at that first level where they can actually do it, but the reality is Scott starts them before that because he will have them going paddle side by side, not on the wave, but just side by side. He'll have them practicing nose to tail if they're following each other. So the earlier you start the concept of being able to position your boat where you want to position it the better. It's really simple stuff, three people paddling side by side without crashing. It is a Scott's level...not Scott's personal level ... the kids Scott's coaching. It is a very difficult thing because what they do, the paddle along looking at each other and as soon as you look at something you go towards it and they end up in a pile. So it's learning to sort of almost feel the boats going in the same direction at the same time and that will be right in the I don't know week two week three, straight away. Scott will have them for let's pick a figure three months, four months ideally.

The ones are actually going to go and do something in sport. And then I get them from there and then we start to do the nose to tail with a purpose where you're trying to actually feel opposition. It becomes more and more important that your nose doesn't go outside that V we talked about the very early stage of this podcast. And you start to fine-tune it and do it as a drill rather than a playtime. So yeah, right from the start because it's certainly in marathon racing it's a massive skill.

Lee Pooley: 00:32:23

Yeah, and it almost feels, what you just explained there Ivan, is at the very beginning there's an understanding there are building blocks within Scott's particular session that they need to have before they move into your group.

Ivan Lawler: 00:32:42

Yeah, if he passes them up too early, it's a right royal pain in the arse because they haven't got the basics to do what we're trying to do now so he knows when they can come and yeah, that's being able to paddlers side by side or nose to tail is one of those prerequisites basically.

Lee Pooley: 00:33:00

I know our conversation's around wash hanging today, but that's something that's really fundamental within any club isn't it? About what sort of sessions and what sort of topics are going to be covered and what level do people need to be at or ability need to be to move into the next session. I think, just otherwise it does create issues. Doesn't it for the coach and for the participant for the paddler?

Ivan Lawler: 00:33:25

It's crucial actually because you always have and Scott can probably think of a couple of kids at our club, a big athletic kid who speedwise belongs further up the ladder but because they've got fast too quickly they haven't had time to learn the skills at each group. So initially they progressed through the club very very quickly. But then they end up where people are the same speed as them you've now got a better skill set. And that holds their progression for a very very long time before they can move on again. Which is quite depressing for them because they've had this massive acceleration through the club at the start, of course their parents think they're the greatest thing ever, they think they're the greatest thing ever.

But they haven't gone through the stages. They haven't put all the building blocks in place and they stall quite badly after that. So yeah, sometimes... I can think of one kid I've got in my group at the moment who's too fast, but there's no way he's going up to

the next group because it won't go well for him once he ... I don't know if that's a general thing, all clubs can adapt to whether you just adapt that between yourselves because you know what each one's coaching at each level. It kind of grows organically. It's not written down. Is it Scott?

Lee Pooley: 00:34:45

No. I wouldn't have thought it's written down in any particular club, isn't it? And it's almost done on... the coach and participant or paddlers just need to know when it's right to move isn't it?

Ivan Lawler: 00:34:55

Yeah, but it's also equally very hard to explain to a kid who's given everyone else in their group a whooping and the good kids are in the group above he wants to go and race the good kids. It's very hard on them to say that you're not going up yet. I'll pick a time and some of them and I can understand why they start to feel like you're deliberately holding them down and you do all with the best intent because you've seen it before but they're hard decisions to make sometimes

Scott Hynds: 00:35:27

They've got to be ready for the challenge as well. Sometimes when they start winning quite easily, then going into the group where they're going to be the slowest, they're not necessarily emotionally ready for it because as Ivan said, they've been at the club for three months they've gone through two groups and then suddenly they just get beaten every effort every session every day every week. So, you have to look after them emotionally as well because they are there for fun.

Lee Pooley: 00:35:57

Yeah and for that to happen to someone and that acceptance and understand you've got to be quite robust, haven't you? I think we all have those particular wrestles and I think clubs definitely within moving those athletes, those paddlers through to the next

groups is difficult. I've really enjoyed this, chatting to you both and I think an insight into your approaches to what wash hanging is, the importance of it and how you go about coaching it. I think's been great and I hope the listeners have enjoyed it as well and really appreciate your time. I know you're both busy, you've just come back from a coaching session this morning, and then jumped onto this call so very much appreciated and thanks very much for your time and don't be surprised I don't call you up and ask you to do another podcast. But thank you very much.

Ivan Lawler: 00:36:47

Cheers. Thanks Lee, Cheers Scott.

Scott Hynds: 00:36:48

Pleasure, cheers