

Daniel Thompson - 00:13 - 01:59

Hello, welcome to the British Canoeing Coaching podcast. Today's podcast episode is brought to you by the England Talent Programme. This week is Mental Health Foundation's annual Mental Health Awareness Week. The theme this year is Anxiety, so today's podcast episode will be discussing performance anxiety. In this podcast episode, we'll be chatting to two senior athletes on their personal experiences of performance anxiety and the techniques they use to manage performance anxiety.

My name is Daniel Thompson. I'm the Talent Operations Coordinators for British Canoeing. Joining myself with discussions on this topic area today are two senior athletes on the World Class Programme. First of all, we have Laura Sugar. Laura was the women's KL3 Paralympic champion at Tokyo 2020 and has won gold in the past two seasons at the World Championships over this distance, also. Hi, Laura.

And we also have Lewis Fletcher. Lewis is a senior canoe sprint athlete on our World Class Programme, where he's been on the senior team for the past seven years. Hi, Lewis.

And also joining myself, Laura and Lewis for discussions is Zofia Cambell, who is British Canoeing's Performance Wellbeing Coach. Hi Zof.

So it's great to have all three of you here today. I'm looking forward to chatting about all things around performance anxiety. So to start, I want to talk about your experiences of performance anxiety. So I'll start with yourself, Laura. What's your experiences around performance anxiety and what's that look like for you?

Laura Sugar - 01:59 - 03:59

I think for me, performance anxiety and kind of nerves and build up to competition is something that in my experience every single person has. And I think for me it's a really useful tool and I feel horrific during the build up to some races. I struggle with nerves a lot. Like the physical symptoms of nerves. In my brain are normally fine, but my body is like [unclear]

Zofia Campbell – 2:29

What are your symptoms?

Laura Sugar - 02:30 - 03:59

I struggle to eat, I feel really sick, and then I'm like, "Why am I doing this to myself?" But I've always had it. But I've been really fortunate. It's been a number of years but I was a [...] I did athletics and hockey beforehand. And every single time I felt nerves, I always produced my best performances. And I think for me the changing point is whenever I felt nerves, and performance anxiety or butterflies, or feel sick, that is actually a useful tool for performance. It gives you extra adrenaline and it makes you go faster. I've always gone faster when I use those nerves. I think it's key to embrace the nerves. So I think where you could mess up is if you start panicking about being nervous and worrying about being nervous. You waste energy thinking about being nervous.

And I think that's where people go wrong. And I hate it when coaches, teachers who are like, Oh, don't be nervous. You shouldn't be nervous. Go and enjoy yourself. It's like, it's a good thing to be nervous. And if you're nervous, it means you care. So rather than to try and teach people to not be nervous, and not have performance anxiety, it's actually teaching people how to embrace it and how to use it to their advantage because it is an advantage.

If you just [...] The only form it can be a disadvantage is if you spend energy worrying about being nervous and then you can kind of not have enough energy for the race. And so I think that's the key to it is actually a good thing. And to embrace it rather than stress about it.

Daniel Thompson - 04:00 - 04:33

Yeah, as you said, it's there's quite a lot of benefits, to performance anxiety which we'll go into in this podcast episode. And then we'll want to talk about how you potentially manage your performance anxiety to get the best out of your performance because, as you said, it can be a good thing and it helps you to do better sometimes. Some of those physical symptoms of the nervousness, butterflies in the stomach, is that something that yourself have Lewis as well or have you got any other symptoms that you have?

Lewis Fletcher - 05:00 - 07:04

Yeah, I mean, Laura pretty much covered it all really. I'm the typical nervous that just not wanting to eat. That one certainly rings true for me. We spoke about the nutrition podcast last week with eating things that you're just comfortable eating with because at the end of the day, whatever makes you more comfortable is going to be whatsoever easiest to eat. It's just a stressor that you don't need.

But certainly with what Laura was saying, nerves are a good thing. Certainly, I look at performance anxiety as in you've got a sweet spot. So you don't want to be overanxious and overhyped for something where you're not got clarity of mind and we're just crazy. Certainly, I don't think that's that's healthy or good for performance, but by the same notion that under that line you're not up for the race enough. So there's definitely a sweet spot to it. Being over nervous is not a good thing and under-nervous is also not a good thing. So that's finding that sweet spot.

And I think everyone's different and everyone's got their own sweet spot, which they need to find. That's I think where people talk about experience matters. Is how to deal with your nerves. Is that experience knowing where your sweet spot is? You see a lot of, certainly when I was a kid, I'd get overhyped for races, I'd get overnervous for races or even tried to shoot under it.

I remember certainly when I was growing up, Usain Bolt was an idol of mine and he was the most chill guy you would ever see on the start line. He was the first person I ever saw to be dancing and all the rest of it. And it was like, "Oh, well, I'll try that next time. So I went above and below that sweet spot line, and through my career I've kind of honed in on what I feel is best for me. And the biggest things for me actually, that helps my performance anxiety is being prepared. If I feel prepared for the racing, if I could have done everything I can do, there's not much to get nervous about.

Other than just wanting a good result. I know my timings, I've done the work I needed to do. That's being prepared for me. It makes a big difference.

Zofia Cambell - 07:04 - 07:37

So you've both mentioned that nerves can be beneficial for your performance, I think that's really interesting and probably something that our younger listeners might not necessarily have heard before. So I wonder if you can explain physiologically why you think that kind of anxiety, those nerves can actually help your performance. Laura.

Laura Sugar 07:29 - 08:58:

I think the key for me is that bit of adrenalin. Like we're both sprinters. I don't know, I don't have experience over real long distances if that if that makes sense. But I guess when I race [unclear] it still would help when I play in 70-minute games, so I guess it still does. So that spike in adrenaline does help exactly. A little extra edge that if you use it in the right way, if you don't get over-nervous, if you get that sweet spot – and for me that's being in control and not getting like I'm nervous and overthinking it. Overthinking and overthinking your race.

For me that's been ... hitting that sweet spot is [...] I know the nerves are there, [unclear] I don't have to stress and overthink stuff. So I think yeah that's why for adrenalin, I choose to use it. It, it does. Especially with, with a power sport. It gives you that extra edge and also just that extra fight as well in the last bit of the race because you've got that adrenaline, those's nerves.

Yeah. And if you haven't, that's a big if, if you haven't gone over that peak and started stressing too much about the nerves and got over that hill, you still have that energy. So then that fight in the last 50 meters that if you did it time when you have no nerves you might kind of conk out a bit quicker. Whereas having that bit of adrenaline and those nerves really brings that fight out of you because your brain's in that fight-or-flight mode.

So I think [...] so in two ways for the peak energy at the start of the race, but also carries you through at the end.

Daniel Thompson 08:58 - 09:39

There's a lot of psychological models around this, around this optimal level of performance anxiety. What you were talking about there, Laura. Having that sweet spot and then how that is about saving your performance. And, similarly yourself, Lewis. I know when you set that sometimes you're below that line and sweet spot and kind of you alluded to a little bit, Laura. Are there any techniques that you have, Lewis, when you feel like you're not getting there or you are over-anxious and you need to take a moment. And what do you do to try to get yourself to that sweet spot of.

Lewis Fletcher 09:39 - 13:28

So like I said earlier, it's being prepared. So that's one thing that stops me from being over nervous. So if I'm if I'm feeling a bit too nervous and a bit above my sweet spot, I try to rein things in a bit. I go, okay, I've prepared as best I can. My training has been optimal. I've done the best I can in my training in the lead up. My prep into the race has been good, i.e. my taper and my few sessions before have been good. I sit back and I am I trust in the work I've done and that is purely by process of doing the work.

If I, if I know I've not done the work, I can't trust the work that I've done. So when I turn up on the start line, I am trusting ... I look at certainly Sprint. I know it's probably a little bit different in slalom, but in Sprint we turn up on the start line with a race plan and execute that race plan perfectly.

To deviate from that is typically not good. And so all I'm doing is as I'm following out what I've done in training each prior. It's just everything's a little bit more on edge kind of thing. So and again, that what Laura is talking about that heightened anxiety that gets that last little bit out of you. But I can turn up in the start line, knowing my prep's been solid and I can trust that prep and rely on that prep to get me through the race.

When we're talking about me being under the anxiety levels or under that sweet spot, it probably just means you don't care enough. But I've never really had that issue where I've not cared enough. So it's kind of [...] But I mean, there are reasons, I guess you turn up to, but then that is purely indicative of maybe the race you're doing.

If I turn up to a regatta that there is nothing on the line, it's not selection, it's not British champs, it's not Europeans, Worlds, whatever. If it's just a domestic regatta where I'm going up for a bit of a hit out, yeah, I'm not going to be as nervous. My performance anxiety is probably not going to be in that sweet spot.

But I think you just have to accept that. That that's normal, that's natural. I think as well the other bit to this is not to lie to yourself and say [...] not to try and bring out an anxiety that isn't there or pretend to yourself that you're not nervous because it's just quite confusing for your brain to deal with. So feel the emotions. You're feeling it. There's nothing wrong with that. There's nothing wrong to feel those emotions of, "Oh my God, I'm really nervous". You can rein that in by going, "but actually I have done the work". Or actually, "why am I nervous about what time I'm supposed to be in the water? Because I've checked that three, four, 500 times yesterday and I've got my watch on my wrist. So I don't need to be nervous about that". But don't lie to yourself. I'm not nervous about that – I'll just pretend I'm not nervous about that. Accept you're nervous and then tell yourself, "but actually, I have no need to be nervous because I have checked that, I have done my due diligence, my boat is up to wait. I have checked and I have planned my day". All these things that again that's all that's to me that being prepared for your racing if you if you are prepared you can trust on that on that preparedness and readiness that that is what brings you back to [...] That's what re-centres me anyway. But also learning to accept that this is a big occasion. I'm okay to be nervous. I accept I'm nervous. Once you accept that, you can deal with those nerves.

Zofia Cambell 13:29 - 13:40

Yeah. And I wouldn't be surprised actually that example you've given of Usain Bolt performing on the start line like that, it's probably a bit of a show. I'm sure he's feeling the nerves and an Olympic ...

Lewis Fletcher 13:40 - 14:02

Yeah, but again, that's probably his way of - I mean, I've never met him obviously - that is his way of dealing with his nerves. He's probably quite accepting on the warm up track. He's just as nervous as everyone else. But how he deals with his nerves maybe isn't by thinking I'm prepared, maybe it is, I don't know.

But how he expresses himself and how that looks and how that emotion plays out is just quite different to how other people. Some people get really aggressive and whatever, and that's just how they display their emotion. That's not necessarily how they're feeling.

Zofia Cambell 14:24 - 14:49

Nice point there about the fact that everyone is going to be nervous. You're not the only one feeling that, even if it doesn't look obvious. You can remind yourself that everyone else on this start line is feeling very similar to me. It's not just me experiencing this. Like, I think that's quite a good coping mechanism as well.

I wonder if we can ask Laura for some of her coping mechanisms as well.

Laura Sugar 14:49 - 19:03

Yeah, actually I was watching Lisa Carrington interview after the New Zealand trials and she was literally this weekend and she said exactly how. And I was ... it made me feel so much better that she felt like it. She said literally in her interview that she always wakes up and says like why I'm doing this to myself? Why do I do it?

And I was literally the thought going through my brain and you're like here's this unbeatable force I heard and she still feels that. So that knowing that everyone else feels like that definitely helps. I think for me ... As I say, like as Lewis said, it's okay. And we say about experience and some people thinking "I don't have that much experience" then embrace getting experience that you're not going to do it right in every race.

So I think, you know, rather than thinking "I've got to do every single race perfectly", then you go right. If it goes really well, it goes really well. If it doesn't, then I've for the next race. Like we're only at this stage because we race, we've worked out what works for us to know what to do with performance anxiety. Like that it is okay to try different things rather than just try and stick to the same thing. If it isn't working, try something else. If it doesn't work, fine. Use something different in the next race. And I think that's really key. Rather than thinking you've got to be perfect every single time. Work it out. Like I definitely have like those, you know, strategies that you use to try and like say make myself nervous. And as Lewis said, that it's probably the ones I didn't care as much about.

And, you know, you get nerves if you cared. You know, you get nervous. I think for me, I definitely with canoeing my strategy at the moment is ... As I said, I don't want to [...] I know I have the nerves, I know I have the butterflies and I have complete trust in myself. When I go out on the start line, I will do my absolute best.

I've had races when I've nearly fallen in, when I was in the start bucket run, but those things happen. We're in a sport where water conditions change. You're not going to have the perfect race or the perfect conditions every time. So embracing that and trusting that you will do absolute best in those situations. It might not go perfectly, but you will do the absolute best that you can on that day.

And I think if you are confident in that, that you can deliver the best race plan that you possibly can on the best race. Just trust yourself. And I think that for me, I've learned to trust myself that no matter how sick or rubbish I feel before a race, I trust that I'm going to go out there and do my

absolute best to leave everything out there and empty the tank so I don't have to sit and think for my race plan over and over again.

Some people that might work, but for me that [...] I know my race plan, by the day I go racing. I'm not going to change that on the day of racing. I might want to go over it a lot weeks prior, but on the day of racing, I know there's a few [...] three different keys I think of. When I'm on my land warm up, I don't want to waste energy during the day. That's what I think when I'm nervous. If I sit and think about being nervous. For me the biggest killer would be to waste energy and to then feel exhausted when I get on the start line, and I just have nothing left.

So I think ... yeah for me my land warm-up. Actually I listen to podcasts. Like literally before my Tokyo final. I don't have kids, but I'm a fan of the parent podcast with Josh Widdecombe. And it just distracts me. It's nothing to do with canoeing. It's nothing to do with sport. And I was in the warm-up room in Tokyo listening to that podcast, like laughing along and it just distracted me. It wasn't like I'm not focusing on my race. It just distracted me from the nerves. I'm still doing my warm up. I still know the process is ingrained and then obviously when I get out on the water, then you're moving and you're going, those nerves automatically calm down out on the water.

And that's when ... Then when I lead up to the bucket, I literally go, "Right". The three things I'm thinking about are literally how I'm ... the angle going into the bucket and I start moving the boat. I don't even worry about the second part of my race because that's not happening yet. I worry about the second half of the race when I'm in the race. And I think, yeah, for me that distraction really helps. It might not for some people, but it definitely helps me not waste energy on thinking about nerves because they're there and they're going to be there. They're not going to disappear. So that for me is a huge strategy. I still use it. I used it last weekend before our regatta. Just that distraction I think seems to help with me.

Zofia Cambell 19:03-19:41

Yeah. I think I mean, I've definitely heard from other athletes in similar positions. Clearly there's something in that. I'd like to highlight the point you said for our younger listeners, who might be really struggling with nerves, around not just accepting it, but also reminding yourself as soon as you get out there on the water, they disappear and you end up enjoying it more than you expect.

So I really wouldn't want someone to listen to this and think, "Gosh, it's too much! Why, you know, why do I put myself through it?" Actually, remember, you do enjoy the sport and it's just a short it's almost short time pain. The same way you get with training.

Lewis Fletcher 19:42 - 21:07

For me the worst bit is waiting for your race. Because all you're doing is you just sitting, waiting for something to happen. You're waiting for the moment where you're trying to [...] you want to perform. And it's just about having strategies around that to either calm you down like Laura sitting and listening to her podcast. That's not something I really like.

I also hear people listening to music. I don't like that. I just I don't even really know what I do to be honest. I just kind of bumble about, speak to people, maybe sit on my own, maybe I'd sit and feel the nerves and feeling. That's not a problem for me. I think find that little individual thing that you like doing. Whether that's even going for a sleep. If that's [...] Try it. If it doesn't work, it doesn't

work, and you can know that for next time. Like there's, there's 101 different ways to deal with anxiety or performance anxiety. And I think, yeah, for me it's, it's accepting that you're nervous, accepting these little things that ... only then can you actually deal with them.

You can't deal with those anxieties about racing or whatever without accepting that they are there. And I think that's what helped me is accepting that they were there and then I can deal with them.

Daniel Thompson 21:21- 21:43

It sounds like both yourself, Lewis, and probably what you've mentioned, Laura. You've learned over time, you've tried different techniques and you find out what works best for yourself.

For younger paddlers it might be ... there's still time to work out what's best for them. I'm quite keen to know whether there's anything that you communicate with your coach and did they help you with that process? And do they know what works best for yourself and how to get the best out of you when you're dealing with that performance anxiety?

Laura Sugar 21:44 - 23:24

Yeah, for me, I get quite quiet when I'm nervous. I'm normally rather loud but race day I'm normally a lot more quiet. And yeah, I think I've had to check that we've changed faces. Yeah. I mean I've had to ... I've changed [unclear] this year. Me and Hannah had that discussion and practiced it last weekend of what she wanted to say to me.

Some coaches, some people want to be like talk the whole way through the race plan before the race. I don't like that. I want as little as possible. I just want to be told, "you're great. Go do it". Even if I'm not great, just tell me that I'm great and that will help me. Or just to say, like, I think the word trust. So she tells me She's like "Look, just trust yourself". Not necessarily trust yourself. You're going to do the absolute best you can. And that thing is keeping me. And we have those discussions of what actually works for me. And I think that's really helped to ... I literally, as I say, I try and [unclear] my race to two or three cues, because the more I think like the more energy I'm thinking about thinking. So actually, I'd rather think as little as possible.

Some people like to think a lot through the race. I don't. So I just need like three words in my head and that's all I need to do to do the race. They're actually extra kind of talking to me and talking things through will actually just scramble my brain more. Whereas I know that there's other people that that might be the other way. But I think that conversation with a coach and just trying things. Like don't expect me to have the perfect strategy nailed down straightaway. It's actually really good to try out loads of different strategies and you'll work out what's best. Now's the time when you're young and developing to try out these things, to make mistakes. It's actually better to make those mistakes because then you learn from them rather than be perfect every single race.

Daniel Thompson 23:24 - 23:33

So [unclear] that open communication - dialog with your coach. Have that conversation with your coach and kind of worked out what was the best [unclear] there, yeah.

Zofia Cambell 23:34 – 24:08

Yeah, and don't underestimate the impact that this stuff can have. You know, nerves might seem like something like we should all expect that to be there and you just deal with it. But actually, as I hope we're hearing today, these senior elite athletes are really prioritizing that. The conversation we have with their coaches and something to work on. It's not a small part of the race. It's actually quite a big part and can really affect your ability to deliver. So don't feel silly to ask your coach about that. They will certainly understand that it's a big part of performing.

Daniel Thompson 24:09 - 24:36

And similarly, actually, you talked yourself, and Laura, your more individual event. But Lewis, you hope to do a lot of crew boat K2, K4 events. It's also having that conversation with your fellow teammates around and understanding what performance anxiety might look like for your teammates as well. Is that something that you discuss amongst each other as well?

Lewis Fletcher 24:36 – 26:51

For sure. I find - especially if you've got a good team around you anyway - sitting in a crew boat is actually ... you share the nerves, which feels really nice. Actually that relaxes you a bit because you feel that the others are nervous as well, so you don't feel so alone. I think that's what's really nice about crew boat racing is that you don't feel so alone of feeling nervous.

Something that probably gets forgotten about a lot is understanding your teammates. There's people I've raced with that and they've got the stressors around racing and all of a sudden they start doing mad stuff that you don't understand or that they've never done before or they get stressed about stuff and start wanting to change stuff or change this, that and the next thing. If you got a plan and a process that you've discussed a few weeks prior or whatever, you come with your ... you agree with that person that that is what we're doing on the day.

If they start to get stressed, that can be stressed. Like you can support them. But the way they deal with it, if it's not how you would deal with it, that's okay. And I think having been in crew boats with people that that do weird and wonderful stuff when they're nervous, let them get on with it because that is just their way of coping with it.

That's like everyone is different and that goes for like ... It's a bit of ... It shows that what me and Laura are saying today and how we deal with our nerves isn't going to work for everyone. It's going to work for a few people and maybe someone will use a bit of what Laura's saying, a bit of what I'm saying. Some people will use anything.

They'll be the ones that go and have to sleep in the back of the car for a race. I certainly couldn't do that. But it's important to understand that everyone's different and everyone deals with it differently and that if you're in a crew boat with them, you need to let them do that. Yeah, that's accepting that.

Daniel Thompson 26:51 - 27:28

Yeah, Good point. Lewis, have you got any pieces of advice or experiences of family supporting when you've had performance anxiety?

Lewis Fletcher 27:03 - 30:21

Yeah. So I used to be an athlete much when I was younger, I [unclear] family then because I used to come down from Scotland, so it's quite a bit away. So every time my mum, especially would say "Do you want us with you?", I'd said no every time pretty much. I really did not like them down, not that I felt like they were getting in the way or anything.

I just, for whatever reason, I just didn't want them down. So I think as I grew up and I got a bit more mature, I realized that having them around is not a hindrance. I think that was just a bit of maturity for me. But certainly when I was younger, I actually am really thankful for them for the fact they respected that and they actually and that was the support level I wanted – of them just not being there.

So I think it's important for parents not necessarily would think they're doing any more than just supporting. But that is that effectively is your role to support the child and to be there and do as basically as they ask for probably one weekend a year or however many weekends they race. It's maybe the kid that's maybe a little bit in charge of what goes on a little bit. You are there to support.

If they go, "no I don't want you around" or "can you do this, can you do that?", that's what that child is looking for is a bit of support. So that to me that was what I would want when I'm racing is just that support from parents. And if that means I'm asking for less support, even though you're maybe feeling that you're getting less support, that is actually supporting them.

And don't maybe overdo it if you think that they need this, that, or the next thing. That's something that I think a lot of parents do. Especially my mum does. She tries to ... "Do you want this? Do you want that? And I'm just like, "Mum, go away. I just need a bit of space, and if I need something I'll ask".

That is my maturity coming through and the relationship I've got with my parents is that I'll tell them, "no, I don't need that". And I can say that to them and that's not problem. I don't feel bad for saying that. But certainly when I did start having my parents back down living in Nottingham, I don't get to see them that much. So they do come down for racing now. I kind of ... they're pretty good now, but certainly when they first started coming down I gave them rules of "don't come speak to me at this time". I can give them times to speak to me. I didn't let them out to international competitions for a long, long time as well.

And then the first time they came out, it was actually pretty easy because they're not allowed in or around the athlete areas and the boat sheds. They can't actually get to me. So I would let them know when I was available and they'd come out and see me. But yeah, just for me personally, I don't like that over support. Support me by being there. And if I need you, I'll ask for you. And that's how I deal with it. Some people are very different, some people love having their parents down and they'll do everything for them and that's healthy as well. There's nothing wrong with that. It's just not me.

Zofia Cambell 30:22 - 30:49

Yeah, I think the general advice is really good in that ... just having that conversation with your parents before an event so that they're clear what you want from them and that it doesn't lead to any awkwardness on the day or like been put in a position where you feel like they're over-doing it. You know, if you've had that conversation in advance, you can just say, "Look, remember what we talked about? This is what I need from you today". And hopefully ... well I'm sure all parents would be on board with that.

Daniel Thompson 30:50 - 31:47

Yeah, definitely. And I know we talked before this podcast episode. I remember having a conversation with a parent and they would talk about their experience they had supporting their child. And they said, "I thought the child didn't do very well. But actually, he come off the water and thought he did very well". And the reason was and he was executing ... he had a race plan that he was executing and he executed that perfectly to his race plan.

But yeah, it's actually sharing that with your parent. "Today I'm actually doing this". So that you're having them ... not having the same kind of goals. And understand the goals of the athlete and staff. Yeah. One final question to both of you and what would your key piece of advice be for young athletes and they're probably listening to this around performance anxiety, Laura?

Laura Sugar 31:48 - 32:34

I think two things embracing ... that are fine and good. That is, there's a lot of people who are "Don't be nervous, you should enjoy it". You can be nervous and enjoy it at the same time. And there's loads of nerves it means you care. So it's learning to embrace them. But also what works best performance wise for you and how you deal with those nerves.

But not to try and make them go away, but try and work around them how to use them to your advantage. So I think that was really key. And also working out ... don't be afraid to try different things, work out what works best for you. It's not the same for everyone. But as long as you keep that key to embrace it rather than ... don't try and get just get rid of the nerves because you end up wasting way more energy on that.

Like work out what works for you and how to embrace them and how to deal with them.

Daniel Thompson 32:34

Very good. Thank you for that. Excellent points there. Yourself. Lewis? Anything else?

Lewis Fletcher 32:35 - 33:38

Quite similar. It is hard to narrow it down to only one or two, but certainly accept the nerves because everyone has them. Don't look across the start line thinking, "oh, they're not nervous" because they are. They just are. So accept your nerves and embrace them.

Find your sweet spot. Find where that sweet spot is ... It's a little bit more hyped up than someone else or a little bit lower. It doesn't matter. It's your sweet spot. Find that sweet spot and then

experiment. Find out what how to get yourself to those. Once you've accepted, once you know what your sweet spot is, experiment go, "Oh how's that best way to get there?"

Is it sleeping in the back of the car? Is it just staying present? Is it listening to music, podcasts, whatever. Find that thing that helps you. So yeah, I think that's three things.

Daniel Thompson 33:38 - 34:36

Fantastic points there and key takeaways for everybody, for all of our listeners. So yeah, thanks a lot. And yourself, Lewis, and then Laura for being involved in our podcast episode today. And thank you, Zof.

So as I mentioned earlier, I encourage all listeners to watch any of our previous webinars and podcasts delivered on this topic area by the England Talent Programme. This can be found on the Talent Parent Programme web page in the podcast section of the British Canoeing website.

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So thank you all for listening.