

SCU: Hello and welcome to our Getset hangout. This is the second in our series of hangouts, and today we're going to talk about motivation. Between now and the summer of 2016 when Rio will host the Olympics and Paralympic games, we're going to be talking to a range of incredible athletes and the support teams that work with both Team GB and Paralympics GB on the road to Rio. We've been giving schools in the Getset community to put questions directly to these people and be involved in the hangouts themselves. Today we have two primary schools with us, we have got pupils from Netherthird Primary School and from Kinnaird Primary School. Can we get a hello from Netherthird?

STUDENTS: Hi!

SCU: How about Caner.

STUDENT: Hi!

SCU: It's fantastic to have you. The pupils from these two schools have come up with some amazing questions, but we need some amazing athletes to ask them to. And we have two amazing athletes today, Emma Wiggs who is power canoeist. She actually too part in the London Volleyball team but has moved over and is now part of the paracanoeing team, and paracanoeing will be a new sport for Rio 2016. How are you Emma, thank you for joining us.

EMMA: I'm very well thank you. I'm in the middle of another hard day's training, so we're going to squeeze in three sessions today. But I'm feeling good and the sun is shining, and looking forward to the Google Hangout.

SCU: Fantastic, thank you so much. Our second athlete is swimmer Luke Greenbank. Luke won both individual and team medals in the last year youth Olympics. He won bronze in the 200m backstroke and gold in 4 by 100m free swim. Luke is also going to be competing as part of Team GB next month in the first ever European games in Baku. Luke, it's fantastic to have you with us, how are you?

LUKE: I'm very well thank you. I'm very excited to get myself ready for the Baku games.

SCU: Fantastic. He literally has just joined us straight from getting kitted out. Thank you very much for taking your time both of you to join us. So we've got some amazing questions coming up and some amazing athletes. Let's start with Netherthird, I think you have a question for Emma.

STUDENT: Who inspired and motivated you to become an athlete?

EMMA: I think I was really lucky when I was at school to have an incredible P.E teacher who really kind of got me excited about sports and got me playing lots of different types of sport. And then when I became disabled at the age of 18 I was desperate to get back to playing sports to the same level, so I think my main motivation was to be the best I can be given the fact that I now had a disability. And that drove me on to try different sports and to see what I could achieve now that I'm in a wheelchair.

SCU: Fantastic. Let's jump over to Kinnaird, and I think you have a question for Luke.

STUDENT: What was your favourite sport when you were our age?

LUKE: Well, I've always been a swimmer and I started swimming when I was about 9 years old. So it has been the main sport most of my life, but I was very sporty when I was younger, I enjoyed a lot of sports. When I was in primary school I did a bit of cross country as well, but swimming has just been my sport.

SCU: Brilliant. Netherthird let's go back to you and I think now you have a question for both athletes.

STUDENT: How much training do you do and are you allowed to have any fast food.

EMMA: We train six days a week down in Nottingham as part of the high performance centre for paracanoeing. Some day we do three sessions a day and someday we do two session a day. We're not allowed any fast food. Over the wintertime we have to eat a lot of food to try to make our muscles as big as they possibly can get, so we have to eat everything that we possibly can, but unfortunately no fast food. Just lots of chicken and eggs and stick away from the fats foods to make sure we're as light as we can when we come back for racing with big muscles.

LUKE: Well, I train everyday 17 hours a week in the pool and I do some sessions on the land. I'm also very very rarely on fast foods, I don't think it's great for me when I'm training. I think healthy meals make me feel a lot better when you're doing sport.

SCU: Fantastic, let's jump back to Kinnaird, and I think you have a question that's for Emma.

STUDENT: Do you get nervous before a big event, and how do you deal with the pressure?

SCU: We've lost our connection with Emma, Luke why don't you answer that for us?

LUKE: Yeah I do sometimes get a little bit nervous especially if it's a really big event that I've never been to before. But I try and calm myself down, I know I've done it before and I can do it again. I just know that I will try my best and it will be finished eventually.

SCU: Yeah, if you try your best you know you've done it before and you can do it again. Brilliant, I think we've got Emma back.

EMMA: Do I get nervous? I think I get more nervous about that fact that I want to make sure I do the best that I possibly can. So for me it's just me and my canoe racing 200m, and I must make sure that I focus on me and not anyone else around me. So just like Luke, you've got to make sure that you just do what you can do. So I'm more nervous about being the best that I can be than by worrying about other people, but we get lots of people to help us control our nerves and look at the positives and focus on what we're doing. That allows us to realize that all the hard work that we've done over the winter has got us in a place where we should be confident and we should be proud of what we're able to achieve. So really focusing on what we've achieved in training helps us in that moment.

SCU: Fantastic, so everyone gets nervous team. That's a great thing to know when you're getting ready to do bits and pieces yourself. Let's jump back to Netherthird and I think you have a question for Luke.

STUDENT: Which sportsperson past or present do you most admire?

LUKE: Well, I'm a big fan of Michael Phelps who was probably one of the best swimmers ever with 21 Olympics medals. He inspires me a lot but we've got quite a few British swimmers here as well like Adam who recently broke the 100m world record. That inspired me a lot and encouraged me to keep going.

SCU: Fantastic, so inspiration from all around. Let's jump to Kinnaird Primary and I think you have a question for both athletes.

STUDENT: What does it feel like to take part in a big sporting competition?

EMMA: That's a great question. I was lucky enough to take part in the London Paralympics, which is the biggest competition that I've ever been part of. I can't explain to you how exciting it is to wheel out into an arena when it's 80,000 people there cheering at the opening ceremony. We were lucky enough to play in front of 10,000 on the volleyball arena and about a million on TV. So it's quite scary, but it gives you that kind of fuzz and tingle, it makes you really want to make sure that you do your best. And now that I'm part of the paracanoe sport we were lucky enough last year to race at the world champs in Moscow in Russia. It's an amazing atmosphere to be able to race and become world champion in front of the crowd in Moscow. So it's really exciting, it gives you that extra bit of edge and push you further down the course.

LUKE: Well, I went to the London youth Olympics last year in China, that was my first big international event. To be honest I was quite nervous, but once you get past that it's really exciting and it's a completely new experience as well. I've never been to a multi-sport event, I had to get used to the environment but I ended up enjoying myself and making a few friends as well.

SCU: Fantastic, new friends, lots of new experiences – overall brilliant. Let's go to Netherthird, I think you've got a great question for Emma.

STUDENT: My mom taught me, did your mom or dad support you in sports?

EMMA: I was lucky enough when I was younger to have really supportive parents that did lots of driving to take me around because I did lots of sports. But now that I'm a bit older I have to do the driving myself. That makes it a bit harder but it's nice to have a support team, you can't really achieve great stuff without the support of people around you. So it's really important to have people that can help you and also to say thank you to those people on a regular basis, because they are the people that allow us to achieve the things that we're lucky enough to do. So make sure you say thank you for those at home.

SCU: That's a great point, we should all remember to say thank you to all those people that help us out. Kinnaird you've got one last question for Luke?

STUDENT: Who motivated you to keep going so that you get really good?

LUKE: My dad was the one who got me into sports in the first place, and my mom also. Both have been really encouraging and helpful, like Emma said drive me around to get to trainers. So they're really important to us. Also my coaches, I've got some really good coaches at my club, they always encourage me and give me good advice. They're always right and useful and have motivated me to do better.

SCU: We've got one last question from Netherthird for both athletes. I think we've lost them, so I will read their question. Why did you pick that sport? Let's start with you Emma.

EMMA: Well as I said earlier, I was really lucky to play a sport before paracanoe, but the reason I switched to change to paracanoe is because I was looking for a different sport and a different challenge, one that I could really do at a high level. So I wanted to see how good I could be at an individual sport after my experiences at a team sport. I just thought as soon as I got a sport for me that's outdoors, I don't have to use my wheelchair and I can go as quickly as I possibly can, and so it just felt that it was meant to be. The sport that was going to give me the best opportunity to be the best I could be, and I'm lucky that I'm sitting here on the back of some successes. So I think I made the right choice and it keeps going well.

LUKE: Like I said, my dad got me involved. He used to swim and so I started lessons and I moved on to clubs and then I moved from there. I have always enjoyed it, it's part of my life now.

SCU: It's what you were meant to be doing. Well, that's all the questions we got but we've had some fantastic answers from our athletes, lots of things coming up. Being the best that you can be, doing things that you enjoy, saying thank you to the people that helped you along the way – I think they're all key things that we should remember. I would like to say a massive thank you to our primary schools Caner, can you give us a big wave and bye?

STUDENTS: Bye!

SCU: Thanks so much. I think we have lost Netherthird primary school, if you can hear us thank you for taking part. And can we also say a massive thank you to our two athletes Emma and Luke. Thank you very much and all the best. We're going to put this hangout on our website, www.getset.co.uk, where you can find lots on information including the Road to Rio app where we're encouraging groups of young people to get active and travel the distance between London and Rio. If you would like to be involved in our next Google hangout then get in touch with us at getset@getset.co.uk and let us know. Until then, goodbye!

STUDENTS: Bye!