

THE L&D THOUGHT LEADERS' CONFERENCE 2017

RORY UNDERWOOD Q&A

Q. HOW DO YOU FEEL WATCHING THAT VIDEO OVER AND OVER?

A. Whenever I do watch it over and over again, it makes me very proud and I remind myself that it was actually real. I always enjoy watching it, not just watching me being able to run fast many years ago, but also to see enjoyment from the crowd whenever I did score.

Q. WHY DON'T YOU STILL FLY FOR LEISURE?

A. I don't fly for leisure now because a) it is expensive, b) it is time consuming to keep up the hours to keep your currency, c) at 90 knots it is less than a quarter of the speed of what I was doing in the video, so nowhere near as much fun!

Q. HOW WILL THE BRITISH LIONS BUILD TRUST OVER A VERY SHORT TIME HAVING PREVIOUSLY BEEN SWORN ENEMIES?

A. Tim, to me "sworn enemies" is too strong a feeling, especially in sport. They have been year on year opponents for many years, but part of the tradition in Britain and in Ireland is that we do have a Lions tour every 4 years and that we do come together. Within the modern game, there is less and less time to prepare for the test matches and it is a challenge. Any rivalries and cliques need to be broken and a core identity built as soon as possible because if you do not become one as a squad, never mind a team, you will not be successful. Various things like, rooming arrangements, fines for sitting in cliques, team building exercises and even trying to get the Lions identity and uniform onto players as soon as possible to take away any lingering parochial schisms.

Q. HOW DO YOU PICK A TEAM MEMBER UP WHEN THEY HAVE MADE A SIGNIFICANT MISTAKE THAT COSTS THE TEAM THE GAME?

A. You pick a team member up, by reminding them that it is a team game and that just because they made a mistake it does not make them a bad player. Learn from the mistake and go out and win the next game.

Q. IS THERE A TIME WHEN YOU WERE DE-MOTIVATED AS PART OF A TEAM? HOW DID YOU OVERCOME THAT?

A. Emily, I have never been in a team that has been demotivated. I have been in teams that have been very disappointed, mainly due to losing games or playing poorly. At times you go through poor form, the weather is cold, it's wet and you are sometimes not as motivated to play the game, however once you are in the team environment, that team spirit carries you through. Overall, I have played a sport that I have loved to play both as a physical activity, but also because of being part of a team.

