

CHRIS DEALS WITH IT

episode notes




EP 69 - Skateboarding Life with Logan Dunning

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My guest today is Logan Dunning, a skateboarder with over 25 years experience. We have a wide-ranging chat about individual sports like Skateboarding compared to team sports.

Logan Dunning

An avid skateboarder for over 25 years, he still gets a thrill out of learning new tricks. When not skating, he's a technology & home product reviewer based in Toronto, Ontario Canada. He aims to make the world easier with straightforward how-to videos that saves people time, money & having a boat load of fun in the process.



🌐 Website 🔗 <https://LoganDunning.com>

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Topics Discussed

- 2:30 - Perfectionism
- 3:45 - Impact of gear on performance
- 6:30 - Little Details vs Experience
- 9:00 - Individual/Group Dynamics
- 11:20 - Accountability
- 12:30 - Opponents & competitiveness
- 14:00 - Therapeutic benefits of sports

- 16:30 - Scheduling & impacts on lifestyle
- 18:40 - Goal setting
- 20:30 - The impact of sports on a personal level
- 23:40 - Aspirations as we age
- 26:30 - Impacts of media on sports

Discussion Notes

- If you focus too much on being perfect, it can consume your passion for the sport/task
- Identify what aspects of the sport bring you joy - easier to focus on those aspects in an individual sport like skateboarding rather than a team sport.
- Small changes tend to have a greater impact as you gain more experience - easier to target the impacts of these changes since you're less focused on getting the basics
- Skateboarding has a lot of mental hurdles that get materialized in the physical world through the expression of the sport
- Hype & challenges amongst a group can push members of the group to new heights (similar to the Buddhist concept of a *sangha*)
- Skateboarding is, in a way, an unorganized team sport. But one without an opponent
- You can get none of the competitiveness while still getting the positive aspects of a team
- The opponent in skateboarding is yourself: The things you're trying to get over the fear of doing
- Individuals in any group will have varying degrees of involvement with the group: Dynamics of a group will change over time
- Important to stay mindful of willpower, tiredness, and level of effort when skating

- If you love something and its hard to leave, it makes balancing your life difficult. It points out personal things that you have to work out (prioritization, timing, work/life balance)
- Important to balance out play vs recovery - can lead to better performance in long run
- Lowering or eliminating expectations/goals from a session can lead to greater love of a sport, leaving you open to less stress & greater joy in a sport
- Showing the grit alongside the result is helpful to highlight the journey - can provide greater insight into the process of improving