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#### [Strength and Power for Swimming with Vern Gambetta](#)

SSC Sports Medicine\* podcast features a talk with Vern Gambetta on the pool deck in Portland, Oregon about strength and power training, periodisation and timing of dry land training for swimming. Topics cover 'go to' exercises, the role of multi chain single arm symmetry lifts, the need to prepare to swim, not swim to prepare and also touch on the performance benefits of ?

[More...](#)

**Date:** 11:35:44 14.02.2018

**Categories:** [Coaching](#)

**Keywords:** [Starts](#), [Turns](#), [Periodisation](#), [Dry-land](#)

#### [Possible strength deficits in shoulder rotation for hypermobile swimmers](#)

Generalised Joint Hypermobility (GJH) is considered an intrinsic risk factor for shoulder injuries and has a high prevalence in swimmers. Winner of the 2017 SCIENTIFIC POSTER COMPETITION Behnam Liaghat - Possible strength deficits in shoulder rotation for hypermobile swimmers pic.twitter.com/Dcb2tGDXAX ? sportskongres (@sportskongres) 8 February The aim of a study by Behnam ?

[More...](#)

**Date:** 10:54:56 07.07.2017

**Categories:** [Coaching](#)

**Keywords:** [Injury](#)

#### [Stop swimming upstream - a new model for swimmer's shoulder](#)

Struggling with swimmers and their shoulders? It's something clinicians struggle with, and have been for a long time. This BMJ podcast tackles the subject head on and how to move the model from external impingement to anterior superior internal impingement (ASII). Andrew Delbridge and Craig Boetcher join the podcast from Australia. Craig completed his PhD through Sydney University ?

[More...](#)

**Date:** 08:14:50 26.06.2017

**Categories:** [Coaching](#)

**Keywords:** [Shoulder](#), [BMJ](#)

#### [The science of sports performance and injury prevention](#)

Dr James Bilzon joined the Department for Health at the University of Bath in May 2008 following a 13-year career as an Exercise Physiologist in various Ministry of Defence (MOD) departments. Following a 3-year period as Director of Studies for the MSc in Sport & Exercise Medicine, he became Head of Department for Health in August 2011. He currently holds a number of Honorary appointments ?

[More...](#)

**Date:** 12:43:03 23.09.2016

**Categories:** [Coaching](#)

**Keywords:** [Sports science](#), [Injury](#)

### [The 1st GCC-Aspetar Sports Medicine Conference Sessions](#)

Aspetar hosts the first ever GCC Sports Medicine Conference in April, 2016. Experts from around the world descend on Doha to lead lectures and workshops on topics ranging from athlete to community health. Download Conference Agenda View lectures on a variety of areas, including managing groin pain, sudden cardiac death, imaging in sports medicine, sports injury prevention & Exercise ?

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**Date:** 08:38:40 24.04.2016

**Categories:** [General](#)

**Keywords:** [Nutrition](#), [Injuries](#), [Medicine](#), [Health](#)

### [Triathlon Training Plan Zone October](#)

Training plan zone october Stay injury free. Change your attitude. Nail your open water swim with performance enhancing tips.

[More...](#)

**Date:** 02:52:10 12.10.2015

**Categories:** [General](#)

**Keywords:** [Triathlon](#)

### [Swimming Biomechanics & Shoulder injuries](#)

Swimming is a sport that requires optimal shoulder mobility and strength in order to compete, train, and perform at an elite level. Speakers: Dr. Erik Yuill, FRCCSS, DC, MSc, BSc, Mr. Liam Donnelly, SFU Head Coach, Swimming This talk focuses on: - The biomechanical demands of swimming as it relates to the shoulder. - Examine how these demands influence the should?

[More...](#)

**Date:** 20:43:22 05.10.2015

**Categories:** [Coaching](#)

**Keywords:** [Injuries](#), [Biomechanics](#), [Shoulder](#)

### [Swimming World Biweekly Magazine September 24, 2015](#)

Swimming World Biweekly Magazine September 24, 2015 David Marsh and Bob Bowman named USA Swimming's head coaches for 2016 Olympics. Bruce Gemmell named ASCA Coach of the Year Kylie Palmer given "warning" for 2013 positive drug test David Nolan to join Commit Swimming. Ryan Lochte looking for Michael Phelps to pay on \$1,000 bet Anthony Ervin heading to Trojan Swim Club Special Dryland Section Featur?

[More...](#)

**Date:** 14:26:11 26.09.2015

**Categories:** [General](#)

**Keywords:** [Aquatics](#)

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