

## Videos

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### Performing Under Pressure Masterclass

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#### Information

Date	26.11.2017
Duration	3 Minutes 2 Seconds
Author	NABS Nigel Redman began his rugby career aged 15 playing for Weston-super-Mare RFC. An ex England Rugby player he was appointed Head of Performance Team Development for British Swimming in 2014. He explores the importance of Performing Under Pressure in this Masterclass, as part of the NABS Resilience Programme. Nigel draws on his experience working with teams and how they improved performance, enabling individuals to see how they can create a realistic competitive advantage in their chosen field using examples from his experience in sport. He also covers brain and body physiology with a unique approach to mind strength development which is interactive, innovative and great fun! Find out more at nabs.org.uk
Description	
Filesize	0 Bytes
Views	327

### More videos



#### NMP Live Meets Mark Foster

Mark Foster burst onto the international swimming scene at the age of 16, representing England at the 1986 Commonwealth Games. He went on to represent his country for 23 years and became Britain's most decorated male swimmer. Mark Foster's post-swimming career has seen him reinvent himself as a successful motivational speaker and is now one of the most popular speakers on the circuit. His ability to talk to a variety of audiences about a wide range of subjects, makes him a highly sought after guest speaker. NMP Live presents the world's leading keynote, motivational and after dinner speakers, celebrity speakers, awards hosts, stand-up comedians, headline musicians and other high-profile entertainment.



## **Believe In Yourself!**

Allistair McCaw is a world-renowned Sports Performance Consultant, Mindset Coach and Team Culture Builder. He has worked with numerous Teams, Colleges, Olympians, Paralympians, World Champion Athletes and Grand Slam Winners. An author and keynote speaker, Allistair consults to coaches, leaders, athletes, teams and college programs, where he teaches and implements the Champion Minded culture, mindset and approach. In the very first episode of his Champion Minded podcast, Allistair McCaw shares his 5 Keys to building unstoppable self-belief and confidence



## **Looking after yourself in your studies - nutrition and sleep**

A popular topic of discussion at the Student Hub Live is which biscuits are best during studying, and whether tea or coffee keeps you more alert. In this session the Sport and Fitness team tell us what students need to know about sleep and nutrition! With Ben Langdown and Natalie Darko



## **Interview with Champion Swimmer Jane Asher**

Sophie Dannreuther (Citius Altius XXivs) talks to 85 year old champion swimmer Jane Asher in Nov 2016. As seen on BBC Sport and Daily Telegraph. <http://www.citiusaltiusxxivs.wordpress.com>



## **A Day in The Life of a World Champion**

A full day in the life of Michael Andrew. Enjoy!



## **Swedish swimming sensation Sarah Sjöström**

2012 Trans World Sport feature on Swedish Swimming sensation Sarah Sjöström, a world champion and world record holder at just 15 and one of the most exciting prospects in the sport. @TransWorldSport



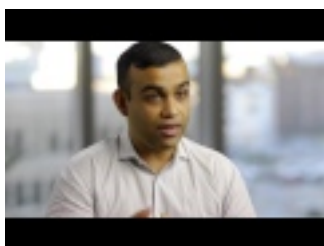
## Carol Dweck: "The Growth Mindset"

"You're so talented!", "You are gifted – a natural!", "You're doing so well in school, you must be really smart!" – children receive these messages (or their negative counterparts), along with many other messages on a daily basis from their peers, parents and teachers. Are these just words or do they mean more? How are children affected by the words we use to praise, coach and criticize them? In this talk we learn from Stanford University's Professor Dr. Carol S. Dweck about her fascinating research into "self-conceptions (or mindsets) people use to structure the self and guide their behavior", and how you can apply a Growth Mindset at home, at school and in your port and career.



### Tanja Lichtensteiger

A talk on overcoming challenges and achieving your goals by Tanja Lichtensteiger, the inspirational business systems development manager for Leeds Beckett University. Winner of The FDM everywoman in Technology 2018 Team Leader Award category sponsored by American Express, Lichtensteiger is half Swiss and half Filipino and has gone above and beyond to try to secure funding for her team's training and development, and gives talks for Code First to encourage girls to think about IT careers.



### Can sweat predict job performance?

Tauhid Zaman, Assistant Professor of Operations Management at the MIT Sloan School of Management, studied Galvanic Skin Response (GSR), which measures how much you sweat. The more stressed you are the higher your GSR. They studied if GSR could be used in the hiring process. Can it predict how candidates will perform under stress?



### Highlighting the Importance of PE to Senior Leadership

afPE member, Jim Preece who is a Secondary Head of PE talks about the importance of PE and the need to highlight this to senior leadership to ensure PE is kept at the heart of school life.



## Time & Tide

2014 UWE Filmmaking & Creative Media Short Documentary about the Clevedon swimmers for which Jon Farley composed the soundtrack.



### Cleveland Pools, Bath. Video One

Hidden away in Bathwick, on the banks of the River Avon, is the country's only surviving Georgian lido. Built in 1815 in the shape of a small crescent, it was one of the earliest examples of a 'Subscription Pool' – built with private money for public use. For decades the formerly-named 'Cleveland Pleasure Pools' were a favourite summer destination of generations of people from Bath and beyond. By 1861 this glorious open-air venue had become so popular that the Victorians added a children's upper pool. Sadly the Pools closed in 1984 when public funds were re-directed to the sports centre, but now the Cleveland Pools Trust - in partnership with the Prince's Regeneration Trust, English Heritage and Bath & North East Somerset Council (B&NES) - is finally making headway with its campaign to restore the Grade II\* baths and reclaim them for outdoor swimming. This series of videos follows the regeneration progress. All videos will be edited to include a descriptive narration.



### FINA World Aquatics Convention - Windsor 2016

Highlights and a short recap of the FINA World Aquatics Convention - Windsor 2016



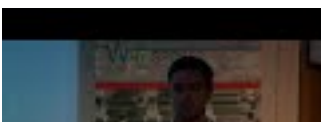
### Vern Gambetta: A career at the frontline of coaching in performance

Supporting Champions Podcast #4 features Vern Gambetta



### Duncan Goodhew's 3 top tips for Swimathon

Are you thinking about entering for Swimathon 2018? Duncan Goodhew shares his 3 top tips! Register at <https://swimathon.org> #SwimForAll



## **Total Swimming Workshop Presentation.**

Given at Creating Active Communities 2017 - Investing in National Health and Wellbeing held at the Royal Society of Medicine on 21 September 2017. The Conference examined the variety of opportunities both behavioural and financial that are available to local government.



### **FINA Required Junior Elements 2017**

Technical elements for Juniors



### **FINA Required Elements 2017**

FINA Technical Elements - Seniors



### **Athletes and Coaches**

The relationship between athletes and coaches is a special one. In this film, top Olympic athletes and their coaches talk about team work, the path to success and the unique bond they share. We also hear from the athletes of the Innsbruck 2012 Youth Olympic Games.



### **Pacing strategy and Performance 1**

Part 1 of a The Science of Sport series on pacing and exercise performance. It explains how the brain regulates exercise specifically to prevent potentially harmful changes to physiology and to optimize performance. This episode introduces how physiology historically viewed fatigue as an "event", a failure to continue exercise, at the expense of understanding how performance is regulated in advance of failure.





## Science Triathlon Conference 2015 - Yann Le Meur

Presentation given by world renowned sports scientist Yann le Meur - "Does training in the heat influence performance in a temperate environment."



## Wild Swimming With Alice Roberts

In this 2008 excerpt, Alice Roberts embarked on a quest to discover what lies behind the passion for wild swimming, now becoming popular in Britain. She follows in the wake of *Waterlog*, the classic swimming text by the late journalist and author, Roger Deakin.



## Wild Swimmers

Wild swimming is growing increasingly popular with swimming communities popping up all over Britain. This short documentary film explores the individuals within one of these communities, and the reasons why they choose to swim in such cold waters, and the effect it has on their lives. Before Sean began filming, he decided it would be important to join the Devon & Cornwall Wild Swimming Community on which this film focuses and swim in the cold sea himself. This helped him show stories and experiences in the most genuine light possible. Filmed on a GH4, a A7s with waterproof housing, a C100 and a Phantom 3 Professional and stabilised with a DJI Ronin. [www.sean-valentine.co.uk](http://www.sean-valentine.co.uk)



## Reducing Physical Inactivity Part 1

In partnership with Public Health England, UK Coaching is proud to present the first of a three part animation featuring the latest insight into the meaning of physical activity and practical tips for coaches to get more people active. UK Coaching Correction: In this video the word 'benefitting' should be spelt benefiting.



## Sustaining high performance

Supporting Champions Podcast #3 "Sustaining High Performance" features Steve Ingham, Jamie Pringle and

Rosie Mayes discussing the rise of Uk High Performance System that has gone from 36th on the medal table in 1996 Olympics to 2nd at the Rio Olympics in 2016, becoming a global sporting superpower. This episode discusses what are the common trends in successful high performing systems and looks forward as to how performance can be sustained. 4:00 What are the determining factors of a successful system? 6:11 What are the things from other performance environments you would find which are similar to the British system irrespective of context and culture? 9:00 Jamie plays devil's advocate - if we had unlimited resources what would we do with that money? 18:12 Where might we want to see future investment for competitive advantage if we had unlimited resources? 19:05 If we travelled forward 100 years, what would we want to see long term residing in high performance sport system that is successful? 23:53 If we travelled back 100 years, to 1917, what would have astounded our contemporaries?



### **GDPR Guidance for Schools**

General Data Protection Regulation comes into effect in May 2018. Is your school ready? Iain Bradley from the DfE explains how you can review and improve your handling of personal data. Please leave a comment on youtube if you have any questions about GDPR or how you can prepare.



### **Water Polo Body Position Fundamentals**

Published 2014: Base Position and Shooting Part 1 featuring Starring: Terry Schroeder, Brandon Brooks, Adam Wright and Krsto Sbutega Executive Producer: Pete Fischler. Director: Win Bates



### **Together, we achieve more**

Speech by Milorad Cavic, Evgeny Korotyshkin and Peter Mankoc to Energy Standard Cup winners.



### **Impact of EIS performance lifestyle services**

Retired and transitioning athletes who attended the Performance Lifestyle forum at the 2017 EIS National

Conference tell us how the discipline has impacted on them and what advice they would give to athletes currently in the high performance system.



### **Rise of the UK High Performance System - Panel Discussion**

In Part 2 of 3 podcasts on the UK High Performance System, Steve Ingham, Jamie Pringle and Rosie Mayes discuss its rise, having gone from 36th on the medal table in 1996 Olympics to 2nd at the Rio Olympics in 2016, becoming a global sporting superpower. This episode charts the necessary focus that came with the award of the home games, what challenges it brought and how the roles change under mounting pressure and resource.

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<http://www.somersetasa.org/sasa/en/View/Videos?id=1033&cid=&pdfview=1>