

## Videos

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### Dementia-Friendly Exercise in the Community

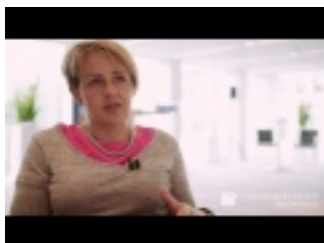
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#### Information

Date	09.01.2018
Duration	17 Minutes 1 Second
Author	Why Sports Presentation by Esther Watts (Senior Officer Dementia Friendly Communities - London Alzheimer's Society) at Creating Active Communities Conference 2017 including Examples of current work, Dementia friendly swimming, Dementia friendly gyms. <a href="http://bit.ly/2maemyN">http://bit.ly/2maemyN</a>
Description	
Filesize	0 Bytes
Views	189

### More videos



#### Baroness Tanni Grey Thompson - Women in the Sports Business

"Women's sport makes up 5% of total sports coverage. Because of that there's less sponsors... it's an ever decreasing circle, and we need to break out of [it]" Nov 2016 interview with Paralympian, Broadcaster, and Chair of the Leadership 20:20 Commission, Baroness Tanni Grey-Thompson



#### Olympic and Paralympic Games Tokyo 2020 Venues PR Video

The venue master plan for the Tokyo 2020 Games is divided into two separate zones: the Heritage Zone which includes several legacy venues from the Tokyo 1964 Games; and the Tokyo Bay Zone which serves as a model for futuristic urban development. In line with Tokto 2020's "Infinite Excitement" concept, the venue plan strives to highlight the wealth of attractions that Tokyo has to offer. \*Please note that the venues featured in this video were those included in the venue plan as of December 2017.



## Tokyo 2020 - Sport connects us

This promotional video features Tokyo in 2020 where people empowered by sport respect diversity and express their originality. Tokyo 2020 hope that this video will help people understand the impact they'd like their Games and the power of sport to have on society, and will build excitement towards the upcoming Tokyo 2020 Games across Japan and throughout the world.



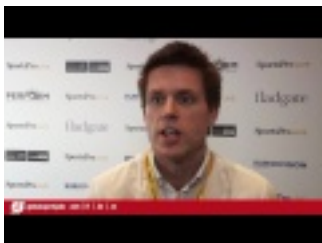
## How Olympians Warm Up

Vlog on 2017 USA Swimming Winter Nationals, The Olympic Warm Up + Race info.



## Sir Alex Ferguson: Practise, Practise, Practise

To be a top player, you have to practise and practise and practise - former Manchester United manager, Sir Alex Ferguson. In Oct 2015 Sir Alex joined Sequoia Capital Chairman Sir Michael Moritz in a 'fireside chat' for Stanford GSB's "View From The Top" speaker series. They discussed the critical role a manager plays in setting expectations, assessing talent, communicating, and recognizing the people who work for you.



## Advice on taking your first leadership role in sport

Hear from leaders in the industry who share their insight on and experience of what you should consider when you take on a leadership role in the business of sport.



## Elite swimmers - advice on warming up before swimming

Colin Hill caught up with some of the elite swimmers and coaches at the FINA/HOSA Marathon Swim World Series 2018 in Doha and asked them about warming up before swim training and racing.



## Getting To Know Olivia Smoliga #TeamFINIS

#TeamFINIS share some love of their awesome athletes! Olivia Smoliga - Olympic Gold Medalist and World Champion - hits the stage for a random question session and chats about the cool cat that she is.



## Getting To Know James Guy #TeamFINIS

#TeamFINIS share some love of their awesome athletes! James Guy - 2x Olympic Silver Medallist and World Champion - hits the stage for a random question session and chats about the awesome dude that he is.



## Lord Chris Holmes at Changeboard's Future Talent Conference 2017

Lord Chris Holmes, delegates' favourite speaker from 2016's conference and Paralympic swimmer, returned to Future Talent 2017 to deliver a speech titled 'Trust in Different People'. Mixing his affable nature and comedic timing with unique and earnest insights into the effect his blindness has had on his relationship with trust, the nine-time Paralympic champion's speech was a highlight of the Future Talent Conference once again. Joining him on stage were fellow sporting royalty, Sir Clive Woodward and Dame Katherine Grainger. They fielded questions from attendees on what their businesses can learn from sport in building trust within their teams.



## Dame Katherine Grainger at Changeboard Future Talent 2017

Dame Katherine Grainger considers what it takes to build trust between teammates and why giving honest feedback is critical to effectiveness.



## David Wilkie - Splash: Breaststroke

A Breaststroke Swimming Lesson from David Wilkie (Channel 4 1982) and featuring Miss World Mary Stavin. Wilkie was Olympic and Commonwealth Games champion in the 1970s and the only person then to have held British, American, Commonwealth, European, world and Olympic swimming titles at the same time. He

was the first British swimmer to win an Olympic gold medal since Anita Lonsborough in 1960. Wilkie is a member of the Scottish Sports Hall of Fame, the International Swimming Hall of Fame, has been described as Scotland's greatest swimmer.



### **David Wilkie - Splash: Freestyle**

A freestyle swimming lesson from David Wilkie (Channel 4 1982). Wilkie was Olympic and Commonwealth Games champion in the 1970s and the only person then to have held British, American, Commonwealth, European, world and Olympic swimming titles at the same time. He was the first British swimmer to win an Olympic gold medal since Anita Lonsborough in 1960. Wilkie is a member of the Scottish Sports Hall of Fame, the International Swimming Hall of Fame, has been described as Scotland's greatest swimmer.



### **Predicting sporting elite and minimising talent loss**

Guiding children in their ambitions to become the next Olympic Champion. Dr. Johan Pion, Head of Talent Identification and Development, HAN University of Applied Sciences, on the efficacy of analytics in predicting sporting elite and minimising talent loss. His research group is primarily focused on research questions stemming from professional practice on the themes of Smart Sport Choice, Talent Detection and Talent Orientation, Talent Identification, and Effective Learning and Training. SSlides: <http://bit.ly/2DIKZQJ>



### **FINA Video Figures 2017 2021 Age Group**

Figures for Age Group swimmers



### **Breaststroke Dry Land Training and Stretching - Part 2/2**

Jozsef Nagy was born and raised in Hungary and may know more about the breaststroke than anyone in the world. Not surprisingly, Jozsef Nagy was a breaststroker himself. He won the Hungarian Jr. National Championship in 1973 and competed for Hungary internationally. After he retired from swimming in 1976, he

studied physical education at the University of Budapest and earned a prestigious Master Coach certificate. During this time, he read an article on the pattern of ocean waves by Nobel physicist Richard Feynman. Applying principles of physics to swimming, the idea for “wave action breaststroke” was born. It was originally just a theory, created on paper – but then proven in “practice” by Janos Dzvonyar, who placed 5th in the Moscow Olympic Games of 1980. Until Nagy came along, breaststrokers glided along the surface like alligators. Their bodies rode low in the water, with only their backs and the crowns of their heads visible. In the 1980’s, breaststrokers began to resemble buoys bobbing in the water as the stroke became more vertical. In 1986, Nagy moved to the United States and began coaching Mike Barrowman, the first swimmer to perfect “the wave” by channeling his power into smooth, undulating motions. To help Barrowman grasp the idea, Nagy showed him footage of a cheetah on the run. “A cheetah keeps his head down and lifts his shoulders to run,” Barrowman said, “It really did help me to get a mental picture of what the shoulders needed to do in the stroke.” Between 1988 and 1992, Barrowman dominated the 200 meter breaststroke, winning 15 of 16 major national and international competitions and the world record he set at the Barcelona Olympic Games held for ten years. In addition to Barrowman, Nagy coached swimmers from four different nations to international success including, Roque Santos of the USA, Sergio Lopez of Spain, Gabriella Cespo and Norbert Rozsa of Hungary, and Canada’s Annamay Pierse.



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### **Coaching Youth Athletes to Olympic Success**



Stephan Widmer has worked in high-performance sport for more than 20 years, the first 15 of which was at Queensland Academy of Sport. During his active coaching time, his swimmers won 20 World Records, 3 Olympic Gold Medals and 16 World Championship Gold Medals. His coaching concept is based on a process driven and race pace specific training model to create athletic swimmers. Stephan employs people management skills, explores human behavior and has a highly complex understanding of swimming techniques. Stephan understands the complexity of human limitations, both physically and mentally. He knows what it takes to lead athletes to their true potential, how to find the key to their ability to break World Records, to win World Championships or reach the pinnacle of sport, an Olympic Gold medal. In 2014 he was appointed as the Swimming Queensland Head Coach and Mentor Coach. With this professional change came also a cultural shift in his passion for the sport: Facilitate learning and mentoring opportunities for swimming coaches. Improve the coaching specific education for each developmental stage by designing world-class coaching methods for each development stage Integrating athletic development, movement and physical literacy into the LTAD model Since July 2017, Stephan has applied the same coaching and mentoring philosophy to Singapore Swimming, where he is employed as the National Head Coach and Performance Director. Stephan completed a Bachelor in Physical Education and Master of Science degree in Zürich, Switzerland. Stephan Widmer Achievements: Medal of the Order of Australia: For Service to Swimming as a Coach 2004, 2008 and 2012 Australian Olympic Team Coach 4-time Swimming Australia Coach of the Year



### **Biological Maturation in Youth Sports**

Individual differences in biological maturation have been shown to impact the processes of athlete selection and socialization in a number of sports. In a series of presentations and practical session, Dr Seann Cumming will describe the process of growth and maturation, how these processes are assessed, the consequences of individual differences in pubertal timing, and how they can directly and indirectly impact athlete development. Dr Cumming will also introduce the concept of bio-banding (i.e., maturity matching) and how bio-banding strategies are being used to inform the process of talent identification and development across a range of sports, including football, rugby, dance, and tennis. Participants will get first-hand experience in learning how to assess and calculate individual differences in growth and maturation and how to use this data to better understand and inform athlete development. Dr Sean Cumming is a senior lecturer in sport and exercise science at the University of Bath. His research focuses on growth and maturation in the context of sport and exercise. Sean has worked in research and consultancy roles for a number of governing bodies and professional clubs including, the Premier League, Football Association, Lawn Tennis Association and Bath Rugby.



### **Robert Hamilton - Total Immersion**

Interview with coach Robert Hamilton who set up Vigour Events and has over 20 years experience at all levels of sport in the UK.





## Becky Adlington - Life after the Olympics and being a Mum

In their biggest interview to date at Angel Swim London TV, they caught up with Double Olympic Gold medalist, proud mum of one and Britain's most successful female swimmer - Rebecca Adlington OBE.



### Examining the wrist: A guide for sports physicians and physiotherapists

Roger Hawkes, Chief Medical Officer, European Tour Performance Institute, and Doug Campbell, Wrist and Hand Surgeon, Leeds Teaching hospitals NHS Trust, guide you through examining the wrist. Having studied the wrist on the European Tour (golf) for the last four years, they show the simple tests to use in day-to-day practice, and the common pathological findings. For further resources, see the BJSM special edition on the wrist: <http://bjsm.bmj.com/content/47/17.toc> Chapters: Taking the history (1.26); Initial inspection of the wrist (3.00); Assessing the range of movement (5.00); Anatomy (5.55); Assessing flexibility (7.16); Locating pain (8.12); Assessing stability of the distal radial ulnar joint (9.22); The extensor carpi ulnaris tendon (10.27); De Quervain's tendonitis (13.00)



### Contemplas Start Analysis for swimming

Promotional video and description: Standardized workflow for evaluation of split times at relevant positions, trajectories of body points, angles and average velocities during a jump- or backstroke-start. A minimum setup of five cameras is required (1 above water, 4 under water). All results are available within seconds after recording due to the well-structured and easy-to-use event definition.



### Contemplas Race Analysis for swimming

Promotional video and description: Parameters: Split Times, Stroke Length, Stroke Rates, Stroke Counts, Velocities. Software Features: Import of any video format, Quick and simple workflow, Immediate results, PDF report and Powerful data export



## **Supporting Champions Podcast #5 Emilie Thienot**

Emilie Thienot coaches mindfulness. "If I want something I don't give up because I know it will happen. If I work hard and smartly I will see results." Freeing the mind to make good decisions. Unlocking potential - removing psychological barriers. Communication as a team - who do they want to be as a team, underpinning values and translating to behaviours. Trust and honesty at the foundation. The skill of resetting and the ability to adapt in the moment. Mindfulness - what is it? The ability to be aware of what is going on in the moment, in a non judgemental way. What does mindfulness do? What's the performance advantage? Accepting of negative thoughts and being able to notice the difficult feelings coming in, taking a helicopter view, diffuse and choose something else to refocus on, rather than fighting with the negative thoughts. Step 1, Step 2 & Step 3 of mindfulness. Benefits and results of mindfulness application. The neuroscience behind mindfulness. Daily integration and an earlier adoption creates a more robust, ingrained technique. Emilie's work, unlocking potential in sports and business. Using tools from the elite athlete world and applying to the corporate world.



## **Dr Andrei Vorontsov Periodization of young swimmers Part 3**

At the the annual Coach Clinic of Slovenia on 7 and 8 October 2017 in Ljubljana, Team Bath's Dr Andrei Vorontsov, one of the most respected coaches on the international scene shared his thirty years of experience of training all over Europe. A former head coach of the Russian national team, he helped prepare Sarah Sjostrom for the Rio 2016 Olympics (<http://bit.ly/2EWi9fx>). Part 3 of 3 videos.



## **Dr Andrei Vorontsov Periodization of young swimmers Part 2**

At the the annual Coach Clinic of Slovenia on 7 and 8 October 2017 in Ljubljana, Team Bath's Dr Andrei Vorontsov, one of the most respected coaches on the international scene shared his thirty years of experience of training all over Europe. A former head coach of the Russian national team, he helped prepare Sarah Sjostrom for the Rio 2016 Olympics (<http://bit.ly/2EWi9fx>). Part 2 of 3 videos.



## **Dr Andrei Vorontsov Periodization of young swimmers Part 1**

At the the annual Coach Clinic of Slovenia on 7 and 8 October 2017 in Ljubljana, Team Bath's Dr Andrei Vorontsov, one of the most respected coaches on the international scene shared his thirty years of experience of training all over Europe. A former head coach of the Russian national team, he helped prepare Sarah Sjostrom for the Rio 2016 Olympics (<http://bit.ly/2EWi9fx>). Part 1 of 3 videos.



Forearm Stretch w/ 1st

## Post workout static stretching

Splash Magazine Strength and Conditioning Special Correspondent Mike Mejia reviews static stretching as part of the post workout routine.



## Mike Mejia: The Importance of Proper Plyometric Training

Plyometric training can absolutely help make you more explosive- but only if the drills are performed correctly. Otherwise you'll only increase your chances of injury. When doing any type of explosive jumping drill, be sure to focus on proper landing mechanics.

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<http://www.somersetasa.org/sasa/en/View/Videos?id=1058&cid=&pdfview=1>