Videos

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Mental Health Expert Panel

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Information

Date 01.09.2021
Duration 4 Minutes 31 Seconds
Author English Institute of Sport
Description Learn about the work of the English Institute of Sport's Mental Health Expert Panel from Amanda Gatherer, Allan Johnston and Alan Currie.

More videos

Chris Cook, Mindset & Being an Olympian

Episode 13 of the podcast features UK swimmer and Olympian Chris Cook who was a joy to talk to and very down to earth on sharing some of his competitive journey. Chris has since hung up the trunks and retired from international swimming and now works with businesses, performance teams, schools and organizations to assist them in pursuit of their goals, inspiring a world class mind-set and encouraging people to follow their passion. The takeaways are endless from this conversation, but of course found the humour in all the seriousness.

British Swimming Tokyo 2020 Olympics Montage

Re-live highlights from a historic Olympic Games for our swimmers, divers and artistic swimmers at Tokyo 2020.
Respiratory Health of athletes in a #COVID19 environment
June 2020 discussion featuring contributions from Dr James Hull, Consultant Respiratory Physician at the Institute of Sport, Exercise and Health & Prof Martin Schwellnus, professor of Sport and Exercise Medicine at the Faculty of Health Sciences, University of Pretoria in South Africa anda visiting Chair in Sport and Exercise Medicine at the ISEH as part of University College London.

Suzanna Hext - Adversity, Determination and Stubbornness
This episode of the Propulsion Swimming Podcast features Tokyo Paralympian Suzanna Hext. For those who don't know much about Suzanna's story, in 2012 she became wheelchair-bound after being paralysed in an equestrian accident. Since that moment she has gone on to represent Great Britain with esteem at both Para-Equestrian and Para-Swimming, winning international honours in both sports including a Silver and Bronze at the 2019 World Para Swimming Championships in London. She's the British Record holder in the S5 50 and 100m Freestyle SC and SB4 100m Breaststroke and recently competed at the Tokyo Paralympics finishing in fourth in both the S5 100 and 200m Freestyle finals. Suzanna speaks about how London 2012 Paralympics helped her find her identity again after her accident, as well as how swimming came into her life and why her competitive nature drove her to become a member of British Para-Swimming. Suzanna also takes us through her journey to Tokyo which includes one of the worst preparations an athlete could dream of. Ear Infections, Surgeries and Asthma attacks all attempted to derail her, but with a massive helping of determination and stubbornness, she can now call herself a Paralympic Finalist. Timeline: 00:00 - Intro; 03:17 - 2012 Accident; 08:49 - Journey to Swimming; 14:07 - Covid Training; 18:30 - Paralympic Trials; 22:58 - Tokyo Paralympics ; 35:41 - Future Plan; 42:03 - Quick Fire Questions; 43:44 - Outro

Junior Academy: Yoga
On Day 2 Ream Manager Jacke Smith provides the introduction for Hatha Yoga instructor Lauren McLachlan who has practised yoga for over 9 years and has BA Degree in Digital Media at the University of Stirling.
Junior Academy: Mindset
Another Halloween special to fire up your dreams.

National Team Academy: Mastering Mindset and Visualisation
We could preface this video by asking you to visualise a Mexican wrestler but as this is a Halloween special, we'll just leave it to your imagination.

Include Me
Everyone should feel welcome and able to take part in sport and physical activity in a way that works for them, including as part of a club or group. This video explores why inclusivity is important, what it means to individuals and how clubs and groups can champion this. For a version with voiceover and slower scene changeover, please access here - https://youtu.be/VGYtXP4MOo

Starting Conversations About the Menstrual Cycle
In this video, the Welsh Institute of Performance Science’s Natalie Brown discusses the importance of support and open conversations about the menstrual cycle when establishing a positive coach-athlete relationship.

Openness of Conversations about the Menstrual Cycle
Starting a conversation with a female athlete about the menstrual cycle can sometimes be uncomfortable. This video provides you with some advice to help you start your conversation. Full resource on the UK Coaching website: https://bit.ly/3F7azJo
Understanding the Menstrual Cycle: The Biological Response
In this video, the Welsh Institute of Performance Science’s Natalie Brown explains each stage of the menstrual cycle and biological responses, offering key insight to help you consider the potential impact on participation in sport and physical activity. For more resources like this, visit ukcoaching.org

Can vegetarian athletes perform at the highest level?
Summary by Professor Asker Jeukendrup, brought to you by the IOC Diploma in Sports Nutrition. For more information see www.sportsoracle.com. Filmed and edited by Flashlight Films - www.flashlightfilms.co.uk in 2019. Jeukendrup was a Professor of Exercise Metabolism at the University of Birmingham for over 12 years. He also served as a Director of the Human Performance Lab at the same university.

National Competition Framework Q&A
Presentation Oct 2021 introduced by Alan Lynn

National Junior Team: Post School Transition
Presentation Oct 2021 introduced by Alan Lynn

Swim England Learn to Swim Programme Workshops
The Swim England Learn to Swim Team deliver bespoke online workshops on the Learn to Swim Programme. These interactive sessions are designed for Swim England partners delivering any of the four Learn to Swim Frameworks. Visit https://bit.ly/31stQXh / email learntoswim@swimming.org
International Swimming Hall of Fame Award to Colin Hill 2021
At the International Marathon Swimming Hall of Fame Awards, Colin Hill was very proud and humbled to receive The Irving Davids / Captain Roger W. Wheeler Memorial Award on behalf of the International Swimming Hall of Fame. Introduction by the legendary King of the Channel, Kevin Murphy. For more information please visit www.IMSHOF.org

Olympic Open Water Swim Tips With Alice Dearing
Olympic Open Water swimmer and Nuzest ambassador Alice Dearing, who recently returned from racing at the Olympic Games in Tokyo, shares her experience of getting into open water and her tips for how to progress from the pool to open water!

OM James Guy returns to Millfield Prep School to reopen swimming pool
BBC Points West coverage in Nov 2021 of the Olympic Gold medalist's return to Millfield Prep School, a leading independent co-educational school for pupils aged 2-13, with flexi and full boarding options from age 7 upwards. The school is a centre of excellence for academic study, sport and the arts and renowned for its outstanding facilities. James answered questions from Year 8 swimmers Asta M and Andrew T.

3 Questions, 3 Answers with Dr. Theodora Papadopoulou
The Sports, Medicine and Health Summit 2021 united the specializations of sports medicine to gain a new holistic approach in sports. Mr Daniel R. Schmidt, German Federation of Sports Medicine interviewed Loughboro based Dr. Dora Papadopoulou, Secretary General of the European Federation of Sports Medicine Associations who after the introduction and thanks explains the role of EFSMA and the importance of a biopsychosocial approach in sports medicine.

Video retrospective: Sports, Medicine and Health Summit 2021
The German Society for Sports Medicine and Prevention created a completely new congress format: the "Sports, Medicine and Health Summit". Originally planned as an in-person congress, the crisis surrounding COVID-19 forced the local organizing committee to go digital. And it was a complete success!

‘Dear Leaders Of The World’
In a powerful video produced with support from the International Olympic Committee (IOC), athletes who participated at the Olympic and Paralympic Games Tokyo 2020 are calling on world leaders to deliver on climate action. The call comes as world governments and business and civil society representatives gather at the UN Climate Change Conference (COP26), starting this week in Glasgow, Great Britain.

Landcraft with Stephen Milne
Demonstration and workout for the National Team Academy by the 2017 World Champion and 2016 Rio Olympic silver medallist.

The Importance of Sleep
Presentation for the National Team Academy

Sports Psychology with Jack Thorpe
Presentation by Edinburgh University's freestyle specialist.
Eve Thompson Workshop
Session for the Junior Academy led by University of Stirling, Yoga and fitness instructor Eve Thompson.

Being a Female Athlete
Oct 2021 discussion with Hannah Miley for the Junior Academy

Workout with Richard Norris
Oct 2021 workout for the Junior Academy

Sports Psychology with Zoe Black
Oct 2021 presentation to the Junior Academy.

How to think like an athlete
Oct 2021 discussion on key skills for when the going gets tough.

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http://www.somersetasa.org/sasa/en/?cid=&id=2920&pdfview=1&section=podcast