

## Videos

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### **Duncan Goodhew - 4 Top Tips For Breaststroke**

Duncan Goodhew, Swimathon President and Olympic Gold medallist shares 4 top technique tips on how to master Breaststroke. These tips will help you become faster, better and more efficient in the pool so you can smash your goals at Swimathon 2019! Sign up today at [swimathon.org](http://swimathon.org)



### **Mark Foster - Front Crawl Technique Tips**

Mark Foster is supporting Swimathon 2019 - here are some excellent tips on how to master front crawl! Sign up for Swimathon today at [swimathon.org](http://swimathon.org)



### **TYR: How To Put On Your Women's Venzo**

Got your TYR Venzo? In this all new How To video, TYR break down how to best suit up in their latest technology. Learn more at <http://www.tyr.com/shop/venzo>



### **What's it like to be on #TeamFINIS?**

James Guy and other elite sponsored athletes and FINIS staff share their love for the FINIS brand and the people who make it great in this video



### **Likes, RTs and Shares**

A 2015 #SwimBiz presentation entitled "A Guide to Creating Content that Makes People Click" by John Martin, Sports Communications Manager, USA Swimming



### **Sir Philip Craven MBE**

Sir Philip Craven MBE is an English sports administrator and former athlete. Between 2001 and 2017 he was the second president of the International Paralympic Committee. He was honoured with Doctor of Letters at the University of Chester's Graduation ceremony in November 2015. Following the introduction detailing his achievements, the video includes sage advice from Sir Philip in his acceptance speech.



### **Girls Active - Take What's Yours**

Girls Active supports schools to understand what motivates girls to take part in physical activity. It enables teachers to work with the girls – through consultation and leadership – to make the necessary changes to their physical education (PE), sport and physical activity provision. Developed by the Youth Sport Trust, and delivered in partnership with This Girl Can and Women in Sport, Girls Active is funded by Sport England.



### **Transforming Learning, Transforming Lives**

This animation sets out UK Coaching's approach to coach learning, presenting the five key dimensions that are essential for the future of coach development. For more information about UK Coaching services head to <https://www.ukcoaching.org/about/our-services>



## Dealing with life after sport

Sports psychologist Dr. Emma Kavanagh and performance coach Rick Cotgreave share their insights on life after sport.



## Does the menstrual cycle affect sports performance?

This video from The Journal of Physiology examines whether the menstrual cycle has an impact on athletic performance



## Diana: A Documentary

Diana Nyad, an iron-willed swimmer determined to leave her mark on the long-distance swimming world attempted a swim from Cuba to Florida, at the age of sixty-two. To learn more about Diana's swim, visit her website: <http://www.diananyad.com>



## How to Be a Professional Swimmer

3 time Olympic swimmer James Goddard Tells us how he got into swimming and what he would do differently if he could do it all again in this 2018 video.



## Tanni Grey-Thompson: In Conversation

Interview with Paralympic Legend, Baroness Tany Grey-Thomson. To find out more information about this and his other interviews, please go to <http://www.beyondthetitle.co.uk>



## Enhancing Parent Coach Interactions to Maximise Athletes' Engagement and Development

At the 2017 Science + Triathlon World Conference, this session presented by Dr. Camilla Knight, Associate Professor in Sports Psychology, explored the critical role of parents in facilitating athletes' motivation, perceived competence, and subsequent performance in sport. It examines the importance of parent-coach interactions in ensuring parents are best involved in sport. Strategies for enhancing parent-coach interactions and facilitating the development of support relationships will be shared.



### Winter Swimming Top Tips and advice for beginners

Seasoned Winter Swimmer Colin Hill provides some top tips on outdoor cold water swimming



### Swimmers' guide to Club La Santa, Lanzarote

Colin Hill takes a look around the swimming facilities at Club la Santa. Jan 2019, after taking his beach lifeguard course in Puerto-del-Carmen, he spends a week in Club La Santa. He had not been here for around 10 years, so it was interesting to see how it has changed in that time.



### 4 Butterfly Stroke Drills

Coach Eddie Reese begins this presentation with a discussion of the stroke by breaking down components of the pull, the kick, the proper body position, and the timing of the stroke. With stroke demonstration from former NCAA 200 Fly Champion, Rainer Kendrick, Reese takes a look at the full stroke and reemphasizing the technical components.



### The Man Who Beat Michael Phelps

Joseph Schooling is the first ever Singaporean Olympic gold medalist. Trans World Sport went to meet him at the University of Texas where he trains as a member of the Texas Longhorns swimming team.



## Training To Become A Swimming Teacher | Swim England Qualifications

Find out how you can train to become a swimming teacher with Swim England Qualifications. Hear from English swimming teachers why they wanted to take up the profession, and why they chose to qualify with Swim England Qualifications. Find out more at <https://swimenglandqualifications.com/> #LoveSwimming



### Konstantin Grigorishin on the issues in Olympic Sports

Interview by Idealist Media



### Alison Oliver inducted into University of Bath Hall of Fame for Sport

Former Deputy Director of Sport Alison Oliver, now Chief Executive of the Youth Sport Trust, returned to the £30million Sports Training Village that she helped establish to be inducted into the University of Bath Hall of Fame for Sport.



### Things you should know before working out

Jamie Barrow shares some top tips on what to do before you work out, helping you maximise your exercise.



### 5 best foam roller exercises

Team Bath's experts show you some of the best roller foam exercises. The foam roller can be your personal travelling masseur!



## Things you should know about training when run down

Feeling under the weather? Paralympian swimmer Kate Grey discusses what you should know about training when run down.



### Motivational techniques for training

Want to get fit or fitter but can't find the motivation? This film featuring Paralympian Kate Grey is for you!



### Five best swim drills

Tips and drills to improve your swimming, as demonstrated by Paralympic swimmer Kate Grey



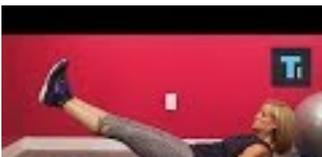
### Injury Prevention Exercises for Swimmers

After 15 years of long distance training, Chloe Sutton never had any injuries. She believes that it is because she began this shoulder strengthening routine that she practiced after every workout. Shoulder injuries are extremely common in swimmers due to the repetitive nature of the sport. Fatiguing in the muscles that support the shoulder and scapula lead to injury and pain which is often referred to as "swimmer's shoulder". Add these exercises to the end of your workout to strengthen the supporting muscles in your shoulders so that you can keep swimming for a long and healthy career!



### Tim Don: Life After The Halo

Just days before the Ironman World Championship, Tim Don was hit by a truck and broke his neck. Only one recovery option would allow Tim to race with the best again, the halo. In this video, Fraser chats to Tim about life after the halo and his return to racing at the top level of triathlon. Thank you to On Running and Andrew Hinton for allowing us to use footage from 'The Man With The Halo'. Tim's story and return to racing are truly inspirational.



## Dara Torres 6.5 Minute Ab Workout

Five-time Olympic swimmer and 12-time Olympic medalist Dara Torres demonstrates her ultimate ab workout that keeps her in amazing shape. Torres teamed up with SHOW MORE OF YOU from Celgene and Otezla — a campaign that is shining light on the psoriasis or psoriatic arthritis.



## GDPR Guidance for Schools

Video published Jan 2018 on General Data Protection Regulation coming 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 if you have any questions about GDPR or how you can prepare.

Media 1 to 30 from 1444 [ << 1 2 3 4 >> ]

<http://www.somersetasa.org/sasa/en/?section=podcast&pdfview=1>