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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	402

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Programmable Swimming Training Equipment

Innovation Technology Presentation at the 2018 Taiwan International Lighting Technology Exhibition by Prodigital Technology Corp (Booth No. : B0930)



Traineseense webinar 1: From data to analysis

Promotional video from Traineseense in Tampere, Finland explaining how the data measured with the SmartPaddle system can be used to analyse a swimmer's swimming and identify areas for development.

<https://smartpaddle.traineseense.com/>



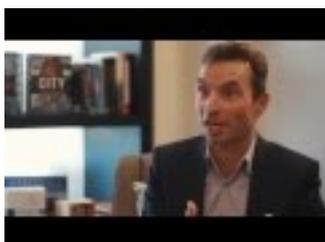
Do sports drinks and energy bars make you a better athlete?

Investigation originally broadcast 31 January 2014.



How important is nutrition for recovery?

Louise Burke discusses periodisation



Should athletes drink only if and when they are thirsty?

Asker Jeukendrup explains the value of planning your hydration before events.



Why Hydration Matters

Webinar explaining the importance of hydration.



EHI Hydration Network Meeting

Introduction to the Institute's second meeting by Professor Dr. Ron Maughan including the problem of misinformation and the need for reliable information and education on hydration.



Long-Term Athlete Development

In this video from the (US) National Strength and Conditioning Association's 2013 National Conference, Dr. Rhodri Lloyd, Senior Lecturer in Physiology and Health at Cardiff Metropolitan University, talks about planning for long-term athletic development.



England Water Polo in conversation with Jack Buckner

British Swimming's new CEO Jack Buckner was on poolside supporting the GBR U19 water polo team in Manchester over 11-13 May. England Water Polo took the opportunity to ask Jack about his views on the future of our sport, our national teams, funding for water polo and hosting more international tournaments. The chat took place immediately after he'd held positive talks with Ian Elliot and other members of the Water Polo Management Group.



Jenny Rogers on Coaching

Jenny Rogers has successfully coached many hundreds of people through career crises, trains other coaches, has published widely on career themes and has been a frequent contributor to BBC Radio. In Supporting Champions Podcast #7, Steve Ingham talks to Jenny about 2:20 Where it all started? Jenny's teaching career and her 'development itch!' 5:30 Where did it all start? The BBC & finding Delia Smith! 11:20 Where did the development of others start? 16:20 Becoming commissioning editor for The Open College, Jenny's introduction to consulting and organisational behaviour 19:20 The beginnings of one to one work and executive coaching 20:00 Becoming a coach full-time and leaving the BBC 22:00 What is the coaching that Jenny provides? 23:58 "The slippery-ness of the human approach to change" 26:15 The power of coaching - examples 31:11 Jenny's top tips for people new to coaching 35:50 This isn't working - working in the moment and developing a different kind of conversation 37:10 Stepping outside of the conversation, navigating the difficult childhoods. Treading dangerous waters. Super-champions, high performing executives and their emotional lies 42:10 Supporting sporting systems and what executive coaching can offer sport 44.40 Coaching sessions...holding a space, nudging, challenging and laughter 46:20 Support for coaches 51:20 Jenny's writing compulsion 53:34 A Coaching Handbook - stay curious and stay self-aware 59:09 Top tips for writing and Jenny's book in progress...Career Coaching More from Jenny at <https://jennyrogerscoaching.com/>



David Fletcher on Adversity

In Supporting Champions Podcast #6 Steve Ingham talks to David Fletcher about his career as a swimmer, researcher and expert in the area of adversity. Show notes: 07:00 Early aspirations as a swimmer, but experiencing near misses as an athlete and academically 10:00 Transfer of desire from swim background to early success in studies 12:00 Father as a science role-model, searching and sharing academic papers 15:30 Importance of internship in sporting environment 19:00 Importance of breadth of experience beyond own area of specialism 23:30 Interest in the stresses that athletes experiences 25:00 Stresses changing based on growth of high performance system 28:00 Uncovering poor organisational behaviours that adversely influenced sporting performance 29:00 Seeking legal advice due to controversial nature of athlete interviews - sticking to your guns about unearthing and communicating stresses 31:00 Identifying stresses and how some used stressful experiences as fuel for determination 34:00 Organisational stresses - leadership styles, not being listened to, overuse of pressure training and how it spilled over 35:00 How it is unethical not to prepare athletes for the pressure of top competitions 36:00 How leadership behaviours permeated down to grass-root levels 41:00 Adversity as a stimulus for growth - so it needs to be; - Relevant, e.g. penalty shoot-out - Progressively adaptable - Agreed 44:00 Appropriate and inappropriate consequences to contravening agreed behaviours 47:00 Role of early adversity as a fuel for focusing on sporting goals 48:00 Theories emerging - life adversity coinciding with sporting success, and finding sport as a sanctuary 50:00 Caveat that sport doesn't protect person from mental health response to adversarial events 51:30 How best to support when people experience adversity; 1) give them space; 2) supporting people when they are ready to disclose - provide inspirational opportunities; 3) when a vase breaks consider creating a new mosaic rather than re-building as it was 57:00 Adversity gives you honesty to review deeply 59:00 Different personality traits required to succeed in sport vs life 60:00 Re-emergence of 'issues' when sport is not there 61:00 Are we doing enough to support coaches? 64:00 Lessons for everybody - Anything worthwhile will have its challenges - Importance of anticipating stresses and preparing for them - Importance of support network - Importance of disclosing and being open to sharing stress response 67:00 Future directions in area of adversity



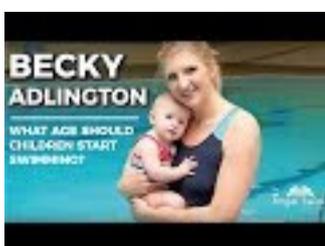
Open Water Drafting with Sara McLarty

Sara McLarty shows us how drafting off of another athlete —that is, using the energy generated by the movement of the water off the other swimmer's body to assist your swim — is a legal way to gain an advantage over your competitors in an open water swim or triathlon race.



Steve Munatones on Open Water Feeding

Steve Munatones, a U.S. Masters Swimming expert on open water swimming, discusses the use of three types of open water feeding systems.



What age should children start swimming?

Becky Adlington's response.



Dr Françoise Freedman Interview

Dr Françoise Freedman is a pioneer in baby swimming and a medical anthropologist at the University of Cambridge, where she does research and teaches as an affiliated lecturer in the Department of Social Anthropology. Having a background of competition swimming and as a swimming instructor, she developed Infant Aquatics and Aqua Yoga original programmes. She received the prestigious Virginia Hunt Award in 2009 (World Aquatic Baby Children Association).



Elite Athletes Panel

World-class Professional Sports: Impacts and Perspectives on Sports Analytics and Sports Big Data
Featuring Chris Goulding (Australian Boomers, Melbourne United - Professional Basketball Player), Loudy Wiggins (Dual Olympic Medalist - Diving), Matt Cowdrey (Paralympic Gold Medallist - Swimming) and Lydia Lassila (Winter Olympic Gold Medallist - Aerial Skiing) Host: Anthony Coops (KPMG) Filmed at the Sports Analytics Conference 2015 in Melbourne, Australia



Advice to young people from elite athletes

The CPSU grabbed a few minutes with a number of 2015 School Games athlete mentors to hear about their experiences of being involved in sport. Olympic, Paralympic and Commonwealth athletes offer advice to sports organisations, clubs and young people who are taking part in sport.



Peter Diamond: Water Polo is very healthy!

Peter C. Diamond is a 16-time Emmy Award-winner who serves as Executive Vice President, Programming, NBC Olympics, and is responsible for programming NBC Universal's coverage of the Olympic Games. The

2018 Olympic Winter Games in PyeongChang, South Korea, marked his 18th Olympic assignment – more than any broadcast network executive in television history. Diamond was invited to the FINA World Water Polo Conference in Budapest to give a 15-minute talk about Water Polo. In his opinion, FINA is already going in the right direction but he also had some interesting points to add.



Ratko Rudic's support for changes in Water Polo

Four-time Olympic Champion Coach Ratko Rudic (CRO) was interviewed at the FINA Water Polo Conference 2018 in Hungary. He came to support the positive changes in Water Polo but he would like to see Water Polo receive a higher level of media attention in future.



Aaron Younger: "It's the marketing that has to change"

Water Polo player Aaron Younger from Australia was interviewed at the FINA World Water Polo Conference in Budapest (HUN). Younger is very happy that the athletes get involved in the discussion about the further development of Water Polo.



The Successful Person's Guide to Failure

Award winning journalist and bestselling author Matthew Syed provides the 'Successful Person's Guide to Failure' taken from his book Black Box Thinking. Whether developing a new product, honing a core skill or just trying to get a critical decision right, Black Box Thinkers aren't afraid to face up to mistakes. In fact, Black Box thinkers see failure as the very best way to learn. Rather than denying their mistakes, blaming others, or attempting to spin their way out of trouble, these institutions and individuals interrogate errors as part of their future strategy for success.



Why you should have your own black box

In this TEDx London Business School talk, Matthew Syed makes the case for acknowledging failure and

confronting our mistakes, a notion he refers to as “Black Box Thinking”. Syed was the British table tennis number one for almost a decade, three-time Commonwealth Champion, and twice competed for Great Britain in the Olympic Games (in Barcelona in 1992 and Sydney in 2000). A columnist for The Times, he has also gone on to publish numerous bestselling books; Bounce, published in April 2010, has been described as “one of the most intelligent and thought-provoking books about sport ever written”, and Black Box Thinking, published in 2015, which has been globally acknowledged and translated into multiple languages.



Kelsey White on Water Polo from an Athlete's Perspective

The captain of the South African Water Polo team, Kelsey White, talks about the Athlete's perspectives and the importance of creating a good culture in this discipline. Interview recorded at the FINA World Water Polo Conference in Budapest (Hungary).



Erik Van Heijningen on the importance of innovating Water Polo

Erik van Heijningen is FINA Bureau member from the Netherlands and wants to help the whole Water Polo family to find the right answers to the questions that came up at the FINA Water Polo conference 2017 in Budapest.



The rules are not the issue

Adam Krikorian knows that it's not just about the rules of Water Polo, to make this sport more popular. Interview with the American member of the FINA Coaches Committee who talks about the future of Water Polo and his experiences with this discipline so far.



ABSORB: innovative physiotherapy platform

ABSORB is an online platform like nothing else in the high performance system. It enables 24/7 knowledge access for EIS physiotherapists and doctors, with over 2,000 staff logins in its first year. <https://bit.ly/2Hz77xZ>



Chloe McCardel

This episode of The Physical Performance Show features a fire-side chat with Chloe McCardel on her triple English Channel Crossing and 21 English Channel Crossings. Chloe unpacks her determination and strength throughout her journey of crossing the English Channel multiple times. Why swimming with Salt Water Crocodiles scares Chloe the most; focusing on a personal challenge at a young age; finding her love of open water swimming; training for the English Channel crossing. Unpacking the Triple crossing; combatting Hypothermia during the crossing; battling Jellyfish; being inducted into the hall of fame; finding the zone; pushing her own physical performance; Chloe's Physical Challenge – 1km open water swim



Richard Scarce

Episode 50 features a fire-side chat with AUS Swim Team Coach Richard Scarce. Richard unpacks the challenges, his philosophy and the art and science around swim coaching. Richard's role and philosophy as a coach; the art and science in coaching; coaching at Southport Olympic Pool; Commonwealth Games Glasgow; Performance Round Questions; Richard's favourite part about coaching; Richard's physical challenge – 100s Freestyle.



Commitment - Coaching What it Takes to Succeed

Commitment is one of those essential - must have - non negotiable - highly desirable qualities of successful athletes and coaches - yet it is also one of the least understood. The challenge is this. Everyone will talk about the importance of commitment - but few understand how to coach it. Unlike physical skills such as speed, strength and endurance which have well established training methodologies - how do coaches actually coach commitment? As a working model consider this. In any given situation, a committed athlete - when given the choice between doing things the hard way or the easy way will choose to do things the hard way - or if you like the "right way". It's the cumulative effect of the athlete choosing to do things the "hard-way" that creates a committed lifestyle and makes a significant impact on every aspect of their sports preparation and performance. Having a working definition of commitment helps coaches to then develop innovative and creative ways of coaching commitment in their athletes through training, lifestyle and competition experiences.



Talent vs. Commitment in Young Athletes

How do I know if my child is talented? Coach Wayne Goldsmith explains how young athletes with strong morals and commitment are the ones who excel and become world class athletes. A must watch for parents

with kids in sport.

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