

## Videos

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### Media Training

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#### Information

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### More videos



#### Top tips for open water swim racing

Some of the worlds best 10km open water swimmers shared their top racing tips at the FINA Marathon Swim World Series Balatonfüred, Hungary



#### The Queens Award for Volunteers | Award Winners 2019

The Queen's Award for Voluntary Service is the highest award given to volunteer groups across the UK to recognise exceptional service within communities. Nominations for 2020 awards close on 13 September 2019. <https://qavs.culture.gov.uk/>



## **Nathan Adrian Talks Candidly About Testicular Cancer**

In this episode of Gold Medal Minuted presented by SwimOutlet.com (<https://www.swimoutlet.com>): The global swimming community was shocked to learn Olympic champion Nathan Adrian had been diagnosed with testicular cancer 24 January 2019 at the age of 30. After two surgeries Adrian is doing better, and he's back in the pool racing. Nathan competed in his first meet, post-cancer, at the Pro Swim in Bloomington. In the 50m free Nathan captured third - 22.22 and in the 100m free, Nathan finished 4th, just off the podium - 49.31. The 8-time Olympic medalist is on two Team USA rosters summer 2019, Pan Ams and World Championships, and he intends to compete at both.



## **Adam Peaty. Unstoppable**

Motivational Video 2018



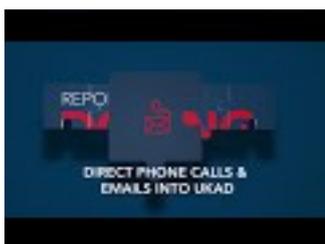
## **Chad le Clos. Dream Big**

Motivational Video 2019



## **Adam Peaty Interview**

Roman Likhov interviews for Tenerife Top Training swimmer Adam George Peaty MBE (born 28 December 1994), a British competitive swimmer who specializes in breaststroke. He has represented Great Britain at the Olympic Games, FINA World Championships, and European Championships, and England in the Commonwealth Games. He won the gold medal in the 100m breaststroke at the 2016 Olympics, the first by a male British Swimmer in 24 years. He is the current holder of the world record in 50 and 100m breaststroke.



## **Why is intelligence important to UK Anti-Doping?**

Animation explaining the value of intelligence to keep sport clean.

**The Code**

- Council Minutes 2017
- Member names and contact info
- Applies to all clubs and all sports organizations seeking membership and status listing
- Includes input provided by members with some sport specific content



## Demystifying A Code for Sports Governance

Sport England and UK Sport's Code for Sports Governance sets out Tier level governance requirements for public funded organisations. This webinar is designed to provide a good understanding of what the three tiers mean to sport boards, how the Code is applied and what is expected of organisations.



### Michael Phelps Knew He Would Achieve Greatness at 18

Trans World Sport met Michael Phelps way back in 2004 when he was just 18 where he spoke about his Pimp My Ride style SUV, his aims for the Athens Olympics and his developing rivalry with Ian Thorpe.



### A Guide To Wild Swimming

Wild swimming is growing in popularity, it's free, it's relaxing and can be thoroughly invigorating. However, if you've not dipped your toe in before it might sound a little daunting so in this video we get some advice from an expert in the field, Professor Greg Whyte. He is an ambassador for the Royal Life Saving Society and a strong advocate for open water swimming. Heather chats to him about: - Where is safe to wild swim; - What to do before getting in the open water; - How to stay safe and be seen whilst wild swimming; - What you should do after finishing your swim



### How to prepare for Volunteers' Week 2019

A webinar on how you can prepare for Volunteers Week 2019, hosted by Shaun Delaney, Volunteering Development Manager, NCVO, and Liz Woodman, Volunteering Development Assistant, NCVO.



### YST National School Sport Week 2019

National School Sport Week is led by children's charity the Youth Sport Trust which works to improve young people's wellbeing through sport and play. 2019's YST National School Sport Week (24 to 28 June) celebrates the power of Physical Education and school sport to improve every young person's wellbeing

through 'Five Ways to Wellbeing'.



### **Dave McNulty on How to Coach**

Dave McNulty, Head Coach, British Swimming NTC, Bath discusses what it means to be a real coach and how to inspire others so they can reach their full potential and fulfil their dreams of winning an Olympic medal.



### **Siobhan-Marie O'Connor, Olympic medallist**

Interview with one of the best swimmers in the world Siobhan-Marie O'Connor: what it's like living with a medical condition; how to find the balance in hard training; the importance of a holistic approach for every individual; advice for athletes and parents from a World Champion. And a special bonus - Siobhan-Marie doing a floss!



### **Dave McNulty - Machine For Producing Olympic Medals**

How much would you pay to learn from one of the best swimming coaches on planet Earth?! You are lucky, because you can discover decades of hard work and experience translate into this 40 min interview! Are you ready?



### **The A-Z (well, T) of the fitness alphabet**

From Aerobic Exercise to Tabata, the Team Bath health and fitness team provide lots of tips about how to improve your training and avoid mistakes. Find out more at <https://www.teambath.com/fitness>



## Tour the University of Bath Sport Training Village

Paralympian Kate Grey tours around the impressive facilities at the University of Bath Sport Training Village.



### Do you know what swim etiquette is?

Tips on making your swimming experience better for you and others



### 7 Reasons to Get Fit

Team Bath give you seven great reasons to improve your fitness from fat-busting to heart health, sleep quality to anxiety reduction.



### Wild Swimming in Loch Ness

Shona & Kate take Sarah Williams wild swimming from Dores Beach in Loch Ness! Sarah set up Tough Girl Challenges as a way of motivating and inspiring women and girls. She is the host of the Tough Girl Podcast where she has interviewed over 180 inspirational female explorers, adventurers, athletes and everyday women who have overcome great challenges. The Tough Girl Podcast has been downloaded over 700,000 times in 174 countries. It won the Women's Sport Trust, Media Initiative of the Year Award in May 2018. Sarah completed the Marathon des Sables in April 2016 and in 2017 she hiked the Appalachian Trail (2,190 miles) in 100 days! Sarah completed her Masters in Women & Gender studies at Lancaster University in 2018 and cycled the Pacific Coast Highway and Baja California. She is now back in the UK looking for new challenges. If you have any ideas of suggestions - let her know via [sarah@toughgirlchallenges.com](mailto:sarah@toughgirlchallenges.com)



### Future swimming pools

06 Agor Floors & Covers <http://agor-eng.com/> ; 05 Abrisud <https://www.abrisud.co.uk> ; 04 Exit Pool <https://www.exittoys.ie/> ; 03 Waterclimbing <http://www.waterclimbing.com/home-e.html> ; 02 Dolphin Robotic Pool Cleaners <https://maytronicsus.com/> ; 01 Shippingcontainerpools - <http://shippingcontainerpools.com.au/>



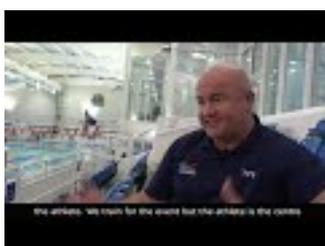
## Butterfly Body Position | Improve Your Swimming Technique

Not sure how to master the undulations or how to hold your head and body when you're swimming butterfly? Follow our tips to improving your butterfly body position in the water.



### Water Wellbeing in action

Swim England's Water Wellbeing programmes seek to support inactive individuals, including those with long-term health conditions



### Swimming Coach David McNulty: Mental Health Awareness Week

David McNulty, British Swimming's National Centre Lead Coach (Bath), talks about how happy swimmers are fast swimmers and how the conversation about mental health has opened up during his 29 years as a coach.



### DynamiCam

DynamiCam is a minimized 3D-motion robotic cable camera system offering an innovative solution For video and industrial applications. Sample footage from LEN European Swimming Championships



### Growth Mindset

A promotional film that supported the launch of Demos' report, Mind over Matter. The film directed by Paul Bryan & Liam Bream features interviews with a wide range of community, business and sporting leaders.



## Endless Pools Promo with Team GB Olympic Swimmer Ross Davenport

A product promotional video filmed with three-time Olympic Swimmer for Team GB Ross Davenport. Ross shares his thoughts on the Endless Pools product range and why he loves them. Filmed on location at Hotspring World's Sevenoaks showroom in Kent which features the largest outside wet display of swim spas in the UK. For more information about these products visit - [hotspringworld.co.uk/endless-pools/](https://hotspringworld.co.uk/endless-pools/)



## I'm Back Sea Swimming (and Sailing)

It's been 5 months since The Great British Swim and whilst tour talks and media interviews have been incredible, this was amazing to get back in the sea with the Royal Yachting Association as I took my first swim back in British waters through The Needles around the Isle of Wight. It was also great to learn to sail myself since I'm so incredibly indebted to the entire sailing community since swimming 1,780 miles simply isn't possible without understanding the laws of the ocean and so it simply wasn't possible without all that they (and Captain Matt Knight) taught me. To try sailing yourself, throughout May there are free training sessions happening around the UK. Visit this link for details: <https://www.rya.org.uk/go/startboating>



## How To Train For An Open Water Race In A Short Course Pool

Explore the differences between open water swimming and pool swimming and while it is essential to acclimatise and train in open water for open water races, see how you can still prepare for them while swimming in a short course pool.



## Open Water Drafting Technique

Drafting is a technique that's well understood in race car driving and cycling. In swimming, the effect can be just as big because water is 800x more dense than air and there's significantly more resistance in the water than on land. Open water swimming is a fun and exciting sport. One of the reasons it is very different from pool swimming is the concept of drafting. This is where you align yourself with another swimmer(s) to reduce the overall effect of drag due to exploiting the lead swimmer's slipstream.

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