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Mental Health Awareness in Swimming Webinar

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Information

Date	24.04.2019
Duration	1 Hour 34 Minutes 25 Seconds
Author	Swim England
Description	A presentation and live Q and A with mental health charity MIND and the Swim England Learn to Swim team. This webinar, first hosted in October 2018, includes key facts on mental health and sheds light on how mental health issues can impact individuals' lives. Discussion is focused on the benefits of swimming and other forms of physical activity for those who suffer with mental health issues. Information on further resources and support networks is provided. For more from the Learn to Swim team, visit: https://www.swimming.org/swimengland/learn-to-swim-events
Filesize	0 Bytes
Views	148

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GCSEs Have Changed

GCSEs have changed. For most subjects, results are now graded 9 to 1 instead of the old A* to G. Some of those subjects that have been updated include maths, English language and sciences. The new GCSEs have been reformed to cover more challenging content to ensure students are better prepared for the world of work and further study. Colleges, universities and employers will continue to set their own entry criteria. To find out more about the new GCSEs and what the changes mean, visit <https://newgcse.campaign.gov.uk/>



Education Secretary Damian Hinds at the NSPCC conference

At the NSPCC Growing up online conference on 26 June, Damian Hinds discussed how we can protect children from harm in the online world.



Technique session - open water swimming

Part of a one hour lake swim coaching session. First part Colin Hill is on the water with the swimmer for an initial assessment, watching their stroke and giving demonstrations. Then he's in a boat next to the swimmer and they go for a long swim, where they focus on different areas of the stroke. As Colin mentions, for long distance swimming, try and get the stroke as efficient as possible. It takes time and practice, but it's good to have some key things to think about in training.



Exercise After Stroke webinar (July 2019)

This webinar was hosted, delivered and recorded by Swim England's Learn to Swim team and Stroke Association in July 2019. It looks at what a stroke is, common effects of a stroke and how physical activity can help improve a stroke survivor's quality of life whilst assisting secondary prevention. It also covers the benefits of swimming, as well as discussing potential barriers in order to help swimming teachers ensure that their leisure centres and swim sessions are accessible for stroke survivors and meet their needs. For more information on what Swim England does to support health and wellbeing visit:

<http://www.swimming.org/swimengland/health-and-wellbeing> Find more events like this:

<http://www.swimming.org/swimengland/learn-to-swim-events> Find out more about Stroke Association:

<http://www.stroke.org.uk>



School Swimming and Water Safety webinar (July 2019)

'Perform safe self-rescue in different water-based situations' - what does this mean in the national curriculum? This webinar was delivered to members of the Swim England School Swimming and Water Safety Charter in July 2019. It takes a closer look at the assessment criteria for the one of the three national curriculum requirements for swimming and water safety: Perform safe self-rescue in different water-based situations. Delivered by Swim England's school swimming programme managers, this recording will give you a clearer understanding of meaning of this requirement, assessment criteria and how to make sure your pupils meet them. For more information visit: www.swimming.org/schools



Off the Blocks, S2 Ep5

A star-studded cast of swimmers – including Cody Miller, Caeleb Dressel, Kathleen Baker, Michael Andrew, Ryan Murphy, Jordan Wilimovsky, Regan Smith, Lilly King and Mallory Comerford – wrap up season 2 of “Off the Blocks” with six lessons learned in the run-up to the FINA World Championships and other major international competitions.



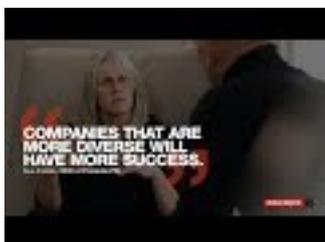
Jack Bauerle

In February 2017, FloSwimming sat down with legendary Georgia head coach Jack Bauerle to talk coaching philosophy, why he writes a handwritten note every single day, and much more. Bauerle is a fountain of knowledge when it comes to the sport of swimming. But most importantly, he has made a lasting impact on current and former swimmers that goes well beyond the pool.



David Marsh's 3 Steps to Building a Culture

David Marsh is the head coach of Team Elite in San Diego, California and also head swim coach for University of California, San Diego.



Sue Anstiss MBE

Sue Anstiss has a lot of strings to her bow. In addition to her MBE for services to grassroots and women's sport, she's CEO of Promote PR, trustee for the Women's Sport Trust charity, a Women in Fitness Association UK council member and host of The Game Changers podcast. This episode of the Escape Your Limits podcast is a vital lesson in equality, dedication and a lifetime of getting a nation engaged in sport and wellbeing.



Matt Kredich

Often momentum can carry us, our programs or our athletes in one direction. At some point, that momentum

diminishes. How as coaches can we change trajectory to stay on the road to success? In a CSCAA Convention 2017 session applicable to all coaches, Tennessee's Matt Kredich challenges you with ideas on how to do just that.



Bob Bowman

Achieving Excellence. Best known as head coach of the North Baltimore Aquatic Club, Bob Bowman (Arizona State) is also a highly sought-after speaker. Author of The Golden Rules, Bowman identifies key concepts in this CSCAA Convention 2017 presentation that will show you how to win gold every day by setting goals and taking risks to achieve them.



Frank Busch

2017 Presentation given by Frank Busch then National Team Director, USA Swimming to CSCAA Convention 2017.



Pacey Performance Podcast #58 - Mark Bennett

In 2015 Robert Pacey spoke with Head of Performance at Bristol Rugby, Mark Bennett. Mark Bennett is an ex Welsh international player and was previously with the WRU and Ospreys. Mark is possibly the most open guest he has had on the podcast which was amazing! His experience in the sport as both a player and a coach is invaluable and to listen to Mark speak about his athlete to coach transition is well worth the listen alone. In this episode you will learn: Who is Mark Bennett (education, background and current role); How your philosophy has developed over the last 15 years; Aerobic work for rugby and your use of circuits; How Verkhoshansky has influenced your practice; Building an explosive athlete; Data collection; Influence of CrossFit in rugby.



High performance coaching

Extract from a live webcast delivered across UK to coaches, sports managers and performance directors. Mark Bennett presents his performance coaching principles and why it is the missing link within competitive performance.



Dressel Turn+UW+Breakout

View from under



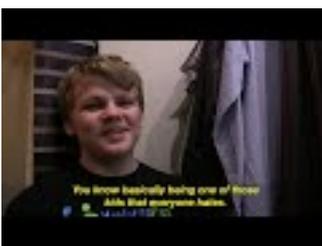
Sarah Sjostrom Butterfly

Under / Above / Side views



Adam Peaty Breaststroke

Under / Above / Side view



Bath & NE Somerset Mentoring Plus

Film on the fantastic work of Mentoring Plus for the Bath & NE Somerset Community Awards 2019.

<http://mentoringplus.net> Could your Club engage with Mentoring Plus and help young people feel happier, more confident and able to overcome barriers to achieving their potential?



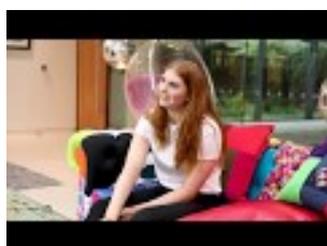
Bath & NE Somerset Student Partnership Film

Film for the Bath & NE Somerset Council Community Awards 2019 on the important work of the Student Partnership. Is your organisation engaged with their volunteers?



Get ready for Napoli 2019 Summer Universiade

With the Summer Universiade's return to Italy for the event's 30th edition, its time to get ready for all the action. While Napoli is the event's hub and heart, four other cities in the Campagnia Region — Caserta, Benevento, Avellino and Salerno — will play host to the world's finest university student-athletes from the 3-14 July 2019.



Introducing Freya Anderson

Recently signed Speedo athlete Freya Anderson sat down with Speedo to talk about her swimming career aspirations and highlights so far. Get to know more about the 2x European Gold medalist, from her lucky warm up routine to the swimmer she did a poster on at primary school.



Introducing Tom Dean

Recently signed Speedo athlete Tom Dean sat down with Speedo to talk about his swimming career aspirations and highlights so far. Get to know more about the 2018 European Champion, from who's inspired him to poolside snacks.



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.



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.

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<http://www.somersetasa.org/sasa/en/View/Videos?id=1551&cid=&pdfview=1>