

Videos

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Is sport welcoming to all or does it depend on who you are?

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Information

Date	07.01.2020
Duration	1 Hour 24 Minutes 42 Seconds
Author	Sport Resolutions
Description	Sport Resolutions Annual Conference 2019 took place on 2 May at the Grange St. Paul's Hotel in London. In session 3 Jason Mohammad and a panel consisting Andrew Smith, Kate Richardson-Walsh OBE, Femina Makkar, Viv Anderson MBE and Keegan Hirst discuss racism and homophobia in sport.
Filesize	0 Bytes
Views	99

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Strength and conditioning exercises (week 1)

This is the first in a series of videos with Strength and conditioning coach, Daniel Waddingham. He discusses exercises and training programmes that can be done from home. <https://bit.ly/3dBfYvq>



Sports Psychology Support - Processing Emotions In Times Of Uncertainty

Times of uncertainty can play havoc with your emotions, not knowing whether your next swimming session is next month, later in the year, or even next year. Swim England sport psychologists Hannah Stoyel and Helen Davis have put together a video for Swim England club members, coaches and parents to help understand how to identify and process these emotions. Hannah and Helen impress that we are in an unprecedented situation at the moment, with pools indefinitely closed due to the coronavirus outbreak. There is a huge range

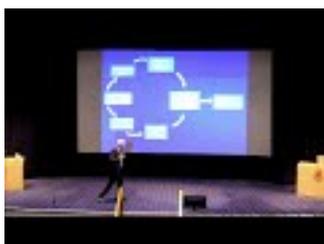
of emotions that we might feel about this – sometimes many over a short period of time. It's important to remember that all these emotions are valid reactions, when we're feeling out of control. Hannah and Helen refer to Geoffrey Roberts's Feeling Wheel (see video) and how this can help us identify how and why we are feeling a certain way. While not many things feel normal in times of uncertainty, we develop a new normal.



Parkinson's Power Webinar

This webinar was delivered by Parkinson's Power - a charity that supports people and their families who are living with Parkinson's Disease. The Swim England Learn to Swim team hosted the event, which was recorded in December 2019. The presentation and discussion provides key insights on Parkinson's Disease, including signs and symptoms, the benefits of physical activity for people with Parkinson's, and case studies from people who swim and use leisure centres. There is also a short presentation from the Swim England Health and Wellbeing team who provide information on how we work with swimming lesson providers and pool operators to make their facilities more accessible to people with health conditions. For more information on Swim England health and wellbeing projects, visit:

<https://www.swimming.org/swimengland/health-and-wellbeing>



Frank Dick - Leadership is a People Skill

Presentation given by one of the world's best sports coaches and a consistently inspiring motivational speaker. Recorded at the Centre for Army Leadership Conference 2019.



Positive Psychology with Chris DeSantis Part 2

Chris DeSantis is a 2009 Graduate from the Masters of Applied Positive Psychology program at the University of Pennsylvania. He was the first professional athletic coach to go through the program. Presentation filmed at Phoenix Swim Club.



Positive Psychology with Chris DeSantis Part 1

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How to clean and sanitize your Android phone

How to safely clean your smartphone device.



Amy Van Dyken Keynote

When she won four gold medals in the 1996 Olympic Games in Atlanta, Georgia, Van Dyken became the first American female athlete to accomplish such a feat. At the 2000 Olympic Games in Australia, Van Dyken won two gold medals, bringing her Olympic medal count to six gold medals. In addition to these accomplishments, she also won several World titles and set numerous American and world records. In 2007, she was inducted into the International Swimming Hall of Fame, making her the only American ever to be inducted at that time. Amy Van Dyken does more than just swimming. She also works in broadcasting and helps out charities and non-profit events. All of these Amy Van Dyken speaker experiences mean that the legendary female swimmer is an excellent instructor and motivator. Video published 2015.



Keynote Speaker: Janet Evans

Despite her small size and unorthodox windmill stroke, Janet Evans was a natural-born swimmer who was swimming laps at the age of two. In 1987, when she was 15 years old, Janet broke the world record in both the 400, 800m and the 1,500m freestyle. At the 1988 Seoul Olympics, she won her first gold medal in the 400m individual medley. Three days later, she won the 400m freestyle by more than two seconds and broke her own world record by 1.6 seconds. Janet added a third Olympic victory in the 800m freestyle. At the 1992 Barcelona Olympics she easily defended her title in the 800m by leading from start to finish, winning by eight meters; she also won the silver in the 400m. Evans made one final appearance at the Olympics in 1996, but sites running the Olympic torch as the highlight of that Olympics over the actual competition. Since the end of her swimming career, Janet has made a name for herself as a commercial spokesperson, author, a reality television personality, and a highly sought after speaker. Video published 2010.



Wild Swimming with Alice Roberts

Alice Roberts embarks on a quest to discover what lies behind the passion for wild swimming, now becoming popular in Britain. She follows in the wake of *Waterlog*, the classic swimming text by journalist and author Roger Deakin. Her journey takes in cavernous plunge pools, languid rivers and unfathomable underground lakes, as well as a skinny dip in a moorland pool. Along the way Alice becomes aware that she is not alone on her watery journey.



Q&A on COVID-19 vs flu

Recorded version of the live Q&A #askWHO with Dr Sylvie Briand, Director, Global Infectious Hazard Preparedness at WHO and Christopher Black, Multimedia Producer in WHO's Communication Department. The show looks at COVID-19 vs flu and was originally broadcast on 4 March 2020, live from WHO Headquarters, Geneva, Switzerland.



Q&A on Coronavirus - COVID-19 in the workplace

Recorded version of the live Q&A #askWHO with Dr Rosamund Lewis and WHO's social media manager Aleks Kuzmanovic on the subject of COVID-19 in the workplace. This show was originally broadcast on 27 February 2020, live from WHO Headquarters, Geneva, Switzerland and published 3 March 2020.



Fireside Chat Mental Health

Welcome and Opening Remarks: - Dr. Margo Mountjoy, Chair, ASOIF Medical + Scientific Consultative Group, IOC Medical + Scientific Commission-Games Group FINA Bureau; - Prof. Fabio Pigozzi, President, FIMS (International Federation of Sports Medicine) & Member of the IOC Medical and Scientific Commission: Medical and Scientific Group. Scene Setter and Fireside Chat: Mental Health (20 min): - Natalie Cook OAM OLY, 5 x Olympian, Gold Medallist Beach Volleyball (AUS). Panel Session: Mental Health (45 min) Looking at Mental Health (athlete and societal) and innovations in treatment/diagnosis, link to activity levels, effect on performance, effect on quality of life, tools to help IFs tackle the issue, and breaking down barriers to treatment. - Natalie Cook OAM OLY, 5 x Olympian, Gold Medallist Beach Volleyball (AUS); - Dr. Margo Mountjoy, Chair, ASOIF Medical + Scientific Consultative Group, IOC Medical + Scientific Commission-Games Group FINA Bureau; - Graziella Thake, CEO and Co-Founder, The Optimisation Hub; - Gearoid Towe, Founder - Crossing the Line Sport. Managing Director - The Athlete Advantage.



Supplements and their effect on elite and recreational athletes

Education around the possible negative impact of nutritional supplements on athletes, what are the issues e.g. inadvertent doping, health effects, performance effects? - Louise Burke OAM PhD APD, CHief of Nutrition Strategy, Australian Institute of Sport (AIS); - Dr. Jane Moran, Medical Commission Chair, International Skating Union (ISU); - Prof Yannis Pitsiladis BSc., MMEDSci., PhD, FACSM, Member of the IOC Medical and Scientific Commission and Professor of Sport and Exercise Science, University of Brighton



Coach Workshop: Dr Brianna Larsen and Jodie Henry

Periods, Pills and Performance: Understanding the impact of the menstrual cycle with Dr Brianna Larsen, Postdoctoral Research Fellow at Griffith Uni (Heat physiology & exercise performance). Discussion with Australia's Olympic champion and former world record holder Jodie Henry. Find out about Jodie's journey from youth to international swimming and what she experienced as a female athlete.



Dryland Exercises - Shoulders

Dryland tips to help you win in the water.



U.S. Masters Swimming 2018 National Coaches Clinic: Gary Hall Sr.

Gary Hall Sr. is the owner and technique swimming guru from The Race Club and was a special guest at the Masters Swimming 2018 National Coaches Clinic in College Park Maryland.



Interview with Christopher Whitty, Chief Medical Officer

Part of the Health Matters: Physical Activity edition, released in January 2020



Lizzie Simmonds: “Who am I and what is my purpose?”

Lizzie Simmonds is one of Britain’s most successful swimmers. She is a double European Champion, a 13-time British Champion, a double Olympian and a Commonwealth silver medallist – that’s just a short list of her achievements. The 28-year-old retired from the sport back in July 2018 but things have been far from simple since then. When you’ve lived for most of your life as an elite athlete – chasing targets and aiming to go as fast as you can – there is a massive void to fill when you take it away. That’s proved to be particularly challenging for Lizzie as she struggled to come to terms with her loss of identity. Not only that, but the current vice chair of the BOA Athletes' Commission also admits to struggling with her emotions at competitions - too often she would believe her self-worth as a person was wrapped up with her success in the pool. In this feature interview Lizzie speaks to Alasdair Hooper all about her life after sport – the identity crisis, the battle with self-worth, and also the challenges of seeing your body change once you retire. But, through the hardship, the 28-year-old has learnt a lot and she is ready to pass on her knowledge to the next generation.



Kaitlin Sandeno - Love Unconditionally, Do Your Absolute Best, and Be a Good Person

Kaitlin is a 4-time Olympic medalist including 2 bronze, 1 silver (her favourite), and 1 gold. She’s also a 5-time World Champion. In 2004 in Athens, Kaitlin along with Natalie Coughlin, Carly Piper and Dana Vollmer broke the 17 year old world record by more than 2 seconds with their victory in the 4x200m freestyle relay. 2018 saw Kaitlin being a broadcaster and swim coach who’s helping to raise the next generation of good young swimmers. She’s also the national spokesperson for the Jessie Rees foundation whose mission is to help every kid fighting cancer to never, ever give up. This podcast conversation includes working to improve your weaknesses vs. staying inside your comfort zone, Kaitlin’s favorite Olympic memory, giving back through the Jessie Rees foundation, helping to raise a future generation of good people now as a coach, and much more.



My Golden Heart: Dana Vollmer

TEDxSanJoseWomen talk published 2013: At age 12, Dana Vollmer was the youngest swimmer competing at the 2000 Olympic Trials. In 2012 Olympic Games in London she won gold three gold medals and set two world records. Dana won gold medals in the 4x200m free relay, the 4x100m medley relay and the 100m fly setting a world record and best time of 55.98. Dana is a proud ambassador for the American Heart Association. Due to Dana’s experience with a heart condition as a child, she is proud to support AHA in their mission to educate women about heart disease. <http://www.danavollmer.com>



The importance of stretching before swimming by Dave McNulty

Why stretching is important before and after swimming. Swimming advice and tips from our expert advisor Dave McNulty



Self-Care in the High Performance System

EIS staff and coaches and athletes from the High Performance System talk about what self-care means to them and why it's important, not just before and during the Olympic and Paralympic Games, but afterwards too



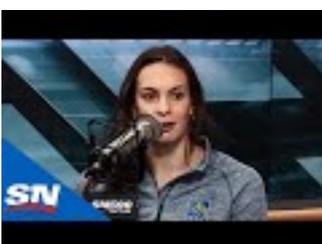
Brian Alexander and Aligning Your Mindset for Success

In this episode of the podcast, Jared and Alex go behind the podium with Brian Alexander, a coach, Olympic level water polo athlete, graduate from John F. Kennedy University with a master's in Sports Psychology, father, husband, a fan of The Big Lebowski and avid wrestler when facing off with his four-year-old son. Brian is the official Mental Skills coach for the USA Water Polo Olympic Development Program and has written articles on sport psychology topics that have been featured on the following websites: Water Polo Planet, Bridge Athletic, and Kap7 International. Brian is also an Association for Applied Sport Psychology certified consultant who runs his own private practice located in the San Diego area where he works with individuals interested in enhancing their mental game so they can become more empowered with psychological skills to be a better version of themselves daily and during high-pressure situations. The interview covers: - What sports psychology is and what it entails; - The importance of having a mentor; - the value of waiting, patience, and perseverance; - The power of being present in the moment; - How winning is never perfect The importance of focusing on what you can control; - Learning from past experiences; - His recent experience coaching a client through the Badwater, the World's Toughest Foot Race and more!



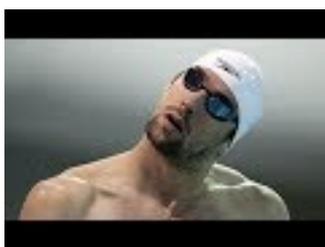
Virginie Dedieu career

A look back at the career of France's Olympic and World Artistic Swimming Champion, Virginie Dedieu



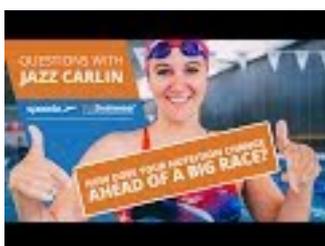
Olympic Gold Medalist Penny Oleksiak Talking Tokyo 2020

Canadian Olympic gold medalist Penny Oleksiak joined Writer's Bloc in the studio to talk about the upcoming 2020 Olympic Summer Games in Tokyo, Japan



What You Should And Shouldn't Do If You Get Water In Your Ears From Swimming

NYU otologist Dr. Erich Voigt explains what you should do if you get swimmer's ear. There are risks involved, and Dr. Voigt explains some of the gentler options to removing the water from the ear.



Jazz Carlin - How Does Your Nutrition Plan Change In The Lead-Up To A Race?

Presented By ProSwimwear & Speedo! Olympian and Team GB athlete Jazz Carlin answers questions about swimming at the Speedo HQ. The question is "How does your nutrition differ between a training week, and the lead up to a race?"



Balanced Body Q&A with Natalie Coughlin

Natalie Coughlin answers questions from her fans.



Multiple revenue streams have created a 7 figure business for swimming coach Brenton Ford

In a wet-behind-the-ears episode 490 of The Small Business Big Marketing Show, guest Brenton Ford of Effortless Swimming talks about using multiple revenue streams to increase your business' traffic and eventually help you earn more. You'll get lots of ideas and insights about how you can do this through various offline and online tools, such as training camps, online courses, podcasting, and video content. Make sure to tune in and find out how you can effectively increase your traffic and revenue. Brenton Ford is a national swimmer and coach who has taught a lot of champion swimmers in Australia. He is also the winner of the Australian National Master Swim Coach of the Year award in 2012. Ford is the brains behind Effortless Swimming, a platform of techniques and workouts to improve his clients' swimming skills. He aims to share

methods that will work for a broader audience across the world. <https://effortlessswimming.com/> Using Multiple Revenue Streams to Earn More for Your Business: 1) Offline and Online Offers: -Effortless Swimming holds training camps to help swimmers get better at the sport; -This offline offer gave them the opportunity to personally interact with their audience and give them more value; -There are a lot of opportunities to strike up connections and build lasting relationships; -They offer an online course alongside an annual membership fee; -The online course allows people from different parts of the world to experience the services, including Brenton's analysis of their swimming technique; -Client retention: Get the people to use your products and services and show them the value they can get. 2) Creating Content: - Design content that matters to your target market; -Craft witty and catchy titles; - Decide on a schedule for your posts; - Use videos to show what you can offer to the market; - Chop your video into bite-size snippets that tackle essential points. 3) Using Social Media: - Upload your videos on YouTube; - Maximize reach by sharing the link on Facebook and Instagram; - You may also upload the video on Facebook and Instagram as an Instagram TV episode. 4) Using Podcast: - Determine when you are posting your content; - Be consistent with your schedule to increase engagement; - Include a subtle call to action in each episode; - Share stories from real people who benefited from your service or product; - Podcasting is an excellent way to reach potential clients and sales. 5) Getting Traffic and Engagement: - Entice your audience by giving away free content. -Get personal with your audience by hiring a person to help you in answering your email support. - Adhere to a strict schedule in posting your content. 6) Work and Life Balance; - Finish work ahead of time.; - Find time for yourself—no emails or phones; - Discover or learn a hobby to do when not working, like swimming.

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<http://www.somersetasa.org/sasa/en/View/Videos?id=1779&cid=&pdfview=1>