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Learn To Swim Freestyle | Lotte Friis

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Information

Date	30.01.2020
Duration	3 Minutes 11 Seconds
Author	Watery.dk - Svømmeudstyr og badetøj online Tips from World-champion in 800 and 1.500 freestyle, Lotte Friis to help you learn step-by-step how to swim freestyle efficiently and fast. Lotte first gives you her 5 best tips for swimming freestyle with correct technique (so you don't get any injuries) and which lets you move fast through the water: - Your body alignment in the water; - Relaxed arms above water; - Don't breathe too much; Face half under water - half over water; - Very high elbow; - Always kick in freestyle. As an extra, she shares her three best freestyle exercises, so you can learn step-by-step how to do in the right way: 1. Finger in the water-surface; 2. 3 - 8 - 3 = 3 strokes, 8 kicks and 3 strokes; 3. Stop - Back - Forward movement with your freestyle arms. Lastly but not least, Lotte will give you her secret behind swimming SO fast freestyle to become both world-champion and world-record holder in 1.5000 meter freestyle
Description	
Filesize	0 Bytes
Views	95

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Sports Psychology Support 2

Sports psychologists, Hannah Stoyel and Helen Davis, deliver their second session which focuses on supporting athletes to keep their thinking present. Grounding is an excellent practice for swimmers during times of uncertainty. However, it is also a skill you can take forward and use when you are feeling pressure at training or in competitions. Hannah and Helen's suggested grounding technique involves using all five senses

to get you back to the present. Staying grounded takes consistent practice. The more you do it, the better you'll get. Mental Health Advice For Swimmers:

<https://www.swimming.org/sport/swim-parents-advice/young-swimmer-health/>



Beyond the trivial - what does studying sport reveal?

This session uses pictures and images the participants have chosen to stimulate discussion among them about what studying sport can reveal about you and your own body, coaching and instructional practices, group behaviour and sport's place in wider society. Each of the three guests - Alex Twitchen, Ben Oakley and Jess Pinchbeck - introduce a picture and explain why they've chosen it. The session provides an insight into the backgrounds of some of the staff who contribute to OU modules and offers a flavour of some of the main topics covered in the study of sport at the OU. It is an informal conversation that covers a range of subjects and you are likely to learn something about the meaning of sport beyond the trivial and its purpose in university education.



A united response to Covid-19 - Sport England update

On 27 Mar 2020, Sport England Chief Executive Tim Hollingsworth hosted a webinar for the sport and physical sector to update on their priorities during the time of coronavirus. Sport England wants to make sure that whatever action it takes has the greatest positive impact. So, they want to hear from you now about the issues you're facing and to take on board these ideas and concerns to feed into their plans. Please contact them via coronavirus@sportengland.org to let them know: - How coronavirus is impacting you or your organisation; - The type of help you think would be most beneficial now and in the future.



Physical activity to avoid injury

Physiotherapy guidance and support by Rebecca Rhodes, Swim England physio zonal lead for the South West and West Midlands regions.



Athlete Futures Network

If you're a current or former World Class Programme athlete, find out how Athlete Futures can help you via <https://www.athletefutures.co.uk>



Water polo goalkeeping drill

Elliot McHugh, Great Britain's U19s goalkeeper and member of the Swim England National Youth Advisory Panel, shares some drills that can be done out of the pool.



Nutrition to maintain workshop

Swim England Performance nutritionist Jasmine Campbell gives dietary advice to athletes during a reduced period of training. View more info: <https://bit.ly/39tnzJa>



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

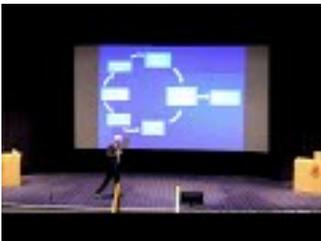
feeling a certain way. While not many things feel normal in times of uncertainty, we develop a new normal.



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

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.



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

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<http://www.somersetasa.org/sasa/en/View/Videos?id=1814&cid=&pdfview=1>