

Videos

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Yoga for Swimmers - Injury Prevention Practice

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Information

Date	06.04.2021
Duration	15 Minutes 12 Seconds
Author	Swimming Specific Yoga
Description	This short practice has been designed to address two of the most common areas where swimmers experience injuries the shoulders and knees, focusing on shoulder stability and mobility as well as hip mobility and stability. You should only perform this programme if you are fit and healthy to do so and with parental permission (if under 18). Please make sure that the area you are using for exercise is suitable and clear from hazards. Swim England accepts no responsibility for injury occurring when performing these exercises and you undertake them at your own risk. Please follow the link for Swim England's virtual training guidance: https://bit.ly/LandWorkCriteria
Filesize	0 Bytes
Views	156

More videos



Interview with British Swimming's Performance Nutritionist Richard Chessor

ublished on 30 Jun 2020 We interviewed British Swimming's Interview published Jun 2020 with Performance Nutritionist Richard Chessor on how he and his team are coping during COVID-19, discussing new routines, communication tactics and what the future may look like for British Swimming



Mental Health Expert Panel

Learn about the work of the English Institute of Sport's Mental Health Expert Panel from Amanda Gatherer, Allan Johnston and Alan Currie.



Activity Alliance Strategy 2021-2024

Activity Alliance has a clear ambition. It is not right or fair that deaf and disabled people are the least active in our society. This video presents a summary of their 2021-2024 Strategy - Achieving Fairness in British Sign Language. It also features captions and an audio voiceover. Read about their strategic plans in more detail at <https://www.activityalliance.org.uk/strategy>



SS Connect: WOD | 8 May 2021

Workout led by Rachel Masson who has been Scotland's National champion in 100m freestyle on multiple occasions, British Senior bronze medalist in 50m freestyle and BUCS Long Course Champion in 100m freestyle. You should only perform this programme if you are fit and healthy to do so and with parental permission (if under 18). Please make sure that the area you are using for exercise is suitable and clear from hazards. Swim England accepts no responsibility for injury occurring when performing these exercises and you undertake them at your own risk. Please follow the link for Swim England's virtual training guidance: <https://bit.ly/LandWorkCriteria>



Making Triathlon a 'Clean Sport'

This session with Scott Murray was delivered as part of the 2021 Triathlon England Big Reboot Conference Week, Presented by Yellow Jersey. 100% me? - Test yourself on Clean Sport. This 45 minute session will quiz your Clean Sport knowledge on medications, supplements and help protect yourself and your sport.



Sport values in every classroom toolkit

The IOC, via the Olympic Foundation for Culture and Heritage, together with five international partners including UNESCO and the World Anti-Doping Agency, has launched the 'Sport values in every classroom' toolkit, a free resource aiming to help teach respect, equity and inclusion to students aged 8 to 12 around the world, while encouraging the development of healthy young people through movement-based classroom activities. The cross-curricular toolkit can be used by teachers of any subject and by coaches or educators – anyone with a connection to youth – to help instil and reinforce the values of sport and the development of global citizenship. Download the toolkit here: <https://bit.ly/3bf6TsB>



Amazing Home Swimming Pool Inventions For Modern Homes Smart Swimming Pools



How to warm up like a Pro - Oxygen uptake kinetics part 3

In part 3 of this series, exercise physiologist Dr Mark Burnley explores the effects of priming exercise on the oxygen uptake response, and how a research project that had nothing to do with warm-up exercise produced an alternative way of warming up that athletes now use. Links to some of the papers relevant to this presentation: <https://bit.ly/2RCI4kE>



IOC Consent in Sport Animation

Consent is a human right and a vital part of your career as an athlete. It's important you know that consent cannot be forced, and that you can withdraw it at any given point. Only you can decide what you're comfortable with and only you can choose what your boundaries are. Learn more about what consent is, and the work the IOC is doing to create #SafeSport4All in this Athlete 365 animation.



Secondary Swimming Webinar - 5 May 2021

Recording of a Secondary School Swimming Webinar delivered by Ian Roberts, for any staff who were

unable to attend or anyone wishing to revisit parts of the webinar. Ian is Specialist Adviser on Physical Education and School Sport for Cambridgeshire County Council / Peterborough City Council.



WAVES 2021 Webinar with Chloe McCardel

In Mar 2021, SPASA Australia launched a new initiative aimed at sharing knowledge and support to increase presence of women in business and leadership roles within the pool and spa industry. Their initiative called WAVES stands for Women Achieving Vision, Excellence & Success. It is a collective of women in the pool and spa industry who are passionate about success within their businesses and personal growth. WAVES kicked off with the RISE program which focuses on Resilience, Influence, Success & Empowerment with webinars and workshops from inspiring women. First up was a superstar well known to the swimming pool and spa industry, champion ultra-marathon swimmer Chloe McCardel who completed her 35th English Channel crossing in 2020 and has swam the longest non-stop ocean swim in history at 124km. A highly sought-after motivational speaker, McCardel's infectious and fun personality has engaged audiences internationally with powerful and inspiring messages that highlight the challenges she has overcome in ultra-marathon swimming and through her own personal experiences.



Primary Swimming Webinar - 31 Mar 2021

Recording of the Primary School Swimming Webinar delivered by Ian Roberts, for any staff who were unable to attend or anyone wishing to revisit parts of the webinar attended by over 60 school staff. Ian is Specialist Adviser on Physical Education and School Sport for Cambridgeshire County Council / Peterborough City Council.



Developing mental toughness and grit

Leadership lessons from the field revisited. Speaker John Neal, Professor of Practice in Sports-Business Performance discusses a range of topics including leadership, team dynamics, coaching, mentoring, change and personal performance. John is a performance psychologist who works with the leaders and their teams to achieve remarkable results under intense pressure. He is also Professor of practice in sport business performance at Ashridge Executive Education and Hult International Business School. John has written for the BBC and is the author of two publications in the field of personal performance. He is a regular media contributor upon the topics of motivation, team working coaching, leadership and personal performance, and has published "Coaching - The World Class Basics".



UK Sport's Strategic Plan 2021-2031

UK Sport is on a mission to create the greatest decade of extraordinary sporting moments; reaching, inspiring and uniting the nation.



Meet the CIMSPA Youth Panel

This CIMSPA webinar sees two members of the CIMSPA Youth Panel Eleanor Udall and Rachel Short and Chair of the Youth Panel Malcolm McPhail join to discuss the purpose of the panel and how young people can make a difference in the sector. CIMSPA youth panel advocates on behalf of young people in our sector. They help CIMSPA on policy, influence CIMSPA practices, and input into the direction CIMSPA take. They act as key advisors on the CIMSPA Board of Trustees. The topics covered include: - The purpose and scope of the Youth Panel; - The work of the Youth Panel and how young people are getting involved; - The members motivations for joining the panel; - A full Q&A session. CIMSPA always want to hear how they can really help and work with our sector's workforce, so make sure to follow CIMSPA on their social channels.



Covid 19 and supporting deaf colleagues

This May 2020 webinar focuses on a subject which will resonate with many – how to support your deaf colleagues in this changing work environment. It's been a huge shift for many to move to remote working but those who are deaf or hard of hearing face a whole range of challenges. Business Disability Forum Taskforce Manager, Lucy Ruck is joined by Joanna Wootten – Age, Disability and Inclusion Expert and Orla Pearson – Director at MyClearText. They share some of their experiences and tips on how to manage online meetings, support and discussing some of the best solutions available to deaf colleagues, at this very difficult time.



Healthy Air Distribution in a Natatorium Pt. 2

Scott Hester continues his discussion regarding supplying air and distribution within a natatorium space. Scott points out good design practices and considerations and explains why locating return systems lower are good solutions.



Healthy Air Distribution in a Natatorium Pt 1

Scott Hester talks air distribution within a natatorium space, its importance, and code-recommended values for humidity levels. Scott also discusses high and low air distribution options, materials available, which to avoid, and how they affect the inside of the natatorium.



DRP | Mental Health & Wellbeing

Workshop [facilitated by Forfar] led by Zoe Black, former swimmer and accredited sports psychologist.



DRP | Puberty, Periods & Periodisation - Aimee Wilmott

Aimee Willmotttalk Periods, Puberty And Performance in this workshop [facilitated by Lochgelly].



Oxygen uptake kinetics part 2: the slow component

In part 2 of this series, exercise physiologist Dr Mark Burnley looks into the oxygen uptake responses to high intensity exercise. The video covers the distorting influence of the slow component, and how to find it. Some links to key papers: <https://bit.ly/3ulHLrF>



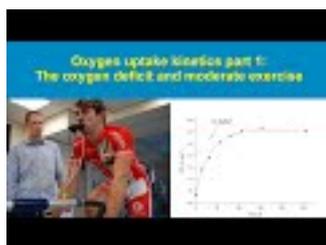
DRP | Yoga - Eve Thompson

Workout led by Eve Thompson, University of Stirling yoga and fitness instructor. You should only perform this programme if you are fit and healthy to do so and with parental permission (if under 18). Please make sure that the area you are using for exercise is suitable and clear from hazards. Swim England accepts no responsibility for injury occurring when performing these exercises and you undertake them at your own risk. Please follow the link for Swim England's virtual training guidance: <https://bit.ly/LandWorkCriteria>



DRP | Positive Psychology & Mindset

Presentation on Positive Relationships: Swimmers and Parents [facilitated by ASV] and led by Joe Walker, coach at Livingston ASC and Senior Officer at Education Scotland.



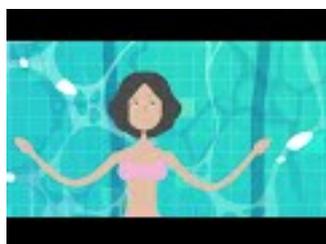
Oxygen uptake kinetics part 1: the oxygen deficit and moderate exercise

A brief tutorial by exercise physiologist Dr Mark Burnley on the dynamics of oxygen uptake during exercise, focusing on the moderate-intensity domain, where a simple curve-fitting process can tell us much about how the muscle behaves. Links to some papers: Rossiter et al. (1999) <https://bit.ly/3ti8JPR> | Grassi et al. (1996) <https://bit.ly/2Sp0CnP> | Poole and Jones (2012) <https://bit.ly/3xMCpIn>



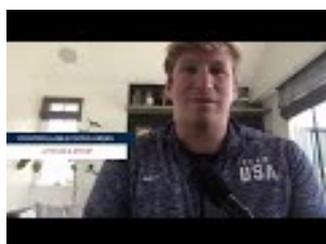
Inside with Brett Hawke: Bill Sweetenham

Bill Sweetenham, 5x Olympic Head Coach of 3 different countries, was inducted into the International Swimming Hall of Fame in 2018. He has led Australia, Hong Kong, Great Britain, and Argentina's national swimming programs. Great Britain went from just 3 Finals swims to Top 3 in medal count at the Olympics. In his early days he coached the likes of Tracey Wickham, Stephen Holland, and Michelle Ford. He has had a hand in an Olympic podium appearance at every Olympics since 1976. 00:00? Intro; 00:15? Destro Swim Towers; 00:45? Swimmerd Live Virtual Scoreboard; 01:15? Hi!; 01:30? Nort Thornton; 04:30? Bill Sweetenham's Resume; 07:50? How'd you get to coaching Olympians?; 12:30? Michelle Ford & Tracey Wickham; 13:40? How did you know what to do?; 19:00? Lauren Boyle; 20:05? Survey Swimmers; 23:53? Australian Institute of Sport; 30:00? Car Accident; 34:36? Relationship with Don Talbot; 44:34? How are we getting faster?; 46:30? Tuesdays with Bill; 49:30? Technique Based Beginnings; 51:00? British Swimming; 01:00:25? Are you a good delegator?; 01:01:24? The Year without Christmas; 01:04:20? 3 Ways of Winning; 01:06:15? How do you change culture? 01:08:20? Brett's Memory; 01:09:50? Be proud of it;.



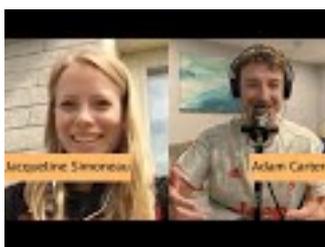
Air Quality Explained

What part does air quality play in the overall condition of a facility? We explore how indoor pool air systems factor into the health and safety of a facility and helps minimize the spread of airborne pathogens in order to provide for safe indoor recreation and exercise.



Control Attitude and Effort for Mental Growth

Athlete Mental Skills Coach, Brian Alexander discusses how to reframe your mental attitude, focus on controllable aspects in life and foster mental growth.



Inside the Mind Ep. 108 - Jacqueline Simoneau

Jacqueline Simoneau is a Canadian artistic swimmer and 2016 summer Olympian. Simoneau and Claudia Holzner's results have led to qualification for the Women's Technical Duet, and the Canadian Women's Free and Technical Teams to the Tokyo 2020 Olympics.



"O" by Cirque du Soleil

Swim 17 feet under water with "O" by Cirque du Soleil's artistic swimmer, Christina Jones, as she talks in this 2016 video about her passion for artistic swimming and her experiences in performing at the "O" theater in Las Vegas, Nevada.



Athletes message to Swim England members

Some of the top athletes from across our disciplines of swimming, para-swimming, water polo, diving and artistic swimming have a message for Swim England members.

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<http://www.somersetasa.org/sasa/en/View/Videos?id=2660&cid=&pdfview=1>