

Videos

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Tokyo-inspired Activities for swimming lessons

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Information

Date	11.07.2021
Duration	3 Minutes 53 Seconds
Author	Swim England
Description	The Swim England Learn to Swim team share some fun Olympic-themed activities you can take to your swimming lessons this summer. Link to Tokyo-inspired Activity Pack: https://bit.ly/3htVPvg This provides more detail on each of the activities from the video and it aligns with our Learn to Swim Framework (Stages 1-7) and the FUNdamentals stage of our Athlete Development Support Pathway (ADSP). Find out more about the Blank Achievement Award: https://bit.ly/3hyl0x2
Filesize	0 Bytes
Views	273

More videos



Tackling online sexual harassment amongst young people

On 30 March 2021 Childnet International launched Project deSHAME II and their resources for 9-12 year olds, parents and carers. The launch also included a Q&A with members of their Youth Advisory Board.



English Channel Swim | Documentary

September 2011, swimmer Marcelo Collet awaits Coast Guard permission to perform the biggest challenge of his life so far. After two years of preparation, he will try crossing the English Channel, known as the "Everest" of open water swimming. Due to the weather, his chances of getting into the water and facing the twelve hours separating England and France are dwindling. During the days of waiting, we learn more about the story of Paralympic athlete Marcelo Collet. At age 17, he was hit by a car during a cycling practice shortly after his first call up to the Brazilian triathlon squad. With his left leg's considerable loss of movement, Collet devoted himself to swimming and competed in the Paralympics of Athens and Beijing. In 2018, Collet amputated his leg for better life quality. Currently, he has returned to competing in Triathlon professionally. Film Director, Camera & Editor: Felipe Kowalczyk



Sport Psychology Q&A with Dr Darren Britton

Dr Darren Britton is a lecturer in sport psychology in the School of Sport, Health, and Social Sciences at Solent University. His doctorate focused on stress reactivity in the development of adolescent athletes. Darren has worked with numerous elite athletes in his career including the AFC Bournemouth Academy, Hampshire County Cricket, Dorset County Cricket, elite marathon runners, triathletes and international sailors.



Recovery Q&A with Keith Burnett

Keith Burnett is a Sport & Exercise Therapies lecturer at University of Wolverhampton and also sports therapist to the England University Rugby League team. Here he talks about recovery and injury prevention. He is also completing his PhD in Neck Injury Management at Leeds Beckett University.



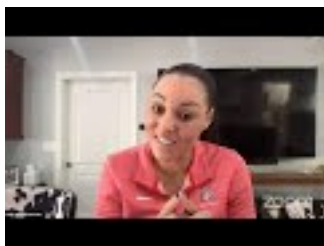
Nutrition Q&A with Dr Mayur K Ranchordas

Dr Mayur K Ranchordas of Sheffield Hallam University is a specialist in nutrition and a sport nutrition consultant who has supported several Olympic and world champions through his time at the English Institute of Sport. Most recently he has worked at the top level of English football with Wolverhampton Wanderers FC and Premier League Referees (PGMOL) providing sport nutrition support.



Call rooms, warm-up pools and coach stands

Nick Hope goes behind the scenes at the Swimming World Cup in Berlin to show you all the spaces you normally don't see on TV.



Developing Team Leadership: Advice from Coaches

Webinar conversation moderated by Dan Helfrich, CEO of Deloitte, and Head Coaches Adia Barnes, U of A Women's Basketball, and Brian Wiese of Georgetown Men's Soccer.



Inclusive Coaching - Ken Black

National Inclusion Week in the UK ran from 27 Sep to 3 Oct 2021 Ken Black, an independent advisor, has worked as a practitioner in the area of inclusive physical activity and disability sport for almost 40 years. This has included 10 years working in special education, 2 years for a disability sport organisation (UK Sports Association for People with Learning Disability), 6 years as a disability sports development officer for Leeds City Council sports development team, 6 years as the Inclusive Sport Officer with the Youth Sport Trust (the UK-based national youth sport agency), 3 years as Sports Consultant with the Australian Sports Commission, (working in the Disability Sport Unit), and 2 years setting-up a research and development centre on disability sport at Loughborough University. In 2011 he co-launched The Inclusion Club for practitioners working in inclusive physical activity (www.theinclusionclub.com) which now attracts almost 2000 regular users from 35 countries.



Europei di Nuoto Roma 2022

Teaser video for the 36th LEN European Championships in Swimming, Diving, Artistic Swimming, Open Water and High Diving - Roma 2022” and the “18th European Masters Championships Water Polo, Swimming, Diving, Synchronised Swimming And Open Water Swimming - Roma 2022 which take place in July.



Understanding the Practice Continuum

This short video introduces the practice continuum, helping coaches consider the design and development of activities within their practice; using 'competition environment' and 'variability' as two factors when designing and planning the activity outcomes. Full resource: <https://bit.ly/2WhDnVh>



Eddie Reese the GOAT

Eddie Reese is the Head Coach of the Men's Swimming & Diving team at the University of Texas. He arrived in Austin, circa 1978, after 6 seasons at the helm of Auburn University. Since then, the Men's Swimming & Diving team at the University of Texas has won forty-two (42) straight Conference Championships and amassed fifteen (15) NCAA Championships. Some of Eddie's swimmers include Bill Forrester, Rick Carey, Doug Gjertsen, Shaun Jordan, Neil Walker, Josh Davis, Nate Dusing, Ian Crocker, Brendan Hansen, Aaron Peirsol, Garrett Weber-Gale, Joseph Schooling, and Townley Haas. Enjoy Episode 193! "Always look for a better way."; "You keep the power if you don't use the power."; "Good strokes are the name of the game."; "Technique is a limiting factor."; "Aerobic is hard. It's a soft word but it is not a soft practice."; "A lot of what I know and what I learn is from them. I listen to them."; "They'll never know how much you know, until they know how much you care." Timeline: 00:00 Swimming Sponsors; 03:30 Hello Eddie Reese; 04:30 Coming Back; 06:00 Coaching Lifestyle; 08:00 Sustained Success; 09:30 Discipline; 10:45 Have kids changed?; 14:25 One Step Ahead; 17:30 Before Texas; 19:35 Rowdy Gaines; 21:10 Bill Forrester; 22:00 3 Reese brothers down; 25:18 Weak Stroke; 26:45 Spin Drill; 28:00 Breaststrokers Flutter Kick; 30:12 Big, Strong, In Shape; 33:45 Neil Walker; 35:00 America First; 37:54 Aaron Peirsol ; 39:45 Ian Crocker; 40:55 Brendan Hansen; 41:50 Weight training; 45:00 Pressure to Change?; 46:00 Eddie asks for NOTHING; 47:30 Weekly Schedule; 49:15 Art + Science; 54:15 Fly Kick on Back; 57:05 Kris Kubick; 01:01:50 Self Evaluation; 01:04:00 Advice; 01:06:45 Nate Dusing; 01:08:15 After Eddie; 01:11:00 Successor; 01:14:00 Scholarships; 01:18:00 Intersquad; 01:20:00 Winning Team; 01:22:40 Austin Staab; 01:25:45 No Secret Sauce; 01:29:00 Hate to Lose; 01:34:00 Elinor Reese.



A Decade of Decline: The Future of Swimming Pools in England

Almost 2,000 swimming pools could be lost forever by the end of the decade unless the Government and local authorities 'act now' to replace or refurbish ageing facilities. Swim England's new "A Decade of Decline: The Future of Swimming Pools in England" report warns that there will be a huge reduction in the amount of water space available by 2030, which could threaten the future of aquatic sports in some areas and leave millions shut out of the activities they love. <https://bit.ly/3zMyCdU>



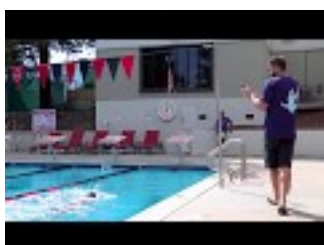
Physical Education and Education Inspection Framework Webinar

Webinar delivered on 26 May 2021 looking at PE and the EIF, delivered by Steve Caldecott on behalf of afPE.



Making Swim Meets Better

Julie Bachman, Executive Director at Gulf Swimming, and John Bradley who has been involved in the sport for over 40 years and at USA Swimming Board level, joined coach Christopher DeSantis of chrisdcoach.com to discuss a proposal that fell flat at USA Swimming for short, low official count meets for 14 and under swimmers. They discuss why it's important to innovate in the swim meet space and find a way to bring new swimmers to the sport.



FINIS LaneVision Powered By Aspiricx

Promotional video for the FINIS LaneVision app, powered by Aspiricx, captures key swimming metrics that only the top 1% of swimmers have access to, including stroke rate and turn speed. Download the app from <https://apple.co/2QCVcSv>



Goal Card Video

Goal Card for Competitive Swimmers. This is how you use it and little about why. You can get yours by getting a subscription to Competitive Swimmer Magazine. It's fun, like fast swimming! Many more interactive cards, videos, etc. will be free from that point on.



Braden Holloway: Leader of the Pack

Braden Holloway is the Head Coach of NC State Swimming & Diving. This summer 2021, he celebrated his 10th anniversary leading the Wolfpack. NC State has become the cream of the crop in the ACC. Eight times Braden has been named ACC Coach of the Year and eight times they've won ACC team titles. The Wolfpack

has produced 7 individual NCAA Champions as well as 6 National Champion relay teams. At the 2016 Rio Olympics, Ryan Held won an Olympic gold medal as part of Team USA's 4x100 Freestyle Relay. Coleman Stewart just broke the World Record in the 100 SCM Backstroke in the ISL. Braden and his wife, Mary Mittendorf, both swam at NC State. They have 4 kids. Enjoy! Timeline: 00:00 Swimming Sponsors; 03:30 Post Trials, Pre College; 05:15 Tied to the job?; 06:30 Leading NC State; 10:15 Think Bigger; 11:30 Assistant to Head Coach; 16:30 Selecting staff; 22:00 Marc Bernardino; 24:00 Fundraising; 26:40 Recruiting; 33:00 Coleman Stewart; 38:00 Coach Athlete Trust; 41:00 Developing the underwater kick; 41:45 Body kicker or Core kicker; 43:30 Matt Martelli; 48:10 Charlie Higgins; 49:20 Kicking with fins; 54:00 No breathers; 56:05 Bloody eye; 57:48 Coaching Men & Women; 01:03:50 Todd DeSorbo; 01:11:30 Validation; 01:15:00 Family Man; 01:22:20 Writing Workouts



Adam Peaty on taking calculated risks because there is always a way!

The British swimming phenomenon is beating Olympic records left, right and centre through his 'determination, grip, and accountability' – particularly in this year's Tokyo 2020 100m breaststroke. In this High Performance podcast episode hosted by sports broadcaster Jake Humphrey and leading organisational psychologist Professor Damian Hughes, Adam talks about taking 'calculated risks' and 'conquering your demons' of 'what if's' – because 'there is always a way' "I'd rather live my life with the attempt of trying something than never do anything at all" These entrepreneurial tips from one of our greatest swimmers can't be missed! Timestamps: 00:00??? Adam Peaty; 10:49 Life leading up to Olympics; 20:37 Needing something to light your fire; 29:39 Lessons to pass onto your children; 38:49 Relationship with failure; 48:19 A drive beyond the medals; 57:41 Quickfire questions



Fernando Possenti, Brazil's Olympic gold medal winning Open Water coach

Fernando Possenti is one of the world's most accomplished open water swimming coaches. Over the last decade he has spent countless hours alongside Ana Marcela Cunha, the world's best female open water swimmer. After 5 world championship titles, Ana Marcela Cunha captured the Olympic gold medal in the Women's 10K at the age of 29. Fernando, a Brazilian 200 IM national champion himself, has been awarded FINA's Coaching Achievement Award five times. He speaks 4 languages and is able to understand Italian pretty well, too. Ana Marcela and Fernando will defend their title in Paris. Enjoy! Timeline: 00:00 Swimming Sponsors; 03:30 Hello Fernando; 05:00 Ana Marcela Cunha's dominance; 07:30 Multi-lingual; 09:00 Coaching Ana Marcela; 10:50 Coaching open water; 11:45 Open water always changing; 15:00 Open water experience; 16:30 Sharon van Rouwendaal; 16:45 25K vs 10K; 18:20 How long is a 10K?; 18:55 Wetsuits?; 19:35 Temp in Tokyo; 20:00 2 AM wake up time; 20:35 Feeding = Pit Stop; 22:30 Training for Feeding; 23:30 95% in Pool; 24:45 Ferociousness of Ana Marcela; 27:45 Won the race the day before; 31:00 4th Lap; 34:20 Where are you?; 36:30 1st Female Brazilian Olympic Gold Medalist; 38:55 Personal Cost; 40:50 Training for marathon swimming; 43:30 Altitude training; 45:00 How long can Ana Marcela go?; 47:00 Family relationship



Fred Vergnoux, 5x Olympic swim coach

Fred Vergnoux is the new technical director of CN Metropole de Las Palmas of Gran Canaria. He is leaving his head coaching position at the Royal Spanish Swimming Federation (RFEN). For the last 11 years he has coached Mireia Belmonte, winner of the Women's 200 Fly at the Rio Olympics, among others. Some of his other swimmers include Alena Popchanka (Fred's wife!), Amaury Leveaux, and Kirsty Balfour. Before Spain, Fred was handpicked by Bill Sweetenham as he was rebuilding British Swimming. Timeline: 00:00 Swimming Sponsors; 03:30 Hi Fred; 04:45 Resting at Mom's house; 06:15 Frenchman in charge of Spanish National Team; 09:00 Multilingual; 12:15 Coaching influences & philosophies; 22:30 Back to club coaching; 26:05 See the plan through; 32:45 Mireia Belmonte; 36:55 How Belmonte trains; 43:55 Gold medal set; 46:00 Mental coach; 58:15 Learning from COVID; 01:04:00 What it takes; 01:10:00 Paris; 01:13:00 Bill Sweetenham story



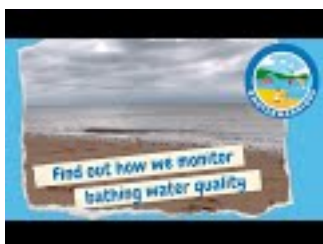
Tom Dean, the 200 Free Olympic Champion

Tom Dean overcame two bouts of COVID to win the 200 Freestyle at the Tokyo Olympics beating compatriot Duncan Scott and Brazil's Fernando Scheffer. He added a 2nd gold as a part of Great Britain's 4x200 Free Relay win. Tom trains with BFF Jimmy Guy (Episode 83) under Dave McNulty at British Swimming's National Centre Bath. His age group coach was Paul Lloyd. Timeline: 00:00 Swimming Sponsors; 03:30 Hello & Congrats; 05:00 Facts about Red Heads; 07:15 Tom's family; 08:00 NCAA recruiting trips; 09:20 University of Bath; 11:00 Dave McNulty; 15:20 Jimmy Guy; 17:30 2x COVID; 21:10 Natural talent?; 23:15 Sister Connie; 24:50 Shift from IM to Free; 26:40 Ian Thorpe; 28:55 Watching the greats; 30:25 Being a contender; 32:00 Duncan Scott; 33:00 David Popovici; 35:50 Paul Biedermann's 200 Free World Record; 38:20 Holding 52's; 40:25 Head games; 42:15 4x200 Free Relay; 46:40 ISL; 49:52 The Cork; 51:00 Paris Olympics; 52:00 Peak Weekly Schedule.



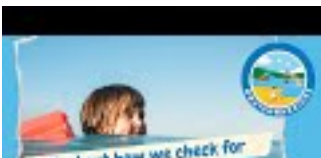
Exploring the limits of fatigue

University of Kent research seminar given by Dr. Bart Roelands from VUB on neurological aspects exercise induced fatigue.



Monitoring England's bathing waters

Around 7000 bathing water samples are collected from over 400 bathing waters in England between May and the end of September. In this video, a member of the Environment Agency's Field Monitoring Team collects a sample from Holland Haven beach in Essex.



How does the Environment Agency check bathing water quality?

Follow a water sample from your favourite beach to the lab to discover how the team at Starcross check bathing water quality to keep you safe at the seaside.



Eat like a swimmer - Elite Athlete Kitchen

Loughborough University's Elite Athlete Centre Head Performance Chef, Varun Shivdasani, teams up with a sports nutritionist to provide a meal perfect for elite swimmers, inspired by Team GB marathon swimmer Alice Dearing's favourite ingredient.



Top Tips for Grant Applicants

The Quartet Community Foundation is part of the UK Community Foundation Network and serves a population of about 1.1 million people in the four unitary authority areas of Bath & North East Somerset, Bristol, North Somerset and South Gloucestershire. Thinking of applying to the Foundation for a grant? Check out their top tips to help you succeed!



Crowdfund Sport - Swimming

Introduction to Crowdfunding video published Jan 2021.



Basic record keeping for the Self-Employed

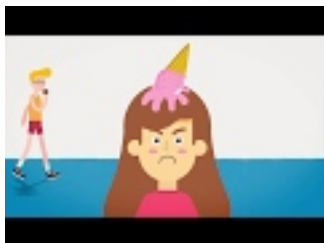
This video will give you an introduction to effective record keeping if you are self-employed. HMRC is the UK's tax, payments and customs authority, collecting the money that pays for the UK's public services and helps families and individuals with targeted financial support. You can ask a question or share your experiences on HMRC's Community Forums here: <https://community.hmrc.gov.uk/>

Pursuing Power
Gordon MacLellan: How to be a good sport parent

The thumbnail features a small portrait of Gordon MacLellan on the left and a green bar chart with an upward trend on the right. The background is dark with white text.

How to be a good sport parent

“Parents need to see sports as the vehicle to equip our kids with life skills.” How do we find the balance to be a good parent, and helping our kids succeed in sports? This podcast episode featuring Gordon MacLelland will help provide tips on how to be a good sport parent, with our children in sports activities to help them learn life skills and gain experiences, rather than winning in the sport itself. Gordon MacLelland, a former teacher and a coach to all age levels from 7 years to adults, set up Working with Parenting in Sport, to support organizations, parents and coaches in working together to provide children with the best possible sporting experiences. He is the author of two books, “Great Sports Parenting - pocket guide for parents of children in sport” and “Engage - a coach’s guide to building positive relationships with parents”.



The Perils of Perfectionism

The Motivation, Performance, and Wellbeing Research Group present the Perils of Perfectionism. Visit <https://bit.ly/3zPYMNC> for article on parenting a perfectionist athlete.

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