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

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Information

Date	16.09.2021
Duration	1 Hour 24 Seconds
Author	The High Performance Podcast
Description	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
Filesize	0 Bytes
Views	395

More videos



The preparation of an Olympic team during a pandemic

Presentation by Canada's Véronique Richard at the International Conference held over 25/26 Nov 2021 by INSEP, France's National Institute of Sport, Expertise and Performance - a centre of excellence in sports that

train elite athletes. Richard has a Ph.D in sport sciences with applied expertise in performance psychology, designing risk friendly environments to encourage people to navigate through discomfort and grow psychologically from it. She uses movement improvisation as a method to stimulate creative mindsets and set the stage for creative problem solving, creative ideation and creative performance.



Putting your best foot forward when faced with uncertainty

Presentation by Dr Hannah Macdougall at the International Conference held over 25/26 Nov 2021 by INSEP, France's National Institute of Sport, Expertise and Performance - a centre of excellence in sports that train elite athletes. Macdougall is an Australian elite Para swimmer and cyclist, dual Paralympian and Bronze Medalist, Inclusion Advocate, and has completed a PhD in Well-Being.



What lessons can we draw from the pandemic experience regarding the management of uncertainty?

Presentation by Ulrika Sandmark and Göran Kenttä at the International Conference held over 25/26 Nov 2021 by INSEP, France's National Institute of Sport, Expertise and Performance - a centre of excellence in sports that train elite athletes. As Head Coach of the Swedish swimming team, senior national team, Sandmark participated in 3 Olympics, London 2012, Rio 2016 and Tokyo 2021. Göran Kenttä, researcher and sports psychologist gives seminars about the importance of recovery training to prevent burnout and overtraining in athletes. Kenttä is an associate professor in sports psychology at the Swedish School of Sport and Health Sciences (GIH) with a research focus on elite-level athletes and the training process with a stress-recovery perspective.



Introduction to Classification - Para Swimming

Explanatory video on classification which is used in para-sports to group athletes into 'classes' so that they compete against others who have an impairment that has a comparable impact on sport performance.



Winter Swimming

Nov 2020 Live Q&A from Outdoor Swimmer magazine featuring winter swimmers Outdoor Swimmer editor Jonathan Cowie and contributing editor Ella Foote; Dr Heather Massey, senior lecturer in sport, exercise and health at the University of Portsmouth; Andrew Clarke of Better; and Gaby Hay of Swim England who discuss winter swimming and answer your all cold water swimming questions. For more information on winter swimming please see the Cold Water Swimming section on <https://bit.ly/3Ki83nc>



Colin Hill, founder and Ambassador for Swim Secure

Find out Colin's tips on how to get into open water swimming, exercises, favourite tow float, greatest achievements, favourite place to swim and how he recognised there was a need for tow floats when wild swimming. Timeline: 0:20 Colin's first experiences of open water swimming. 1:23 Exercises Colin does and would recommend doing to improve your swimming. 2:10 Colin's favourite place to swim. 2:59 Colin's greatest achievement in the open water. 4:16 Colin's top tips for someone new to open water. 5:13 Colin's favourite Swim Secure Tow Float and why.



WR Holder Alia Atkinson on retirement, longevity and breaststroke training

Alia Atkinson is the fastest woman ever in the 50 and 100 SCM Breaststrokes. Born and raised in Jamaica, she won 4 individual World Championship titles and swam at 5 Olympics Games! At her final swim meet, 2021 Fina SC World Championships, Alia was disqualified in her best event, the 50 Breaststroke. Nobody told her why. She came back and placed 4th in the 100 Breaststroke. Alia talks about breaststroke technique, breaststroke training, her mentality in the ready room, having longevity in the sport, and much more. Timeline: 00:00 Bratter PA, Immigration Law; 00:04 Hello Alia Atkinson!; 03:30 Most proud of?; 04:30 St. Andrew; 05:25 Why swimming?; 08:00 Breaststroke Beginnings; 09:30 Making an impact; 11:00 Arianna Vanderpool-Wallace; 12:45 West Indies Swim Team; 14:40 Texas A&M; 15:40 200 Breast NCAA Champion!; 17:30 World Record Holder; 18:00 Swim Angelfish Adaptive Swim Lessons; 18:35 How to swim Breaststroke faster; 20:30 Training breaststroke; 21:25 Longevity; 23:35 Making changes; 24:45 Coach Chris Anderson; 26:11 Money struggles; 28:54 Destro Swim Towers; 29:12 Giving up?; 32:05 Hardy, Soni, Ruta; 33:00 Mentality going into a Final; 33:47 Happiness; 36:00 Hunger to succeed; 37:30 Psychology; 39:17 Superior Swim Timing; 41:30 Regrets?; 42:40 World Short Course Breaststroke DQ's; 49:29 Swimmerd Live Results



Will Perry Live

Media interviews followed Tokyo 2020 Paralympian Will Perry's decision to share details of an upsetting

encounter via his Instagram account that exposed the frequent abusive behaviour towards dwarfism he has been subjected to in public spaces.



Fitness and Active Leisure workforce State of Mind survey

Overview of survey for active-net supported by CIMSPA myzone and ActiveIQ - results to be announced at active-net on 23/24h March 2022.



Supporting the individual through the IDP process with Alan Rapley

Alan Rapley talks to Tom Hartley, explaining why he thinks Individual Development Plans are crucial in the development of participants, and shares his approach to developing them with participants. The video was developed to support the UK Coaching resource 'A Guide to Using a Learning Needs Analysis and Individual Development Plans' - <https://bit.ly/3zOttDu>



What is Race Equality Matters?

A summary of the not for profit Race Equality Matters and its mission to drive change throughout organisations. Find out more here: <https://www.raceequalitymatters.com>



Ordinary Fouls - WWR Education

WWR Rules Subcommittee released a great education video about Ordinary Fouls focusing on their application with some instructional videos. It is an useful tool for completely reviewing the rule.



A Team USA Mental Performance Coach's Experience During the 2020 Summer Olympics

Brian Alexander, MA, CMPC discusses his experiences as the Official Athlete Mental Skills Coach of the USA Men's Water Polo during the 2020 Tokyo Summer Olympics. Brian Alexander is a certified mental performance consultant with the Association for Applied Sport Psychology (AASP). He is also the co-founder of WellU Mental Training. Prior to pursuing a career as a mental performance coach, Brian competed with Team USA in the sport of water polo for eight years through four FINA world championships as well as an Olympic alternate for the 2008 and 2012 Olympic teams. His experience as an elite-level athlete paired with his educational training in sport psychology has shaped his desire to help athletes and other performers. Brian has coached and served the psychological performance needs of athletes at the Olympic, national, professional, collegiate, high school, and junior/youth levels of sport and Performance. One of his recent roles was supporting the USA Men's National water polo team in their pursuit toward the Olympic Games in Tokyo 2021. Brian's educational background includes a Bachelor of Arts in Psychology from the University of California, Santa Barbara, and a Master of Arts in Sport Psychology from John F. Kennedy University. He has also studied organizational leadership under the mentorship of well-known leadership expert, Dr. Ken Blanchard, author of *The One Minute Manager* and co-creator of *Situational Leadership*, as well as a number of other professionals at The Ken Blanchard Companies. Brian served as an adjunct faculty member in the John F. Kennedy University Sport Psychology graduate program and the National University Performance Psychology programs.



Coaches Education: John Crawley

High Performance Director, John Crawley of the U.S. Olympic Committee chats about positive coaching strategies, optimising high performance and more!



Steven Tigg on Duncan Scott's development, the 200 Free, and Peaty's swagger

Steven Tigg is the Head Coach at the National Swimming Academy at the University of Stirling where he coaches Olympic and World Champion Duncan Scott, among others. Steven is also the Head Coach for the London Roar of the International Swimming League. Timeline: 00:00 Bratter PA, Immigration Law; 00:04 Hello Steven Tigg; 00:30 Scotland vs Great Britain; 02:45 Steven Tigg Bio; 05:30 Funding; 07:15 Coaching Duncan Scott; 10:00 Peaty's Confidence; 13:41 Bad Days; 17:40 Evolution of Duncan Scott; 20:30 Mentors; 24:10 Destro Swim Towers; 23:30 200 Free World Record; 27:05 Duncan Scott swim sets; 31:45 Duncan Scott best swimmer in the world?; 36:00 Paris Olympics; 36:35 Swim Angelfish; 37:15 Training for the 200 IM; 41:15 Strength Training; 44:25 Popovici, Sunwoo; 46:15 Isolated in the UK?; 48:10 2021 SC Worlds; 51:03 Swimmerd Live Results.



Winter Training Advice Q+A

This episode of the live-streaming series is aimed at supporting Swim Parents! In this tream, we are talking Winter training. What tricks are there to getting up for dark morning training? How do I keep my child motivated through a period of intense training? This is your chance as a swimming parent to ask these questions and work out what's best for your swimmer/s, as well as learn from others who have gone through the challenges you or your child are currently facing. Scott and Dan are again joined by Kevin Pickard, Innovation Director and lead of the parent's support station at AP Race Clinics, to help us answer all your questions! 00:00 Intro; 03:24 Why We're Covering Winter Training?; 04:59 How Much Focus Should Be On Improving Technique Versus Strength And Fitness?; 09:25 Is It Purely Personal Preference On Whether Early Morning Or Late Night Sessions Suits Your Swimmer?; 16:50 What Clothing Should They Wear After Training Sessions When It's Cold Outside?; 20:08 Do You Have Tips For Keeping Bugs Away?; 22:29 When Is It Okay To Train Sick? i.e With A Cold?; 27:24 Having A Workable Sleep Routine; 30:45 Any Tips For Getting Swimmers Up In Dark Mornings?; 33:44 Nutritional Advice For A 9 Year Old?; 36:34 Propulsion Swimming; 37:43 What Should I Be Focusing On At This Time Of Year?; 44:23 Other Swimmers Their Age Doing More Training, Should I Push To Get My Child More Hours In The Pool?; 51:04 Would I Expect The Coach To Say My Child They Should Start Doing Land Training?; 54:24 When Should My Child Specialise In A Stroke?; 58:12 Send Off; AP Race Plus <https://plus.aprace.club>



Importance of Recovery in Training and Racing Fundamentals and Tools

Zoom session from their online Coach Development Program published May 2020 and presented by Dr Nikhil Latey, the Director of Sports Science and Rehabilitation at Olympic Gold Quest.



Energy Systems In Training and Racing

Zoom session from their online Coach Development Program published May 2020 and presented by American Chris Martin, Head Coach of the Malaysian national team



Growth Mindset Animation

A short animation explaining the theory of growth and fixed mindsets. This is a tested and effective way of teaching young people what a fixed mindset is and how we can change that. Many of the messages in this video have been taken from the theorist Carol Dweck.



Short Axis Stroke BR & FLY

Zoom session from their online Coach Development Program published May 2020 and presented by Miguel Angel López who has been exposed to some of the World's best swim coaches and technicians. His home coach was the National Head coach in Spain for many years, Quique Martinez Marrero. In Mission Bay he trained under coaches of the calibre of Mark Schubert, Larry Liebowitz, Walt Schlueter – precursor of many stroke drill techniques - Michael Lohberg and Orjan Madsen and two of the first physiology experts to really dig into lactate analysis and science, Jack Roach and Steve Bultman. He later worked at the University of Florida where he worked with more outstanding world class coaches of the calibre of Randy Reese, Mitch Ivey, Skip Foster, and Kevin Thornton. His specialty has always been creating a swimming culture at places where there was no high level before. From the moment he started as a head coach in 1992 at a small northwestern region of Spain – Galicia - that had never had Olympic swimmers before, he built the programs to the point where they had three Olympic swimmers and three Paralympic medalists, to having eight swimmers qualified for Rio 2016 in Thailand. The programs Miguel has headed have quickly embraced the culture of quality training and competition. Miguel currently runs the FINA Program for the South East Asia area, with over 150 national records for 18 different countries, and a high level of satisfaction. He also run the competition program at Thanyapura sports club, in Phuket, Thailand



Technique Start Turn and Finish

Zoom session from their online Coach Development Program published May 2020 and presented by Ilya Gussakov who competed internationally for Kazakhstan in the 3 km open water team (17-18) during the World Junior Open Water Championships 2012, and also competes in 7.5 km open water and 3 km open water team events.



Long Axis Stroke FS & BK

Zoom session published May 2020 and presented by Australian Peter Carswell, Head Coach of Glenmark Aquatic Foundation, Mumbai.



Wayne Goldsmith on writing a workout, commitment, and coaching confidence

Wayne Goldsmith is an author, educator, mentor and podcaster. In the mid-90's he developed and managed the National Sports science / sports medicine program for Swimming Australia. He spent loads of time working with the likes of John Carew, Gennadi Touretski, Bill Sweetenham, Don Talbot and more. He has worked with the United States Olympic Committee, Sydney Roosters NRL, Tennis Australia, Australian

Rugby Union/Wallabies, Singapore Sports Council, Swimming South Africa, and more. Subscribe to Wayne's podcast entitled, "Sports Thoughts", to hear more topics on how to become a better coach. Episode timeline: 00:00 Destro Swim Towers; 00:20 Hello Wayne Goldsmith; 07:20 Writing, Recording, Sharing; 11:20 Writing a Workout; 14:00 John Carew & Kieren Perkins; 17:37 Swimmerd Live Results; 18:12 Commitment with David Marsh; 24:21 Swimming with Intent; 31:07 Superior Swim Timing; 31:45 Myth of Technical Perfection; 43:05 Swim Angelfish; 43:44 Coaching Confidence; 01:02:40 Bratter PA Immigration Law



Nick Santos shares wisdom from 20 years of racing

Brazilian Nicholas Santos has been competing at the highest level of swimming for two decades. He is the current World Record holder in the Men's 50 SCM Butterfly (tied with Sebastian Szabo). He medaled in the 50 Fly at 2015, 2017, and 2019 LCM World Championships. In Dec 2021 in Abu Dhabi, Santos captured his 3rd SC World Championship title at age 41. Brett raced Nick in the 50 Free at 2001 World Championships in Fukuoka. Show timeline: 00:00 Destro Swim Towers; 00:20 Hello Nick Santos; 02:00 Free vs. Fly; 06:00 Nutrition; 10:25 Swim Angelfish; 11:03 Clean Food; 15:00 Listening to your body; 19:30 Desire vs. Relaxation; 22:45 Staying Positive; 24:20 Santos' Start; 27:45 50 Fly Secrets; 32:00 Racing is Automatic; 32:45 Recovery; 35:30 Retirement; 37:15 Favorite Competitors; 38:00 Ben Proud; 39:50 Superior Swim Timing



More than a month - Ensuring visibility for women's sport after the Olympics and Paralympics Games

Just a few months before the Tokyo Olympic and Paralympic Games, this discussion considered how an inevitable boost in visibility for women's sport and female athletes can be harnessed to ensure growth and momentum beyond the games. Every four years female athletes become household names and are thrust into the spotlight during the Olympic and Paralympic games, but how can we ensure that these moments live beyond one summer? How can we support these women's sports and their athletes after the Games and drive commercial investment and media coverage? Guest line up: -Alice Dearing, marathon swimmer; Tim Hollingsworth, CEO of Sport England; Jade Jones-Hall, wheelchair racer and two-time Paralympian; Joanna Coates, CEO of UK Athletics.



Luke Greenbank becomes the first AP Athlete

AP was launched in 2019 by Ed Baxter and Adam Peaty to run revolutionary Race Clinics for young swimmers. Since then it has gone on to become one of the leading forces in British Swimming, with this latest

announcement proving just that! With the help of AP's co-founder Ed Baxter, Luke Greenbank is revealed as the first AP Athlete and explains what it means and what his role will be within the AP Team!!



Triggering Healthy Habits and Rewards of the Tribe

Holly Woodford and Mel Berry of Her Spirit discuss: Different ways of movement. More modern, more inclusive, more flexible; Blending digital platforms with in-person coaching - fitter, stronger, healthier; Long-term behaviour change models; Her Spirit funding model of public, private, and individual funding is designed for sustainable impact.



Making Women's Sport Visible, Viable, and Unstoppable: a year of learnings

Presentation by Laura Weston, Trustee, Women's Sports Trust who work with elite athletes and leaders across sport, media and business who continually challenge our thinking and raise the profile of the Women's Sport Trust.



The Effects of the Pandemic on Women and Girls Activity Levels

Lisa O'Keefe, Executive Director of Insight, Sport England & Kate Dale, Strategic Lead for Campaigns?, Sport England on 'This Girl Can' evolving from an ad-led campaign into a partnership-led movement: The latest iteration of TGC; What Sport England have done to keep it relevant and impactful; Sport England's new approach to partnerships; Opportunity for those listening to access TGC and work with Sport England and TGC to address what we are seeing in the research.



Think like an athlete

National Academy round-up presentation from Dec 2021 with Dr Zoe Black and Jack Thorpe and featuring a discussion on moving forward.

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