

## Videos

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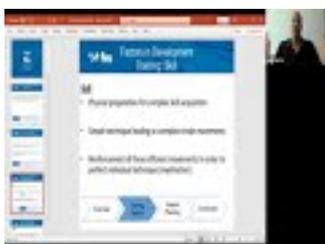
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### Greg Meehan: Confidence Can Be Built

Confidence is not intrinsic for everyone but can be developed with small steps and consistent habits. Elite coach Greg Meehan joins the show for this Oct 2020 episode (86) and talks with hosts Kelly and Maria about how he motivates collegiate and Olympic athletes while maintaining work-life harmony. He is the 2021 U.S. Olympic Women's Swimming Head Coach and 2020-2021 is his ninth season as Director of Women's Swimming at Stanford University. A three-time NCAA Swimming Coach of the Year, Meehan led Stanford to back-to-back-to-back national championships in 2017, 2018 and 2019. He has coached 36 different Stanford swimmers to a combined 274 All-American honors, which includes 17 national championship relays and 25 individual national championships. Meehan and his wife, Tess, reside in Palo Alto, Calif., with their two sons, Salvatore and James. Episode Topics and Mentions: Stanford University, Katie Ledecky, Simone Manuel, Lia Neal, Maya DiRado, 2021 Tokyo Summer Olympics, University of the Pacific, Adversity, Embracing failure, Flexibility, Long course swimming, Charlie Kennedy, Rich Coppola, Jon Urbanek, Cyndi Gallagher, Dave Durden, Princeton University, Work-life harmony, Golf. Takeaways: [Maria] As the communicator, it is your responsibility to clearly convey what you need or are asking from others. Work-life harmony is being peaceful with the choices you are making, even if it is not always equal. [Kelly]: Confidence is a commonality between champions -- and it can be developed over time with small habits and routine. Remember to live life one day at a time and it keeps you from feeling overwhelmed and helps you stay on task. Quote of the Week: "For me life is all about people and most importantly, the people you surround yourself with" -- Greg Meehan



### Developing an elite swimmer

Zoom presentation for coach development by Chris Martin who has over 30 years of experience, coaching in the United States, Scotland, England, China and now Head Coach of Malaysia's program. His swimmers have set national records and competed at the Olympics for their respective countries. He is a former Scottish Institute of Sport national coach and was coach of the England team at the 1998 Kuala Lumpur Commonwealth Games.



## Energy Systems In training & Racing

Zoom presentation for coach development by Chris Martin who has over 30 years of experience, coaching in the United States, Scotland, England, China and now Head Coach of Malaysia's program. His swimmers have set national records and competed at the Olympics for their respective countries. He is a former Scottish Institute of Sport national coach and was coach of the England team at the 1998 Kuala Lumpur Commonwealth Games.



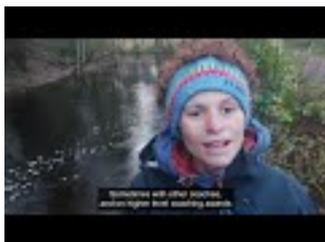
## A Comprehensive Guide to Social Value

UnLtd Webinar presented by Richard Dickins at Make it Happen <http://www.mihconsultancy.co.uk/?> is for those individuals and organisations who wish to research, measure and communicate their impact and value to a range of stakeholders including communities, public sector and funders. Rich explores the measurement of financial and non financial value and how the research, measurement and reporting journey can be achieved and made simpler.



## Sport at Queen's

Tom Walter, Director of Sport at Queen's College, Taunton, gives an insight into the wonderful sporting opportunities on offer. To discover more - including details of the Sport Scholarships which are available - email [admissions@queenscollege.org.uk](mailto:admissions@queenscollege.org.uk).



## Coach Life: Coaching for All – Gender and Ethnic Diversity

Video in the UK Coaching's Coach Life: Coaching for All series which investigates individuals' experiences of coaching through three diversity lenses: Ethnic Diversity; Socio-Economic Diversity and Gender & Ethnic Diversity.



SS Connect: WOD | 13 Apr 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>



### **YST Leadership – being a changemaker**

Part of a short series of youth leadership videos designed by the Youth Sport Trust to support skill development, prompt thinking and inspire leaders into action.



### **ISL Podcast with physios**

Participants: Sharon Fullin (Tokyo Frog Kings) and Steph Coughlan (Toronto Titans)



### **Discussion about the technical future of swimming**

ISL Podcast with coaches. Participants: David Salo from Tokyo Frog Kings and Tom Rushton from Energy Standard



### **SS Connect: Junior WOD | 10 Apr 2021**

A workout for junior athletes led by Richard Norris, Head of Swimming at Glenalmond College. 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:



### **SS Connect: WOD | 10 Apr 2021**

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>



### **The Feel for the Water**

FINA Learning Platform presentation on how to improve efficiency and speed by John B. Waldman (USA), founder, Fluid Mechanics Inc. - an athletic consulting company that takes a unique visual approach to help swimmers develop, achieve and exceed their goals.



### **SS Connect: Yoga | 10 Apr 2021**

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>



### **SS Connect: Junior WOD | 6 Apr 2021**

A workout for junior athletes led by Richard Norris, Head of Swimming at Glenalmond College. 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

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### **SS Connect: WOD | 6 Apr 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>



### **Managing conflict, bullying and harassment at work**

It's essential organisations get to grips with handling conflict at work and adopt a zero-tolerance approach to all inappropriate behaviour. Join the panel of experts to unpack the challenges of COVID-19 generating workforce friction; recognise the behaviours that can fuel negative conflict; and identify how to nip incidents in the bud at an early stage to help people managers swiftly resolve and manage conflict at work. The panel of experts in this episode of the CIPD Coronavirus webinar series include: Rachel Suff, Senior Employee Relations Adviser, CIPD and David Liddle, Founder and CEO of The TCM Group



### **SS Connect: Pilates | 7 Apr 2021**

Session led by Linda Hardy, a physiotherapist at the sportscotland institute of sport where she works with elite athletes from a number of sports including athletics and swimming. She has also been part of the Team Scotland medical team at the last 2 Commonwealth Games. Linda has been a Certified APPI Pilates Instructor since 2013. 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>



### **SS Connect: Junior WOD | 3 Apr 2021**

A workout for junior athletes led by Richard Norris, Head of Swimming at Glenalmond College. 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:

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### **SS Connect: WOD | 3 Apr 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:

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### **Return to Training - Sport Psychology**

Dr Harry Lim, NYSI Head of Sport Psychology, talks about some of the issues that youth athletes and national youth coaches may face after the end of lockdown in this Aug 2020 video.



### **Return to Training Injury Risks**

Jul 2020 video on the risk of injury as youth athletes return to training after lockdown.



### **Wiggle Pro Show - James Guy**

Swimmers - here's your chance to get expert advice on training and technique from a professional. Wiggle, the online fitness store which has thousands of products for cyclists, runners, swimmers, triathletes, hikers, gym-goers. chatted live with freestyle swimming Olympic medalist turned coach (and competitive fisherman on the side) James Guy in Nov 2020.



### **VAR Protocol**

New VAR Protocol (February 2021) via the World Water Polo Referees Association. <https://www.wwp.ra.org>



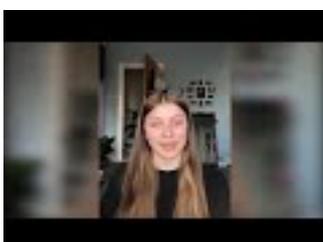
### **New Penalty Instructions - March 2021**

Following a few very important and difficult tournaments, the World Water Polo Referees Association would like to unify and clarify some situations about penalties, so its decisions will be according to the rules. To avoid mistakes, please check the Powerpoint approved by FINA TWPC. For any questions and clarification please contact WWR



### **Community Led Planning Chapter 1: What is CLP?**

The first in a series of short films produced by Rural Action Yorkshire (now Community First Yorkshire) which explain the Community Led Planning (CLP) process, a tried and tested approach that helps local people to explore the needs for their area, set priorities and plan actions. Community Led Planning has a number of important characteristics: - It is led, driven and resourced through grassroots action; - The people working on Community Plans are volunteers, usually a mix of parish councillors and other local people; - It involves extensive community participation and engagement using techniques such as questionnaires, meetings, discussions and events; - It results in a credible action plan based on in-depth consultation; - The action plan produced sets out how local problems and issues can be tackled. This will include actions which the community can undertake alone, and actions which they need to address in partnership with local authorities or other agencies.



## SENER Youth Forum Video Project

The group aims to: - Represent the interest of young people participating or volunteering within Aquatics within the NE Region.; - Develop a network of young people throughout the organisation and the sport.; Represent the views of young people across all of the aquatic disciplines including; swimming, diving, water polo, artistic swimming and open water; - Assist on projects within the NE Region such as the development of resources and training opportunities for young volunteers; - Act as ambassadors for the sport and the organisation at a Local, Regional and National level. In the video, representatives from each of the aquatic disciplines share their thoughts on various areas including: - What they have missed while they have been out of the water; - What they have learned about themselves; - What they are looking forward to most when they return to the water; - The concerns that they have about returning to pools What has kept them engaged in their sport over the lockdown period. The forum members organised the recording and produced it themselves. You can view info on the Swim England South West Youth Advisory Panel and its Mar 2021 Call for Applications at <https://bit.ly/31TsFgr>



## Mental Wellbeing Video

Video showing the importance of talking to someone when we are not feeling our best.



## Periodisation - Macro, Meso and Microcycles

How do top athletes stay on track? Periodisation is one way to track goals and ensure steady progress towards your aims. This mini-lesson explains the difference between macrocycles, mesocycles and microcycles and how performers and coaches can create a periodised training plan to suit individualised training and performance goals.



## Yoga for Swimmers - Injury Prevention Practice

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>

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