

## Videos

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Somerset ASA accept no responsibility for injury occurring when performing exercises and you undertake them at your own risk.

Please follow Swim England's home land training guidance: [bit.ly/LandWorkCriteria](http://bit.ly/LandWorkCriteria).

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Display

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### **Speedo Fastskin Racing System Media Clinic**

S&X welcomed journalists from Russia, Netherlands, USA, China and UK to experience the same groundbreaking technology used by the world's best swimmers. The Speedo Aqualab Global research and development team demonstrated the advanced technical attributes of the Fastskin Racing System collection, before measuring and fitting the attendees and advising on the best combination of cap, goggle and suit from the choice of 19 products available. With the reporters fitted into the Speedo Fastskin Racing System, they were then joined in the pool by Speedo swimming experts, who offered help and guidance to help make the most of the journalists' varying talent in the pool.



### **Getting Speedo fit with Karen Pickering and Tamzin Outhwaite**

See how Tamzin Outhwaite got on with her 6 week swimfit plan with Karen Pickering



### **Duncan Goodhew Interview**

Duncan Goodhew talks about the parallels between sports and business that organisations can learn from in terms preparing and driving their business.



## **Duncan Goodhew at Millfield School**

Whilst OM Duncan Goodhew (Swimathon President) was down at his old school, Millfield took the opportunity to get the whole squad involved in the 2013 5K swimathon challenge. Millfield would like to thank the whole swimathon community for the generous support they showed everyone at the school.



## **Swimming Nutrition**

No endorsements implied by posting this, but video contains useful info from dietician.



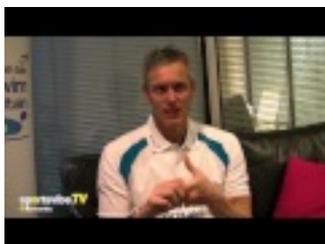
## **Tim Lamb talks CASCs**

With the Government announcing a consultation on the Community Amateur Sports Club (CASC) scheme, Tim Lamb gave the Sport and Recreation Alliance's view to Sky Sports News. For more information on the CASC scheme visit the Sport and Recreation Alliance website: [www.sportandrecreation.org.uk](http://www.sportandrecreation.org.uk)



## **Characteristics of an effective board**

Sue Campbell CBE shares her experience and vision of good governance.



## **Mark Foster talks Swimming**

Six-time World Champion Mark Foster talks to SportsvibeTV about everyday exercise and swimming, the Olympic legacy, the state of British swimming and the 'SwimBritain' initiative headed up by British Gas.



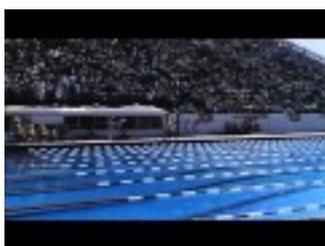
## Baroness Sue Campbell CBE discusses the Olympic Legacy

Sue Campbell discusses the Olympic Legacy at the Sport and Recreation Alliance 2012 Leadership Convention



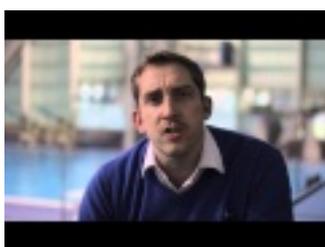
### FINA Centenary 1908-2008 - part 2 of 2

100 Years Celebration of the world of water



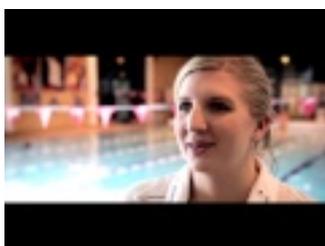
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### Sport Makers - What it is all about

Former Olympic athlete Steve Parry tells you all you need to know about Sport Makers, Sport England's Olympic legacy programme, which helps you to make sport happen in your community. Find out what Sport Makers are, what they do, why and how you should sign up as one and why sports volunteers are so important. Sign up now at <http://www.sportmakers.co.uk>



### Welcome to SwimBritain

British Gas has supported British Swimming since 2009. From paddling pool, to podium. This year they're launching an initiative to get more people swimming, more often. Team up, take on SwimBritain. Sign up for more information at [www.swimbritain.co.uk](http://www.swimbritain.co.uk)



## How To Be a Parent and an Official

Joanie Beisel shares tips on how she balances being a parent of an Olympian and a national USA Swim official.



### Graeme Antwhistle Interview

Graeme is assistant coach at Bath Uni ITC. In this interview recorded in Mar 2012, he talks about what he thinks young coaches should focus on, how he's progressed and what it takes to be a great coach.



### David McNulty Interview

David McNulty left his native North East of England to move Bath Uni ITC as Head Coach. In this interview recorded in Feb 2012, David talks about the challenge of setting up an Intensive Training Centre for swimming, his mentor Bill Sweetenham and what he thinks it takes to make it as a coach. Post video legacy: Michael Jamieson!



### New pool at Trinity Sports and Leisure, Bridgwater

The new swimming pool and café at Trinity Sports and Leisure will open its doors to the public from 11:30am on Friday 1 March 2013. Take a tour around the centre and a sneaky peak of the pool.



### 1610 Leisure Centre new swimming pool

Exclusive video of the new pool taken by Mercury photographer Jeff Searle.



## Rebecca Adlington reflects after announcing her retirement

Sportsvibe caught up with the greatest British swimmer in British Olympic history Rebecca Adlington, after she announced her retirement from competitive swimming. The 23-year-old double gold medallist reflects on her career and the passion that has dominated her life since she was 4, and shares some of her plans for the future.



## Meet Mobile Swim App

Meet Mobile is the newest innovation by Active Network transforming the swim meet experience for swimmers, coaches, meet hosts and fans alike. Available for Apple iOS and Android platforms, Meet Mobile supports the smallest swim meets to the largest national qualifying trials in the country, and provides easy, paper-free access to meet programs from all over the world, including heat sheets, psych sheets and real-time results.



## Omega Swimming Timekeeping at London 2012

Video footage featuring Peter Huerzeler, Omega Timing Board Member



## Introducing the Participation Curriculum

This 10-minute broadcast will help you to: - Develop an understanding of the Coaching Participation Curriculum and how it can be applied and used to successfully increase participation in your sport - Increase understanding of recreational participant capabilities and considerations for your programme - Increase understanding of the participation coach capabilities - Explore top tips for working with new and returning participants The web-video update is part of sports coach UK's Partner Events.



## A Journey Through Coach Modelling

A video on coach modelling, and examples of how it is being applied in sports.



## **Duncan Goodhew on Swimathon 2013**

Take on a challenge in 2013; swim for Marie Curie Cancer Care in Swimathon.

<http://www.mariecurie.org.uk/swimathon>



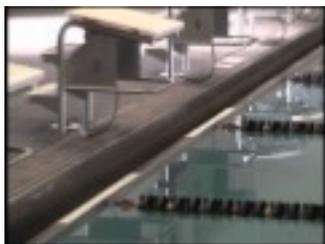
### **Ask Duncan - Episode 2**

British Gas Swimming's social community put their questions to Somerset's Olympic gold medalist and British Gas ambassador, Duncan Goodhew



### **Ask Duncan - Episode 1**

British Gas Swimming's Facebook community put their questions to Olympic gold medalist and all-round Somerset swimming legend, Duncan Goodhew



### **Maintenance Video**

2012 Maintenance tips for: Wallplates, Touchpads, Relay Judging Platforms, Banana Plugs, Amp Connector



### **Testing a Touchpad**

Testing Colorado Time Systems touchpad prior to an event



## **Sara Cox-Conklin**

Celebrating local heroes across Somerset whose selfless contributions add so much to the richness of life in our communities. GRACE Productions was commissioned by Northcliffe Media (South West) to make a series of 23 x 60 second films showcasing the finalists in the Heart of Somerset Community Awards 2011. The films, produced in association with Film Tank, were shot and edited in high definition digital video, to give a truly cinematic viewing experience.



## **Speedo Pace Club Tutorials - Rotation Drill**

Strokes and drills, created by some of the sport's top coaches.

Media 1771 to 1800 from 1969 [ << [57](#) [58](#) [59](#) **60** [61](#) [62](#) [63](#) >> ]

<http://www.somersetasa.org/sasa/en/View/Videos?section=podcast&cid=&pos=1770&pdfview=1>