Santiago Veiga Fernández, PhD

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Topic:

**From complicated biomechanics to meaningful practice**

* Born in Lugo (Spain), 36 years old and married to Fátima Arnanz (English teacher), presently living in Madrid (Spain).
* Have been a competitive swimmer at the national level until 2002.
* Technical Director of the Madrid Swimming Federation for the last couple of Olympic cycles and coach of the Olympic Semifinalist (2016) and World Junior Champion (2015) Hugo González de Oliveira.
* In 2015 was awarded for Best Swimming Coach by the Spanish National Swimming Coaches Association.
* Degree in Sport Sciences (2005) from the University La Coruña (Spain) (where I was awarded for the Outstanding Graduate of the Year 2005).
* PhD (Hons.) on Sports Performance (2010) for the University Castilla-La Mancha (Spain).
* Level 3 certified Swimming Coach for the Spanish Swimming Federation (from 2005).
* Part-time Associate Professor at the Technical University of Madrid from 2011 to present, in the areas of sports biomechanics and skill acquisition.
* Participate in different research projects like the official competition analysis of the 2012 London Paralympic Games and the 2013 Barcelona World Swimming Championships and also to commence a new research line, with several international publications both on scientific journals (see the list below) and informative publications (see the following links):

<http://www.swimmingscience.net/2016/04/dolphin-kicks-elite-swimmers.html>

<http://motherboard.vice.com/read/michael-phelps-gold-medal-dolphin-kick-turn>

<http://www.swimmingscience.net/2014/01/friday-interview-dr-santi-veiga.html>

- Veiga, S., Roig, A., Gómez-Ruano, M.A. (2016). Do faster swimmers spend longer

underwater than slower swimmers at World Championships?. European Journal of Sport Science. pp. 1 - 8.

- Veiga, S., Roig, A. (2016). Effect of the starting and turning performances on the subsequent swimming parameters of elite swimmers. Sports Biomechanics. pp. 1 - 11.

- Veiga, S., Roig, A. (2015). Underwater and surface strategies of 200 m world level swimmers. Journal of Sports Sciences. pp. 766 - 771.

- Veiga, S., Cala, A., González-Frutos, P., Navarro, E. (2014). Comparison of starts and turns of national and regional level swimmers by individualized-distance measurements. Sports Biomechanics. 13 - 3, pp. 285 - 295.

- Veiga, S., Mallo, J., Navandar, A., Navarro, E. (2014). Effects of different swimming race constraints on turning movements. Human Movement Science. 36 - null, pp. 217 - 226.

- Veiga, S., Cala, A., Mallo, J., Navarro, E. (2013). A new procedure for race analysis in swimming based on individual distance measurements. Journal of Sports Sciences. 31 - 2, pp. 159 - 165.

- Veiga, S., Cala, A., Mallo, J., Navarro, E. (2013). Kinematical Comparison of the 200 m Backstroke Turns between National and Regional Level Swimmers. Journal of Sports Science And Medicine. 12, pp. 730 - 737.

- Veiga, S. (2016). Técnica de los Estilos. Fase Común I. 5-113, Escuela de Entrenadores de Natación, 2016. (Official book of the Swimming Coaches Diploma at the Royal Spanish Swimming Federation).