



# AQUA-NEWS

December 2021

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## Premier #1 Swim Meet

Nov 6, 2021

FAST swimmers made a big splash at their first Premier meet of the 2021-2022 Swim Season in Saint John on Nov 6. Lots of great swims, some DQ's and everyone was excited to be competing!

Ten-year-old Michael Tselichtchev took home gold in all events: 50 free 33.58, 50 breast 46.33, 50 fly 38.23 and 200IM 3:01.52.

*10-year-old Michael Tselichtchev came first place in all his events Premier #1, and broke long standing Team Record from 2006 in 400 IM at the Invitational #1 Meet in Sussex*

### Other top three in each age category included:

Mark Addison (13): gold 50 fly 38.35, 200 free 2:37.03 and 50 back 36.99, silver 100 breast 1:32.27; Sophia Carr (10): bronze 100 breast 2:10.79; Xander Chiasson (11): gold 50 back 41.11, bronze 50 free 35.03, 50 breast 52.69, and 100 breast 1:54.98; Addison Deap (9): gold 50 fly 47.12, silver 50 back 50.19, bronze 50 free 39.26; Jacob Ebbett (14): gold 50 free 31.68, silver 50 fly 38.71 and 200 free 2:48.01; Miriam Field (11): gold 100 back 1:29.25 and 100 IM 1:33.98; Rori Gaines (13) gold 100 IM 1:21.59 and 200 IM 2:57.60; Ellison Hatt (10): bronze 50 breast 58.54; Jackson Hoyt (12): silver 100 breast 1:52.88, bronze 100 back 1:38.76 and 50 back 45.19; Guanwen Huang (14): bronze 200 free 2:52.76; Anna MacDonald (13): gold 100 back 1:25.27, silver 200 IM 3:05.45, bronze 50 back 39.32; Rebecca Massie (16): gold 100 back 1:26.97, 200 free 2:56.20, and 100 breast 1:41.27; Mateo Mbaya (12): gold 100 breast 1:49.62, silver 50 free 33.72 and 50 fly 39.32; Jacob McLean (12): silver 100 back 1:34.99, 200 free 2:55.09, and 50 back 44.79; Maeleigh Murphy (10): silver 50 breast 55.10 and 100 breast 2:07.11; Hilary Norris (11) gold 50 free 34.68, silver 100 back 1:30.10, bronze 200 IM 3:19.30; Alex Ouellette (13): silver 50 breast 56.31; Sophie Ricketts (11): silver 50 free 35.27 and 200 free 3:08.04; Vera Rosales (12): gold 50 fly 37.27, silver 200 IM 3:16.13 and 100 breast 1:45.44; Amelia Sherwood (10): gold 50 back 53.22 and 100 breast 2:08.79; Beatrice Sinclair (13): silver 50 breast 44.73 and 50 fly 37.25, bronze 200 IM 3:20.91; Rosalie Sinclair (11): bronze 50 back 42.66; Noémie Sivret (12): gold 50 breast 44.84, silver 50 back 41.96, bronze 100 back 1:30.71 and 50 fly 39.94; Ruby Smith (13): gold 200 free 2:53.72; Jesse Theriault (13): gold 100 breast 1:27.45, silver 100 back 1:23.02, bronze 50 back 38.13; Bridget van Driel (10): gold 100 back 1:48.69; Angelina Wang (11): gold 200 free 2:47.31, 50 back 41.33 and 100 breast 1:38.06, silver 50 fly 39.13; Makayla Wang (9): gold 100 breast 2:00.27, silver 100 IM 1:41.73, bronze 200 free 3:24.18; Ila Wright (11): silver 100 IM 1:42.06, bronze 50 free 37.08 and 200 free 3:19.59; Olivia Young (12): bronze 100 IM 1:45.83



## Invitational #1 Swim Meet

Nov 20-21

### FAST Record Breaker

Michael Tselichtchev broke Ben Hebb's long standing 2006 Club Record (6:28.56) in the 400 IM event. Michael's time was 6:21.95

### Top Three in their age category include:

Jack Addison: gold 50 back (30.53), silver 200 back (2:31.99) and 100 back (1:06.58); Callie Barclay: gold 200 back (2:39.32); Jesse Canney: gold 400 IM (5:14.71), 100 back (1:12:67), 100 breast (1:25.09) and 50 back (33.64), silver 200 free (2:13.20) and 800 free (9:28.20); Xander Chiasson: silver 50 back (40.41), bronze 100 back (1:28.82); Jillian Davis: gold 400 IM (5:38.67 and 200 breast (3:06.30), silver 50 breast (39.29) and 100 breast (1:24.73); Daniel Duguay: gold 100 IM(1:09.56), 100 fly (1:05.01), and 200 IM (2:28.74), silver 100 back (1:07.17) and 50 back (31.25), bronze 200 breast (2:57.88); Nicolas Duguay: silver 400 free (4:36.89); Mohamed Elshahat: silver 100 IM (1:22.14), 50 fly (37.31), 100 breast (1:30.83) and 200 IM (2:56.95); Claire Finley: bronze 100 fly (1:15.02) and 50 fly (31.90); Rori Gaines: silver 200 back (2:48.04) and 200 fly (3:27.11); Jessica Hickey: gold 200 IM (2:39.37), silver 200 back (2:35.80) and 100 free (1:04.67); Judy Luo: bronze 200 back (2:51.79); Anna MacDonald: gold 200 fly (3:21.52); Mateo Mbaya: bronze 200 back (3:24.48); Jacob McLean: silver 200 back (3:23.48) and 400 free (6:09.70); Sara McNabb: gold 100 IM (1:12.98), 800 free (9:59.55), 50 fly (31.22), and 400 free (4:46.77), silver 100 back (1:10.74), bronze 100 breast (1:25.17); Mackenzie Norris: gold 200 free (2:36.74), 100 free (1:09.17) and 200 IM (2:58.20), silver 200 breast (3:21.75), bronze 100 IM (1:23.15) and 100 back (1:24.60); Samantha Norris: gold 50 breast (38.39), silver 100 fly (1:17.75) and 100 free (1:05.84); Ryan O'Connell: bronze 200 free (2:13.52) and 100 IM (1:08.31); Lily Porter: gold 100 breast (1:22.37), silver 200 IM (2:48.54), bronze 100 IM (1:18.78); Vera Rosales: bronze 100 free (1:15.05); Emma Sinclair: gold 100 fly (1:12.54) and 50 fly (31.60), silver 200 IM (2:39.63), bronze 100 IM (1:15.61); Noémie Sivret: silver 200 free (2:41.48), bronze 50 free (33.53), 100 breast (1:36.95) and 200 IM (3:01.22); Jonathan Tselichtchev: gold 200 free (2:11.55), silver 100 fly (1:08.33), 50 fly (29.87) and 200 IM (2:35.58), bronze 100 back (1:10.04) and 50 back (31.34); Michael Tselichtchev: gold 200 back (2:59.00), 400 IM (6:21.95) and 200 fly (3:21.04); silver 100 free (1:13.78), bronze 50 fly (37.42); Nick Wallace: bronze 800 free (10:35.80); Angelina Wang: gold: 200 fly (3:27.12), silver 400 IM (6:30.18), bronze 200 back (3:05.20); Elizabeth Waugh: bronze 50 back (35.88); Samantha White: gold 200 free (2:19.13) and 100 free (1:04.94), silver 100 fly (1:15.74), bronze 200 breast (3:08.19), 100 back (1:11.29) and 400 free (4:56.79); Tom Wielemaker: gold 200 breast (2:33.59) and 200 IM (2:17.44), silver 50 breast (31.77), 50 fly (26.93) and 100 breast (1:10.06), bronze 100 fly (1:03.19); Hazel Wright: bronze 100 fly (1:40.04)

[Click Here](#) for Full Results  
from all Meets

## Premier #2 Swim Meet

Dec 4

### Top three in their age category include:

Xander Chiasson: gold 100 fly (1:45.77), silver 200 breast (3:59.52), bronze 100 free (1:18.84) and 50 breast (49.71); Jacob Ebbett: gold 100 free (1:13.70), 50 back (39.73) and 200 back (3:09.63), silver 50 breast (46.84); Miriam Field: gold 200 IM (3:08.77), silver 50 back (40.16), and bronze 50 fly (41.38); Caleb Griffiths: silver 200 back (3:35.88); Jinghan Hu: gold 200 breast (3:47.73), silver 100 free (1:18.33), 50 back (44.57), and 100 IM (1:36.19); Jillian MacDonald: bronze 100 fly (2:15.17); Rebecca Massie gold 100 IM (1:28.35), silver 200 breast (3:27.43), bronze 50 breast (46.03); Mateo Mbaya: gold 50 fly (36.07), 100 IM (1:27.81) and 50 breast (45.71); Jacob McLean: gold 200 IM (3:25.46), silver 50 back (45.29), bronze 50 back (45.29) and 100 IM (1:36.30); Maeleigh Murphy: silver 100 fly (1:52.27); Hilary Norris: gold 100 fly (1:39.96), silver 100 IM (1:29.19), bronze 200 breast (3:40.08); Claire Ray: bronze 200 back (3:31.33); Sophie Ricketts: gold 100 free (1:18.52); Amelia Sherwood: bronze 200 back (3:52.87); Hazel Wright: bronze 50 free (35.94)

## Congratulations to our swimmers who achieved a NB Time Standard

### Premier #1 Saint John, Nov 6

| AA                                                                                                                               | A                                                                                                                                                                                                                                                                                                                                                    | B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rori Gaines<br> Jesse Theriault<br>Angelina Wang | Mark Addison<br>Miriam Field<br>Anna MacDonald<br> Mateo Mbaya<br>Hilary Norris<br> Sophie Ricketts<br>Beatrice Sinclair<br>Noémie Sivret<br>Michael Tselichtchev<br>Angelina Wang | Gabrielle Anne Banquicio<br> Xander Chaisson<br>Addison Deap<br> Jacob Ebbett<br>Miriam Field<br>Rori Gaines<br>Caleb Griffiths<br>Jackson Hoyt<br>Guanwen Huang<br>Anna MacDonald<br>Mateo Mbaya<br>Jacob McLean<br>Sophie Ricketts<br>Vera Rosales<br>Beatrice Sinclair<br>Rosalie Sinclair<br>Noémie Sivret<br>Jesse Theriault<br> Makayla Wang<br>Hazel Wright<br>Ila Wright<br> Olivia Young |

### Time Standard Pins



FAST Time Standard Pins are awarded to swimmers when they receive their first AA, A or B SNB time standard.



Coaches hand out these special pins after each swim meet



## Congratulations to our swimmers who achieved a NB Time Standard



### Invitational #1 Sussex, Nov 20 & 21

| AA                                                                                                                                                                                                                                                                                                                                                         | A                                                                                                                                                                                                                                                                                                        | B                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Callie Barclay<br>Jillian Davis<br>Daniel Duguay<br>Rori Gaines<br>Jessica Hickey<br>Judy Luo<br>Sara McNabb<br>Mackenzie Norris<br>Lily Porter<br>Beatrice Sinclair<br>Emma Sinclair<br> Noémie Sivret<br>Jonathan Tselichtchev<br>Michael Tselichtchev<br>Angelina Wang | Callie Barclay<br>Olivia Cummins<br>Mohamed Elshahat<br>Rori Gaines<br>Abigail Lamontagne<br>Briana Lydon<br>Judy Luo<br>Anna MacDonald<br>Hilary Norris<br>Mackenzie Norris<br>Vera Rosales<br>Noémie Sivret<br>Jesse Theriault<br>Michael Tselichtchev<br>Nick Wallace<br>Angelina Wang<br>Sammy White | Gabrielle Anne Banquicio<br>Jagger Canney<br>Xander Chiasson<br>Nick Duguay<br>Miriam Field<br>Claire Finley<br>Rori Gaines<br>Abigail Lamontagne<br>Judy Luo<br>Anna MacDonald<br>Mateo Mbaya<br>Jacob McLean<br>Sophie Ricketts<br>Beatrice Sinclair<br>Rosalie Sinclair<br>Noémie Sivret<br>Jesse Theriault<br>Michael Tselichtchev<br>Nick Wallace<br>Angelina Wang<br>Libby Waugh<br>Hazel Wright<br>Ila Wright |

### Premier #2 Dec 4

| A                                                                                                                                                                                                                                                       | B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Miriam Field<br>Mateo Mbaya<br>Hilary Norris<br> Sophie Ricketts<br> Hazel Wright | Sophie Carr<br>Xander Chiasson<br>Addison Deap<br>Jacob Ebbett<br>Miriam Field<br> Olivia Guignard<br>Caleb Griffiths<br>Ellison Hatt<br>Jinghan Hu<br>Amro Mahfud<br> Rebecca Massie<br>Mateo Mbaya<br>Jacob McLean<br>Maeleigh Murphy<br>Hilary Norris<br>Claire Ray<br> Sophie Ricketts<br>Rosalie Sinclair<br>Hazel Wright<br>Ila Wright<br>Olivia Young |



## Self-Compassion in Sport 101

January 11, 2021

by Nathan Reis, Kent Kowalski, Amber Mosewich,  
and Leah Ferguson



If you have been involved in the coaching or administrative side of competitive sport, chances are you have seen athletes experience emotionally difficult setbacks. These setbacks can range from devastating performance failures (e.g., “choking” during an important competition), to facing harsh, negative evaluations by others (e.g., spectators, teammates, competitors, parents) and/or themselves (the self-critic is often very cruel). For some athletes, these types of setbacks can offer an opportunity for personal growth. For others, without sufficient coping resources, setbacks can negatively impact athletes’ wellbeing and/or sour their overall sport experience, putting them at risk of dropping out from sport altogether. Fortunately, self-compassion is steadily gaining traction as a personal resource that athletes can use to help navigate setbacks experienced in sport in a healthy and positive way (e.g., Mosewich et al., 2011; Reis et al., 2015; Wilson et al., 2019)

### What is self-compassion?

Self-compassion requires an awareness of personal suffering and a desire to help oneself through an emotionally difficult time. Dr. Kristin Neff (2003) describes self-compassion as having three components: Self-kindness – treating oneself with warmth and understanding in the face of failure or difficult experiences; Common humanity – understanding that we are all part of the greater human condition and that everyone goes through difficult times; and Mindfulness – includes moment-to-moment awareness, and taking a more objective, rational approach to negative situations rather than overidentifying with them too strongly or ignoring them. Unlike self-esteem, which requires positive self-evaluation in reference to others in order to feel good about oneself, self-compassion features an acceptance of one’s own flaws and shortcomings, and thereby, as Neff proposed, emphasizes a positive, supportive self-attitude and approach to life. Notably, self-compassion is related to overall wellbeing and decreased negative emotions, such as shame, in a variety of populations (e.g., university students, older adults; Allen, Goldwasser, & Leary, 2012; Johnson & O’Brien, 2013; Leary et al., 2007), and there is growing evidence of its benefits for athletes.

### The role of self-compassion in sport

Within the past decade, self-compassion has been studied in the context of sport largely as a tool to help athletes cope or deal with the emotionally challenging setbacks or obstacles they encounter. Especially when outside support networks are limited or unavailable to athletes, self-compassion might be particularly useful to help athletes overcome a variety of setbacks in adaptive, healthy ways. For this article, we focus on links between self-compassion and two types of setbacks because of their relevance to practitioners who work with athletes: (a) injury and (b) negative evaluations and sport-based performance failures.

## Injury

Experiencing injury is a significant setback faced by almost all athletes at some point in their careers. Sometimes sport injuries are minor, and athletes miss little to no time from training, practice, and competition. Other times, sport injuries are more severe, causing athletes to miss significant time in sport. In these cases, even when athletes do return to sport following injury, they may never (or significantly struggle to) return to the same level of performance. Still other times, sport injuries effectively end the sporting careers of athletes, which can be absolutely devastating and extremely difficult to experience. The key point is that injury can be an emotionally difficult setback for athletes.



The good news is that there is growing evidence that self-compassion can help athletes better manage the negative emotions they experience due to injury. By reducing athletes' anxiety, worry, and avoidance coping strategies in response to injury, self-compassion can enable athletes to focus on healthier, more proactive ways of moving forward with recovery (e.g., adaptive coping, acceptance), particularly as an alternative to ruminating or dwelling on the injury (Huysmans & Clement, 2017). Self-compassion may even reduce injury occurrence by decreasing athletes' physiological activation to stress and facilitating their ability to focus on relevant cues when on the field, court, or ice (Huysmans & Clement, 2017).

Although the benefits of self-compassion in the context of injury are not fully known, it seems to offer a way for athletes to reduce some of the negative emotions experienced due to sport injury (e.g., shame, humiliation), which might make them more driven to overcome and persevere through injury-based adversity (Wilson et al., 2019). To highlight this point, research coming out of our lab at the University of Saskatchewan, led by Karissa Johnson as part of her graduate thesis, has recently shown that self-compassionate athletes rehabilitating from injury tend to be more mentally tough, perceive having more coping resources, and experience less self-criticism. Importantly, Karissa's research also shows that self-compassion might allow injured athletes access to a healthier version of mental toughness, characterized by acceptance and wise actions, as opposed to a mental toughness characterized by making poor decisions to push through injury in unhealthy ways.

## Negative evaluations and performance failures



It would be rare to work with an athlete who hasn't felt they made a mistake or failed in sport at some point, and often in critical moments. Similar to injury, mistakes and failures are part of sport, and like injury, they can be an emotionally difficult setback for athletes. Whether it be feeling responsible for a loss due to a missed free throw in a high school basketball game or missing a soccer penalty kick at the World Cup, athletes are oftentimes harshly evaluated or judged by others and themselves. Sometimes it is teammates, competitors, coaches, and parents who are responsible for providing negative, sometimes debilitating feedback, to athletes. Other times, athletes are their own biggest critics, pointing the finger solely at themselves when things go wrong. In many cases, the negative evaluations come from multiple sources.

Regardless of the source(s) of negative evaluation, the level of competition, and magnitude of the mistake or failure, athletes are highly susceptible to emotional suffering that stems from harsh evaluations of their sport performance (Mosewich et al., 2011). Research has shown that athletes experience a variety of maladaptive emotions (e.g., shame, embarrassment, humiliation) and thoughts (e.g., “I am worthless”) when they make mistakes or fail (Reis et al., 2015), while also engaging in self-criticism and self-punishment (Ceccarelli et al., 2019). More generally, performance failures in sport can lead to decreased mental health, a diminished sense of self, and emotional distress (Ceccarelli et al., 2019; Mosewich, Crocker, & Kowalski, 2014).

Similar to its positive impact in helping athletes deal with injury, self-compassion seems to be an effective resource for athletes experiencing difficult emotions resulting from failure and evaluation. By enabling athletes to treat themselves less harshly and put sport failures or mistakes in perspective, self-compassion promotes adaptive coping and a healthier stress response, both psychologically (e.g., viewing current shortcomings as changeable and addressable) and physiologically (e.g., appropriate heart rate response to stress) (Ceccarelli et al., 2019). Put another way, self-compassion helps athletes get through difficult experiences in sport, such as injury and performance failures (and corresponding negative evaluations), in a way that doesn't require dwelling on them or overidentifying with the setback, leading to a quicker recovery and a more positive overall sport experience.

### Strategies to enhance self-compassion



One approach to increase self-compassion amongst athletes is through intervention. For example, Dr. Amber Mosewich and her colleagues developed a one-week sport self-compassion intervention, which effectively enhanced self-compassion levels in highly self-critical women athletes while also decreasing rumination and self-criticism (Mosewich et al., 2013). The intervention was comprised of an initial in-person educational component and a self-compassionate writing exercise, followed by a series of self-compassion writing modules that athletes completed online over the course of seven days. The in-person component of the intervention provided a brief explanation of self-compassion and discussion of relevant findings from self-compassion research (e.g., self-compassion does not promote complacency or passivity; rather, practicing self-compassion is an adaptive, healthy way to navigate challenges). After the 10-minute educational session, the athletes were asked to think about and write a description of a recalled negative event in sport that had happened to them within the past 10 days. They were then given prompts to write about how they could respond to that scenario, centered on the three core elements of self-compassion (i.e., self-kindness, common humanity, mindfulness). This writing exercise provided the athletes with an opportunity to practice self-compassionate writing in advance of the take-home component of the intervention, which featured five writing tasks/modules. As two examples of the writing exercises, they were asked to respond to their negative event in sport by (a) writing a paragraph “expressing understanding, kindness, and concern to yourself...as if you are communicating to a close friend in the same situation” (i.e., self-kindness) and (b) listing “ways in which other people experience similar events” (i.e., common humanity).

In an applied study, Rodriguez and Ebbeck (2015) implemented self-compassion strategies with women gymnasts and their coaches. Through weekly or bi-weekly meetings amongst the gymnasts, coaches, and an external sport psychology consultant, gymnasts engaged in activities that were designed to enhance self-compassion. For example, the gymnasts were asked to write about how they would treat a teammate when the teammate felt really bad about herself and struggled during practice or competition. They also integrated self-compassion breaks into their training routines, which involved visualizing a stressful scenario in gymnastics before developing their own self-compassionate response cues rooted in self-kindness, common humanity, and mindfulness. This was designed to help them develop their skills to manage future situations in healthier ways. A particularly unique component of the study involved the gymnasts selecting different coloured beads to indicate when they had demonstrated positive self-talk and affirmation compared to when they had demonstrated negative self-talk or self-criticism. The gymnasts were also encouraged to think of self-compassion as an approach to prevent “suffering,” which was likened to other unfavourable or adverse outcomes (e.g., becoming out of shape during the off-season could be prevented by “keeping up with off-season conditioning and maintaining healthy eating”). To counter the notion that self-compassion is “self-coddling,” a concern we discuss in more detail in the next section, the gymnasts were asked questions that helped put the use of self-compassion in a balanced perspective (e.g., “Would you withhold water from yourself during your 4-hour practice to be tough on yourself?”).

### Barriers to self-compassion and potential solutions



Despite the potential of self-compassion as a resource to help athletes navigate setbacks and emotionally difficult experiences in sport, there are challenges to its widespread application. One barrier is a belief amongst some athletes that self-compassion might present a roadblock to achieving elite status (Sutherland et al., 2014). Specifically, some women athletes have explained that they felt it was necessary to be self-critical of their own poor performances in sport and their sport-based failures to learn from them and get better as athletes, and that self-compassion represented a mindset that encouraged them to let themselves off the hook too easily. Similarly, in a recent study with men athletes conducted by our research team, some of the men explained that when they heard the term “self-compassion” they immediately thought it was “soft” – a barrier to self-compassion in its own right – and that it would encourage them to be “too easy” on themselves. They also noted that viewing their poor performances and sport failures with a harsh, self-critical lens was an essential part of the process that would lead them to improved performances in the future. While such claims are largely unfounded – self-compassion has in fact been shown to be positively related to thriving in sport (Ferguson et al., 2014) and is counter to self-indulgence and deterred motivation (Gilbert et al., 2011) – they represent a challenge to the promotion and practice of self-compassion amongst athletes. Researchers are currently exploring alternative language surrounding “self-compassion” as a way to help remove the “soft” connotation that some people connect with the term.

For example, Neff and Germer (2018) introduced the “yin” and “yang” of self-compassion, acknowledging the traditionally feminine “yin” side of self-compassion with the terms “comforting,” “soothing,” and “validating;” and the traditionally masculine “yang” side of self-compassion with the terms “protecting,” “providing,” and “motivating.”

Some athletes’ beliefs that self-compassion might lead to diminished performance expectations and results also sheds light on another potential barrier to the widespread impact of self-compassion in the sporting world – inadequate understanding of the construct. In our research with men athletes, despite them initially suggesting that self-compassion might lead to complacency, the men went on to explain that an initial lack of education about self-compassion led to their negative views. After learning about self-compassion, the men explained that their initial inclinations to reject self-compassion were rooted in a misconception of what it actually is. They emphasized that education and training is an essential component when promoting self-compassion to other athletes. The men elaborated that athletes need to not only become aware of self-compassion, they need to know that self-compassion can help them overcome adversity in sport, leading to improved performance by learning from mistakes and failures, rather than dwelling on them.

In addition to some athletes’ negative or tepid views towards self-compassion, potentially stemming from inadequate understanding, another current barrier to its widespread practice in the sporting world is likely COVID-19. Specifically, some in-person strategies previously used to increase self-compassion awareness and knowledge, and overall self-compassion levels amongst athletes, like introductory educational components (e.g., Mosewich et al., 2013) and group activities (e.g., Rodriguez & Ebbeck, 2015), are more challenging with COVID-19 restrictions. Accordingly, in the current sport landscape, online self-compassion tools, workshops, tutorials, and interventions are likely the only options available. Fortunately, the vast improvement of technology in recent years has made the online design and delivery of approaches to enhance self-compassion feasible and potentially as effective as in-person approaches. For instance, the education component of Mosewich et al.’s (2013) intervention could probably be delivered online fairly seamlessly, integrating with the main writing interventions that were already online. As well, group activities, including meetings between coaches, athletes, mental performance consultants, and sport psychologists, could occur through online video calls. Neff’s online self-compassion meditations and exercises ([www.self-compassion.org](http://www.self-compassion.org)[Opens in a new window](#)) are readily available to anyone who visits her website, making it easy for coaches and sport administrators to point athletes in the right direction.

### Take-away message

Self-compassion research in sport has grown significantly over the past decade. More and more athletes are experiencing the benefits of self-compassion, particularly as a way to manage and overcome sport-specific setbacks. Though much of the self-compassion research to date focuses on women athletes or a combination of women athletes and men athletes, self-compassion research with a focus on men athletes is starting to surface in the literature, with encouraging results. The potential of self-compassion is fairly untapped, considering it is relatively new to sport-specific research; but with more education and the possibility of training athletes, coaches, and sport administrators through self-compassion workshops, tutorials, seminars, and interventions, there is much to be gained for athletes and those who support them. Additionally, given the current restrictions resulting from COVID-19 that limit in-person interactions, it might be helpful for self-compassion practitioners to emphasize the development and delivery of online approaches to enhance self-compassion in athletes.

## 5 strategies to promote self-compassion to athletes

1. Explain to athletes that self-compassion has been linked to faster recovery from setbacks in sport, which can lead to improved performance.
2. When you see an athlete facing a setback, encourage them to think about what they would say to a friend experiencing a similar situation.
3. Have athletes tell you about other athletes who might have experienced similar events.
4. For a period of 10 days, have your athletes keep track of “beads” electronically. When they engage in positive self-talk or affirmation, they add a green bead. When they engage in negative self-talk or self-criticism, they add a red bead.
5. Have athletes try a guided self-compassion meditation, such as the Compassionate Body Scan, which is available for free on Kristin Neff’s website ([www.self-compassion.org](http://www.self-compassion.org)[Opens in a new window](#)).

### About the Author(s)

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- The information presented in SIRC blogs and SIRCuit articles is accurate and reliable as of the date of publication. Developments that occur after the date of publication may impact the current accuracy of the information presented in a previously published blog or article.

# FREDERICTON AQUANAUTS SWIM TEAM

Aqua 1 – **Jillian MacDonald**



Aqua 3 – **Ruby Smith**



Aqua 4 – **Rebecca Massie**

Aqua 2 – **Xander Chiasson**



APJ – **Sara McNabb**

**Swimmer of the  
Month**  
*Nov 2021*

## **KEEPING IT POSITIVE**

Awarded to the swimmer who has a positive attitude and mindset, is receptive to feedback and supportive of teammates

APS – **Sammy White**

## **December Birthdays**

Chloe Charbachi

Youssef Ismail

Sophie Page

Michael Tselichtchev

Lucas Connell

Sarah Kelly

Lily Porter

Samantha White

James Dick

Judy Luo

Sophie Ricketts

Jessica Hickey

Samantha Norris

Emma Sinclair

## FAST Holiday Wreath Fundraiser Recap



Total Wreaths Sold: 143

Total Profit to Members Accounts: \$714

Total Profit for FAST: \$1097

Thank you to everyone who participated in this fundraiser. A special shout out to Stephanie Savoie for leading this Fundraiser!

## Salmon Fundraiser



Pick Up Date: Dec 15

Time: 4:00 – 5:00 pm

Where: 7 Hawthorne Cres, Fredericton

Contact Jeanne van den Broeck for questions about the Salmon Fundraiser – [fastswimminggeneral@gmail.com](mailto:fastswimminggeneral@gmail.com)

## FAST TEAM CHEER

Caller  
Answer  
Together

**Hot To Go**  
Fredericton is hot to go  
go  
H-O-T-T-O-G-O  
Hot to go  
Ah ooo  
Hot to go  
Ah ooo  
(x4)  
1, 2, 3, FAST

## Aqua Dates

## Group

| Date           | Event                                        | PC | AQ1 | AQ2 | AQ3 | AQ4 | APJ | APS |
|----------------|----------------------------------------------|----|-----|-----|-----|-----|-----|-----|
| Dec 4          | Last Day Pre Comp Fall Session               | x  |     |     |     |     |     |     |
| Dec 6          | Registration Opens Pre Comp Winter Session   | x  |     |     |     |     |     |     |
| Dec 13         | Registration Opens for New Pre Comp Swimmers |    |     |     |     |     |     |     |
| Dec 23         | Last day swim practices for Holiday          |    | x   | x   | x   | x   | x   | x   |
| Dec 24 – Jan 2 | Holiday Break                                |    | x   | x   | x   | x   | x   | x   |
| Jan 3-9        | Modified Holiday Schedule                    |    | x   | x   | x   | x   | x   | x   |
| Jan 10         | Regular Schedule resumes                     |    | x   | x   | x   | x   | x   | x   |

Please see our [website](#) for last minute changes to our schedule as well as Swim Meet & Practice dates

## Show You Care

Sometimes just knowing someone is **there for you** can make a world of difference.

Showing you care can create a safe environment for that person, allowing them to open up and feel comfortable enough to talk things through. Part of being there for someone is also finding practical ways to help them get through their day to day life.

### Create a safe environment

Everything you do and say is a little clue to the people around you as to how approachable and trustworthy you are. Being critical of someone (like their weight/clothing/accent etc.) might suggest that you'll also be judgemental of someone's mental health struggle. Being inclusive, compassionate, helpful, and a good listener in your daily interactions signals to others that you care about people and you're a safe person to reach out to.

### Actions speak louder than words

Telling someone you're there for them is a good first step. Even if you don't know what to say, just shoot them a text to let them know you're thinking about them. It's also helpful to show you care through your tone of voice, body language and your actions. When hanging out, put away your phone and **look them in the eye**.

**Ask to give them a hug**, put a hand on their shoulder, or hold their hand (if appropriate!).

**Don't rush the conversation**; ensure you have enough time to show that you're prioritizing them.

**Offer practical help** like making dinner, giving someone a ride, or running errands for them.

### Practical everyday support

Life is busy. We all get overwhelmed from time to time, even under the best of circumstances. Finding ways to help a struggling friend get through their day-to-day can be a huge weight off their shoulders and can sometimes be the best way to show you care.

Check out some practical examples on the next page.

### Figure out what support **they need**

Everyone is different so it's important to ask how you can help and then really listen to what they say.

Make sure that the ways you offer to help are what they need, not what you think they need or what you would want someone to do for you. It's easy to assume you know what they need, but it's crucial that you ask!

[Bethere.org](https://www.bethere.org)

*Let's create a world  
where we can all  
better support one  
another*

## The Golden Rules

1. [Say what you see](#)
2. [Show You Care](#)
3. [Hear Them Out](#)
4. [Know Your Role](#)
5. [Connect to Help](#)



## Show You Care

Someone may want to talk, another might want you to get them a glass of cold water. Some people are able to articulate what they need, while others may only show signs of how you can help in which case you can offer some suggestions. If you want to know how to support someone, just ask. And it never hurts to check back in every so often and ask again.

Show You Care

Golden Rule #2

---

Q What can I do to help life continue on as usual? >

---

Q How do I offer support without sounding condescending? >

---

Q What if they have a panic attack? >

---

Q What if they live far away? >

**BIG** Congratulations to our Pre-Comp Swimmers who are moving into the Aqua 1 Competitive Swimming Group in Jan 2022!

Well Done!!

*Jax Howard*  
*Mikaela Lollar*  
*Vivi Luo*  
*Lillian McNabb*  
*Sophie Page*  
*Renlin Yang*

Some practical examples of **Practical** everyday support:

- Offer to go with them to an appointment or to pick up their prescriptions.
- Help them organize finances, complete paperwork and keep track of appointments.
- Offer to share notes if you have a class together.
- Visit them at their home, or in the hospital.
- Give someone a lift or lend them your bike or transit pass.
- Take a few chores off their plate.
- Make them a meal or bring them their favourite food.
- Write out the questions they have for their doctor.
- Offer to go with them to an appointment or to pick up their prescriptions.
- Help them organize finances, complete paperwork and keep track of appointments.
- Offer to share notes if you have a class together.
- Visit them at their home, or in the hospital.
- Give someone a lift or lend them your bike or transit pass.
- Take a few chores off their plate.
- Make them a meal or bring them their favourite food.
- Write out the questions they have for their doctor.
- Offer to go with them to an appointment or to pick up their prescriptions.
- Help them organize finances, complete paperwork and keep track of appointments.
- Offer to share notes if you have a class together.
- Visit them at their home, or in the hospital.



Whenever you need to talk, we're open.

Text 686868

KidsHelpPhone.ca

Call 1-800-668-6868

Message at Facebook.com/  
CrisisTextLinepoweredbyKidsHelpPhone



Kids Help Phone 

For more information about Volunteering Jobs, how to submit your hours, etc. please refer to our website:

[Volunteering & the Family Participation Plan](#)

## FlipGive

Do your shopping through Flipgive and a % of every dollar you spend goes to our Team.

Invite friends, family, coworkers to download this app and use our unique Team Code.

Last year our Team earned \$716.84!!!! And it didn't cost us a penny!

Funds earned through Flippgive will be put towards Coaching Fees for Swim Meets. This means the more we earn through Flippgive, the less you will pay for Meet Fees.



**[Download the App today!](#)**

**FAST Team Code:**

**BMCCMW**

## Do you have FAST Drinkware?

Get them while you can, they make great gifts!

\$10 each



[Order FAST Clothing & Merchandise Here](#)

### Contact Us

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