

Athlete Interview: Sports Confidence

Introduction:

Sport confidence is defined as the belief or degree of certainty individuals possess about their ability to be successful in sport (Vealey, 1986). Strong associations have been identified between self-confidence and athletic performance, highlighting confidence as a critical psychological factor influencing sporting outcomes (Feltz, 2007). Within competitive sport, confidence has been linked to enhanced focus, emotional regulation and persistence, which are important at elite levels where physical differences between athletes are minimal (Hays *et al.*, 2009).

Sport confidence is widely recognised as dynamic and context-dependent, fluctuating across training and competition environments. Previous research identifies multiple confidence sources including preparation, social support and emotional state (Beaumont, Maynard and Butt, 2015). However, the relative influence of these sources varies between individuals and sporting contexts, emphasising the need for athlete-centred exploration (Rintaugu, Mwangi and Toriola, 2018).

Therefore, a qualitative interview approach was used to explore sport confidence from an athletes perspective. The aim was to identify the perceived sources and debilitating factors of confidence, evaluate these findings compared to existing research and discuss practical implications alongside directions for future research.

Findings: Perceived Sources and Debilitating Factors of Sports Confidence:

This section presents findings from a semi-structured interview with a national swimmer. Informed consent was obtained (Appendix 1) and an interview transcript is provided for reference (Appendix 2). The analysis identified key themes relating to perceived sources and debilitating factors of confidence. Overall confidence was described as highly situational and externally influenced, fluctuating in response to coaching behaviours, preparation, routine and competitive context.

Sources of Sport Confidence:

Coaching Influence and Perceived Support:

The athlete consistently identified the coach-athlete relationship as the most influential source of her sport confidence, stating that “the biggest factor in swimming that affects my confidence is the coach” and emphasising that “a coach can make you more confident or take all the confidence away from you”. This was reinforced where she described the coach as “the biggest person in your life as a swimmer”.

Supportive coaching behaviours were strongly associated with increased confidence. The athlete reported that when her coach expressed belief in her ability, this belief became internalised: “my coach was confident in me and because he was confident in me, I was confident in myself”. Communication and reassurance were particularly important, with confidence enhanced when a coach “takes the time to talk to you and reassure you that you are doing okay”. These findings suggest the athlete’s confidence was heavily shaped by perceived belief and emotional support from the coach, rather than internally regulated.

Training Quality, Preparation and Mastery Experiences:

Confidence was closely linked to perceptions of training quality and physical preparation. The athlete reported feeling confident following successful training blocks, particularly when supported by objective indicators such as personal best times in training. She stated that “I’d been doing a really good block of training, like I was hitting PBs in training... I was very confident” and that “I felt more confident knowing I couldn’t do any more work”.

Mastery experiences within training sessions acted as immediate confidence boosters. The athlete explained that “when I do a really hard set and I get out, I am like ‘okay, I just did that’, I feel confident”. These experiences indicate that confidence was influenced by her perception of readiness, effort and physical capability.

Vicarious Confidence:

The athlete reported increased confidence when observing teammates perform well as they share the same preparation. She explained that “watching my teammates swim well gives me confidence because we’ve all prepared the same way in training”. This suggests confidence was reinforced through vicarious experiences, where teammates’ success validated the effectiveness of the training environment the athlete has been in and enhanced belief in her own potential.

Familiarity, Routine and Environment:

Routine and familiarity were identified as important in maintaining confidence. The athlete described relying on consistent pre-competition routines, stating that “every competition I did, I had the same schedule, the same warm-up, the same routine”. Training environments were described as more confidence-supportive, characterised as “a place where mistakes are allowed”, whereas competition environments were perceived as unpredictable. This suggests that routine and familiarity helped stabilise her confidence.

Confidence-Debilitating Factors:

Coach Absence, Criticism and Disengagement:

While supportive coaching enhanced confidence, perceived coach disengagement emerged as one of the most damaging factors. During a competition where her coach was absent, the athlete stated that “he wasn’t there and it felt like he did not care” and that it felt as though “he’d given up on me”. This absence contributed to increased anxiety with the athlete feeling like she “overthought everything because my coach was not there”.

Overly-critical coaching behaviours were also perceived to undermine confidence, particularly in competition contexts. The athlete stated that “when a coach is critical at competitions it reduces my confidence” and explained that criticism often triggered a desire to prove herself, stating that she wanted to “prove that I wasn’t worse than what he already thought I was”.

Routine Disruption and Structure Loss:

Coach absence led to disruption of established routines, which negatively affected confidence. The athlete explained that “my coach not being there changed my routine”, particularly as she “always went up to talk to my coach before my race”. At a national competition, the absence of both coach and teammates during a morning race was described as uncomfortable, with the athlete explaining that “my structure changed...that made me nervous and unconfident”. This indicates routine functioned as a confidence stabiliser, with disruption increasing anxiety and uncertainty.

Pressure, Qualification Demands and Social Comparison:

Periods of heightened performance pressure were reported to reduce confidence. The athlete described increased pressure when required to qualify or achieve specific times, stating that “when I was at a point in the season where I needed to qualify and make times, I felt more

pressure and it didn't help". Conversely, she reported improved performance when expectations were reduced, noting that "I would swim better injured or aching because it feels like there are less nerves and pressure".

Confidence was further influenced by social comparison, with the athlete explaining that she felt "more confident racing people slower than me than people faster than me" and that "if I feel like I deserve to be there my confidence increases". This suggests confidence was shaped by perceived relative ability within the competitive field.

Anxiety, Overthinking and Confidence Instability:

Anxiety was identified as a major barrier to confidence in competition. The athlete described a sharp decline in confidence prior to racing, stating that "as soon as it gets close to racing, I'm like 'I don't want to do this'" and "when I get behind the block, I'm thinking 'I can't do this'". These statements demonstrate how confidence was replaced by self-doubt at critical pre-race moments.

Physiological arousal was consistently interpreted negatively, with the athlete stating that nerves are "harmful" and that she "doesn't like racing because of how nervous it makes me". Anxiety was often accompanied by overthinking, particularly when coach support was absent.

Confidence was described as highly unstable and externally reactive, with the athlete noting that "my confidence is changeable, it can completely change within 30 minutes" and that "it can take a long time to recover confidence when a coach doesn't talk to you". These findings highlight the situational and fragile nature of sport confidence for this athlete.

Evaluation of Findings:

Coaching influence and Verbal Persuasion:

The findings strongly align with Bandura's self-efficacy theory in relation to verbal persuasion, demonstrating how external feedback influences confidence beliefs (Bandura, 1997). Higher perceived coach support was associated with increased self-confidence, consistent with research demonstrating the importance of coach feedback, reassurance and perceived belief in athlete confidence development (Sinclair and Vealey, 1989; Davis, Jowett and Tafvelin, 2019; Feltz et al., 2009; Forlenza *et al.*, 2018). The athlete described how confidence expressed by her coach became internalised, reinforcing evidence that coaches play a central

role in regulating athletes' confidence (Coussens, Stone and Donachie, 2024; Gencer and Öztürk, 2018).

However, findings also closely reflect Hays *et al.*, (2009), who identified coaches as a prominent debilitating influence on confidence when support is withdrawn, especially in female athletes who tend to derive more confidence from social support. The athletes experience of coach absence and perceived lack of belief mirrors this, with confidence rapidly deteriorating when the coach was not present or communicative. This supports the assertion that coaching behaviours can undermine confidence as readily as they enhance it, highlighting the powerful influence and potentially destabilising role of the coach in elite sport.

Mastery Experiences and Preparation-Based Confidence:

The athlete's reliance on training quality and perceived preparation as a primary confidence source strongly supports Bandura's assertion that mastery experiences are the most influential contributors to self-efficacy (Bandura, 1997). Heightened confidence following successful training blocks aligns with research identifying preparation and physical readiness as central confidence sources in individual sports (Vealey, Robin S. and Chase, 2008; Hays *et al.*, 2009; Hays *et al.*, 2007). These findings reinforce the importance of repeated performance accomplishments in building confidence at elite levels (Feltz and Chase, 1998).

However, preparation-based confidence was contextually constrained, as strong confidence developed in training did not consistently transfer into competition. Despite adequate preparation, the athlete experienced confidence collapse under pressure, supporting evidence that competitive environments introduce psychological stressors capable of overriding mastery-based confidence (Gucciardi, Hanton and Fleming, 2017; Tomé-Lourido, Arce and Ponte, 2019; Koivula, Hassmén and Fallby, 2002). This suggests that mastery experiences alone may be insufficient to sustain confidence under high-pressure conditions, highlighting a limitation within mastery-focused explanations (Feltz and Magyar, 2006).

Vicarious Experiences and Training Environment:

This athlete's increased confidence when observing teammates perform well aligns with Bandura's concept of vicarious experiences, whereby observing similar individuals succeed enhances belief in one's own capability (Bandura, 1997). Shared preparation was particularly influential, with teammates' performances validating the athletes own readiness. This finding

is supported by research demonstrating that social comparison and perceived similarity within training environments can enhance confidence (Feltz, 2008; Diel *et al.*, 2021; Lirgg, 1992).

In individual sports such as swimming, where athletes train collectively but compete individually, vicarious confidence may be particularly influential as athletes often benchmark their preparedness against those around them (Freeman and Rees, 2010; Fransen *et al.*, 2016; Patterson, 2017). While Vealey's model acknowledges social support as an indirect confidence source, the present findings suggest that existing models may underrepresent the influence of team dynamics in individual sport contexts and highlights a need for more sport-specific conceptualisations of confidence (Vealey, 1986).

Anxiety, Emotional State and Confidence Collapse:

The athlete's description of confidence collapsing immediately prior to performance supports Bandura's inclusion of emotional and physiological states as a confidence source (Bandura, 1997). Pre-race arousal was consistently interpreted as debilitating, aligning with research demonstrating that anxiety interpretation, rather than anxiety itself, determines confidence and performance outcomes (Jones, Hanton and Swain, 1994; Jones, 1995). Athletes who perceive anxiety as threatening are more likely to experience confidence deterioration (Turner and Jones, 2018; Sammy *et al.*, 2017; Zaichkowsky and Naylor, 2004, p. 155–160).

Negative self-talk behind the block (e.g., 'I can't do this') illustrates how anxiety can override preparation-based confidence at critical moments (Hatzigeorgiadis and Biddle, 2008; Santos-Rosa *et al.*, 2022). This supports cognitive models of performance under pressure, which suggest anxiety increases self-focused attention and cognitive interference, impairing confidence (Beilock and Carr, 2001; Baumeister and Showers, 1986). Furthermore, Gucciardi, Hanton and Fleming (2017) reported athletes with lower emotional regulation skills are more susceptible to confidence breakdowns under competitive stress. Collectively, these findings suggest that confidence must be actively protected through emotional regulation strategies, highlighting an interaction between anxiety and confidence that is not fully accounted for in static confidence models (Oguntuase and Sun, 2022; Kostic, 2025).

Pressure, Expectations and Confidence Fragility:

The findings align with research demonstrating that performance pressure and outcome expectations can undermine confidence in elite sport contexts where rankings are important (Gucciardi, Hanton and Fleming, 2017). Reduced confidence during qualification periods

reflects increased evaluative threat and fear of failure, consistent with research on confidence disruption and choking under pressure (Moore *et al.*, 2012; Meijen *et al.*, 2020; Mesagno, Hammond and Goodyear, 2024; Baumeister, 1984).

Conversely, confidence improved when pressure and expectations were lifted. This paradox aligns with attentional control theories, which suggest that decreased evaluative threat and pressure causes a shift from outcome-focused to process-focused attention (Beilock and Carr, 2001; Eysenck *et al.*, 2007; Nurmohamed, 2020). This highlights the non-linear relationship between pressure and confidence, whereby excessive pressure and importance may destabilise confidence rather than enhance it (Nieuwenhuys and Oudejans, 2017; Li *et al.*, 2025; Cruz and Torregrosa, 2006).

Confidence Instability and Limitations of Existing Models:

A key contribution of the present findings is the demonstration of confidence instability, with confidence capable of changing “within 30 minutes”. While Vealey’s model distinguishes between trait and state confidence, the rapid fluctuations observed suggest that state confidence may be more volatile than previously thought (Vealey, 2009). This aligns with research indicating that elite athletes’ confidence is highly sensitive to situational factors such as feedback, environment and perceived support (Hays *et al.*, 2009; Gucciardi, Hanton and Fleming, 2017; Gunes and Yetim, 2023; Ibrahim *et al.*, 2016).

Furthermore, prolonged recovery of confidence in unsupportive environments suggests that confidence loss may have cumulative and lasting effects. This supports findings from Gould, Dieffenbach and Moffett (2002), who highlighted the long-term psychological impacts of negative coaching environments on athletes confidence. Collectively, these findings suggest that existing sport confidence models may underestimate both the speed of confidence deterioration and the duration of recovery, highlighting the need for more dynamic and context-sensitive models of sports confidence.

Practical Implications of Sport Confident Sources:

The findings highlight several practical implications for the development and maintenance of sports confidence in elite swimmers. Given the central role of the coach as both a facilitative and debilitating influence on confidence, it is essential that coaches adopt consistent, supportive communication strategies, particularly during competition (Choi, Jeong and Kim, 2020; Kim and Park, 2020). Coaches should be educated on the psychological impact of

feedback, presence and perceived belief, as this athlete's confidence deteriorated rapidly when the coach was absent or disengaged (Langan, Blake and Lonsdale, 2013). Training coaches to provide constructive feedback, reassurance and routine pre-race interactions may help stabilise confidence and reduce reliance on external validation (Amorose and Weiss, 1998; Gano-Overway, 2023; Forlenza *et al.*, 2018).

Although preparation-based confidence was as a strong source for this athlete, it's limited transfer into competition highlights the need for interventions that bridge the training-competition gap. Pressure simulations, such as race-rehearsals and competitive scenarios, should be incorporated into training to help the athlete practice maintaining confidence under pressure (van Rens, Burgin and Morris-Binelli, 2021; Kent *et al.*, 2018). Additionally, pre-race routines should be rehearsed consistently in training to protect confidence during high-pressure moments (Singer, 2002).

Given the athlete's tendency to interpret physiological arousal as harmful, emotional regulation and anxiety management strategies are essential. Interventions such as cognitive reappraisal, self-talk restructuring and relaxation techniques may help the athlete reinterpret anxiety as helpful rather than threatening (Lane *et al.*, 2012; Hardy, Oliver and Tod, 2008). For example, instead of viewing 'heavy arms' as anxiety, suggest a reappraisal where it is reframed as 'blood flow preparing the muscles to perform well'. Psychological skill training aimed at improving emotional control may therefore reduce confidence collapse behind the block and promote greater confidence stability (Birrer and Morgan, 2010).

The role of teammates as a vicarious confidence source highlights the value of fostering supportive team environments, even within individual sports (Freeman and Rees, 2010). Coaches should encourage shared preparation, peer reinforcement and collective goal setting to enhance confidence through social validation (Evans and Eys, 2015; George and Feltz, 1970). Where possible, maintaining team presence at competitions may further support athlete confidence.

Finally, the observed instability of confidence suggests confidence development should be viewed as a dynamic and ongoing process rather than a one-time intervention. Athlete confidence should be monitored regularly, using tools such as the Trait Robustness of Sports Confidence Inventory (TROSCI), and support strategies adapted accordingly (Saw *et al.*, 2017; Beattie *et al.*, 2011). By addressing coaching behaviours, emotional regulation, preparation transfer and social support, these practical strategies may contribute to more robust sport confidence in this swimmer.

Future Research Directions:

Future research should further examine the dynamic and context-dependent nature of sports-confidence, particularly in elite individual sports. Longitudinal designs tracking confidence fluctuations across training and competition would provide insight into how confidence develops, deteriorates and recovers over time (Machida *et al.*, 2017). Greater focus is also required on coaching behaviours that both facilitate and debilitate confidence, particularly communication, attention and perceived belief. Mixed method approaches combining qualitative interviews with confidence measures may enhance understanding of athletes' interpretations of these behaviours. Finally, there is a need for sport-specific confidence models that better capture confidence instability and recovery in varied contexts, alongside intervention-based research aimed at enhancing confidence stability and emotional regulation under pressure.

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Appendices:

1) Consent Form:

PARTICIPANT CONSENT FORM

Participant name or Study ID Number: Lily Jewell

Title of Project: Sports Confidence Interview

Participant to complete this section:**Please initial each box.**

I confirm that I have read and understand the information sheet for the above study. I have had the opportunity to consider the information, ask questions and have had these answered

LJ

I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason.

LJ

I agree to take part in the above study.

LJ

I agree to the interview being audio recorded

LJ

I agree to the use of anonymised quotes in publications

LJ

Signature of Participant: LILY JEWELL

Date: 19/01/26

Name of person taking consent: Millie Checkley

Date: 19/01/26

2) Interview Transcript

Teams meeting-20260119_095635-Meeting Recording

19 January 2026, 09:56am

22m 17s

● **Millie Checkley (2520188)** started transcription**MC** **Millie Checkley (2520188)** 0:12

OK, that's good. OK. So I'm going to just read you a bit of an introduction first. So I'm researching the topic of sports confidence and I'd like to identify the factors that could cause your confidence levels to change.

JL **JEWELL L. (2540422)** 0:20

OK.

MC **Millie Checkley (2520188)** 0:30

Thank you for agreeing to participate. I'm investigating where confidence comes from and what factors can trigger any changes in that. This interview contains several parts that will discuss your experiences of sports confidence.

The results will be written up and submitted as a piece of coursework for a sports psychology module. Any information you give me will be anonymized, so your name or club or anything you say won't be linked to you.

I may use quotes from this interview to illustrate important points, but I won't ever use your identity. It's also being recorded and transcribed, which you know.

JL **JEWELL L. (2540422)** 1:15

OK.

MC **Millie Checkley (2520188)** 1:17

So it's about your experiences of participating in sport, but if you don't want to answer any of the questions, you can say no or just ask to stop the whole interview that's allowed. There's no right or wrong answers. It's just your experiences.

But yeah, if you don't want to discuss a certain topic anymore, just say no comment or tell me so. These experiences may go back a few years, so if you need to take time to.

JL JEWELL L. (2540422) 1:44
Yeah.

MC Millie Checkley (2520188) 1:52
Remember then you can do that. So before I ask you some questions, the definition of sports confidence is the degree of certainty 1 possesses about ability to be successful in sport. And do you have any questions before we start?

JL JEWELL L. (2540422) 2:11
Nope.

MC Millie Checkley (2520188) 2:12
OK. So the first question is, what sport do you do and how long have you done that for?

JL JEWELL L. (2540422) 2:21
I do swimming and I've been doing it for over 10 years now.

MC Millie Checkley (2520188) 2:25
OK. And where do you currently swim? What club?

JL JEWELL L. (2540422) 2:29
For Swansea?

MC Millie Checkley (2520188) 2:32
OK. And what events do you swim?

JL JEWELL L. (2540422) 2:36
So my main stroke is breaststroke and I normally do 100 and 200.

MC Millie Checkley (2520188) 2:42
OK. And what would you say your most valued achievement or experience within your support has been?

JL JEWELL L. (2540422) 2:50

Umm.

Probably winning a national medal.

It's quite up there.

MC Millie Checkley (2520188) 2:58

Yeah, that would be OK. So now we're going to ask you some questions about your confidence, so.

JL JEWELL L. (2540422) 3:07

OK.

MC Millie Checkley (2520188) 3:10

I want you to try and think of a competition where you've performed really well and you felt really, really confident and can you describe the week leading up to that competition?

JL JEWELL L. (2540422) 3:21

OK, um.

But I'll talk about the week leading up to it. It was a short course, regionals, and I stand really well. So the week leading up was, I think my training was quite strong. I was doing quite well.

MC Millie Checkley (2520188) 3:31

OK.

JL JEWELL L. (2540422) 3:44

Funnily enough, the coach was not training that week.

MC Millie Checkley (2520188) 3:47

OK.

JL JEWELL L. (2540422) 3:47

And then a little closer to the competition, I think I was getting a bit nervous and

then I kind of was starting to panic about my stroke and stuff. But then when the coach returned, he talked me through it. He did someone to one with me. And then so I went into the competition feeling much more confident.

MC Millie Checkley (2520188) 4:09

OK. So you'd say that the coach influenced your confidence. I made you feel more confident then.

JL JEWELL L. (2540422) 4:14

Yeah, yeah, I think him taking the time to help me and kind of almost reassure me that I'm doing OK.

MC Millie Checkley (2520188) 4:21

OK. So you think the main reason you felt that way and how confident you were is just because of the coach or was there any other reasons you felt quite confident?

JL JEWELL L. (2540422) 4:31

Well, the training block leading up to that point, I was doing quite well in. So I think I had quite good training behind me. And then the coach also taking time to actually help me I think was a positive.

MC Millie Checkley (2520188) 4:46

OK so.

JL JEWELL L. (2540422) 4:47

That was just a lot of fact.

MC Millie Checkley (2520188) 4:49

So I was going to ask about your training. So did that feel quite good in the run up to this competition?

JL JEWELL L. (2540422) 4:55

Yeah, I mean, it was quite soon after like the first competition of the season, which I'd already swung quite well in. So I already had a bit of confidence from that knowing that I'd trained even harder and even more since that competition.

So I kind of felt confident in my ability training had been going good. I just joined this new club, so it was a new environment. So it was all a bit new and I just feel like it was quite a good point in the season.

MC Millie Checkley (2520188) 5:20

OK.

Yeah. Do you? Do you feel there was specific sets or times or like benchmarks that you hit in training that changed how confident you felt?

JL JEWELL L. (2540422) 5:37

Yeah, for sure. I think especially because I had just joined this club, I was hitting New Times and training that I'd never hit before. So I was getting close to PB pace just in training, let alone not even racing. The sets were different. We were doing test sets at the time.

MC Millie Checkley (2520188) 5:52

Yeah.

JL JEWELL L. (2540422) 5:57

So I kind of could see each week if I was improving during the test sets, which I was. So I think that made me also feel a bit more confident.

MC Millie Checkley (2520188) 6:05

Yeah. So you'd say if training's gone well, how would that affect how confident you feel on like, a day where you're racing on race day?

JL JEWELL L. (2540422) 6:17

I think it would definitely help with confidence. I mean, I'm very aware that training is one thing and racing is a completely other thing that you need a good block of training behind you in order to race well. But I don't think they.

Correlate exactly because obviously on race day there's a lot of other factors that can influence how you perform. And just because I've been doing it for so long, I kind of know you do need that good training block, but you also need to make sure that your nerves are under control. You've got that. Good nutrition.

MC **Millie Checkley (2520188)** 6:50
No.

JL **JEWELL L. (2540422)** 6:51
Stuff like that.

MC **Millie Checkley (2520188)** 6:53
Yeah, that's true. OK. And on the day of that competition where you performed really well, how would you like describe that day from when you woke up to when you raced?

JL **JEWELL L. (2540422)** 7:06
So every competition I did, I had the same schedule, so just pretty much wake up, eat the same breakfast. I'd always work out what time I'm racing and then work my schedule out. Like going back from that.

MC **Millie Checkley (2520188)** 7:19
Yeah.

JL **JEWELL L. (2540422)** 7:21
Do the same warm up in the pool and on both sides. I normally use like the same supplements and stuff and then yeah, I just had like I have a specific routine which I'd always follow.

MC **Millie Checkley (2520188)** 7:35
So you think keeping to the same routine would help you feel confident because you know you've done it before. That's what you know.

JL **JEWELL L. (2540422)** 7:42
Yeah. I think just because it works, yeah, because it's worked well for me. I almost don't want to change it.

That makes sense. Would you say there was anything that influenced your confidence levels on the day of this race?

JL JEWELL L. (2540422) 7:58

Um.

So it was so my best race on that day was the final. So I'd already swam the heat and I matched the same time as what I did at the previous competition, and I think I was. I was happy, but I was a little disappointed. But then talking to my coach. Afterwards, he kind of was like, I know that you can do this specific time. That was a really good race, but I know that you can do this in the final and just gave me a few pointers that maybe because it was like the first race I kind of got, I kind of forgot the key things, so I knew going into the final that.

MC Millie Checkley (2520188) 8:29

Yeah.

JL JEWELL L. (2540422) 8:39

My coach was confident in me and because he was confident in me, I think I was confident in myself and I also wanted to impress him that it was a new coach and stuff.

MC Millie Checkley (2520188) 8:47

Yeah.

Yeah, and almost having the practise in the morning.

JL JEWELL L. (2540422) 8:54

Yeah, I knew exactly how the race should feel, almost because I'd done that morning swim, so I knew exactly what I needed to do to get the time. Yeah.

MC Millie Checkley (2520188) 8:59

Yeah.

Book to change. Yeah. So how confident would you say you felt like immediately before the race on the blocks? Did that change your confidence?

JL JEWELL L. (2540422) 9:16

I think.

No matter what race it is, I'm always not that confident behind the block. I'm normally very confident about an hour before the race, but as soon as it gets close to the race I'm kind of like what's the I can't do that.

MC Millie Checkley (2520188) 9:31
Yeah.

JL JEWELL L. (2540422) 9:34
But I think from diving in and after that like first lump maybe my confidence then grew because I was into the race, I could feel that it was like my stroke was feeling good and I could also compare it to this morning where I went a good time. But I knew it was feeling better than that race, which gave me confidence that I went through the race.

MC Millie Checkley (2520188) 9:54
OK, so you say your confidence changes throughout, it can change throughout a race. Then it's like the further into it you get, you can work out how it's going.

JL JEWELL L. (2540422) 9:59
Yeah, for sure.
Yeah, I think immediately before the race, I have no confidence. But then as soon as I get into the race and I start going and if it feels good, then definitely get more confident.

MC Millie Checkley (2520188) 10:05
Yeah.
Yeah. Would you say any factors like lane allocation? So if you're in those middle lanes where you're the fastest or heat placement, you know being in like a later heat with any of or even like your warm up or any other factors on the day, did they affect?

JL JEWELL L. (2540422) 10:23
Hmm.

MC **Millie Checkley (2520188)** 10:32
How confident you felt?

JL **JEWELL L. (2540422)** 10:36

I'll start with warm up. So I think if my warm up isn't going if my warm up doesn't feel very good, I don't think it really effects my confidence because I've had many races where my warm up hasn't felt good. But then my right race has done really well.

And then vice versa, my Walmarts felt really good and then my race is done kind of bad, so I always have like reverse psychology on that one. Like, if I have a bad warm up, I kind of think I'm going to have a good race, but it doesn't always happen. So I think warm up it actually.

I don't think it actually has any impact on how confident I feel. I think sometimes if I have a bad warm up, I tell myself I'm going to have a good race just because that's happened in the past lane allocation.

MC **Millie Checkley (2520188)** 11:19
Yeah.

JL **JEWELL L. (2540422)** 11:24

If I was going into the race in either lane 4-5 and I was quite a bit in front, I think I'd feel more confident than if the whole heat was the same time and I was going in in, in the middle. I'd rather go in an outside lane.

MC **Millie Checkley (2520188)** 11:40
So less less pressure almost.

JL **JEWELL L. (2540422)** 11:41

And.

Yeah, like less pressure. But then I feel like if I was a good few seconds in front of the rest of the field, I'd want those middle lanes to almost push me, and then the later heat. Like, if I'm in a later heat and that's where I deserve to be.

Then I think that's fine, but if I was in a later heat and it was almost like there wasn't

that many people at this competition, so everyone was kind of bunched together. So there was like a second gap between me and.

JL **JEWELL L. (2540422)** 12:15

Someone I'd rather not be in that last heat because I don't know. I wouldn't feel very confident racing against people that much faster than me.

MC **Millie Checkley (2520188)** 12:22

Yeah. So it can, yeah. So just seeing that you're in a late, he wouldn't necessarily just increase your confidence, it just depends.

JL **JEWELL L. (2540422)** 12:23

If that makes sense.

No, it depends. If I deserve to be there, then my confidence maybe will increase because I'm like, oh, I'm doing quite well. If it's something that is just happened | because of the structure of the competition, I probably would decrease confidence.

MC **Millie Checkley (2520188)** 12:46

Yeah.

Yeah, OK. How would you say you mentioned your coach, but how, how did he influence your confidence during this day? Like, how would you describe that?

JL **JEWELL L. (2540422)** 13:05

I think just having him believe in me increase my confidence because I know no athlete should want to race for their coach, but every athlete wants to impress their coach. So I think just having a coach that actually does believe in you and does take the time.

2.

Let you know that you can do something that you don't necessarily believe that you can do, because at the time he wanted me to do I, it was like 4 seconds faster than what I did in the morning heat, so I almost was like, I can't do that.

MC **Millie Checkley (2520188)** 13:30

Hmm.

JL JEWELL L. (2540422) 13:41

But because he said that I could do it, I did go on and do it. So I think just him believing in me.

MC Millie Checkley (2520188) 13:45

Yeah.

So what type of feedback would you say increases your confidence the most? Is it that kind of positive?

JL JEWELL L. (2540422) 13:56

I think positive feedback where it's like encouraging and stuff is probably the best. When I'm at a competition because obviously he gave me pointers which were used to help improve my race.

But I don't think he was. He wasn't overly critical, which I don't think would help me at a competition, because at that point it's almost too late to change anything drastic. Obviously at training like critical feedback is fine, but you need that critical and positive feedback. I think for me to actually.

Improve. Otherwise I think you're going to be a bit harder in yourself.

MC Millie Checkley (2520188) 14:36

Yeah, yeah. Would you also say that teammates affected how confident you might feel on this day?

JL JEWELL L. (2540422) 14:45

I think teammates definitely have an influence, not in the sense of.

I need them to be encouraging and stuff which my teammates always are.

Because we're, like, so close. But I think if my teammates were doing good races, then it kind of gives me confidence in the fact that.

Yeah.

● **MC Millie Checkley (2520188)** stopped transcription

● **Millie Checkley (2520188)** started transcription

MC **Millie Checkley (2520188)** 0:09

We're ~~we're~~ back now. So I think I was asking you how your teammates affect, how confident you feel.

JL **JEWELL L. (2540422)** 0:16

Yes, OK. So what I was saying was that obviously their encouragement and stuff is always helpful, but I think they're like they make me feel more confident in the sense of if they're doing good races at the same competition.

And it almost gives me confidence that I will too, because we've all done the same training. We all are pretty much put in the same work and stuff. So it always gives me confidence that our preparation for the competition has gone well.

So that's the way that they almost give me confidence if that makes sense.

MC **Millie Checkley (2520188)** 0:54

Yeah, that does make sense.

Um, so now we're going to talk about the same thing, but the opposite. So just trying to understand what could decrease your confidence instead of increase it. So try and think of a competition where you're expected to perform well.

And initially you felt really confident, but then for some reason your confidence dropped and maybe you didn't perform so well.

JL **JEWELL L. (2540422)** 1:21

OK.

Yep.

MC **Millie Checkley (2520188)** 1:25

So yeah, can you tell me what happened and what you think about that?

JL **JEWELL L. (2540422)** 1:30

Umm.

OK, so there was an English nationals which are as.

Going in first, I was going in a quite a good position and it all just fell apart so.

I think I think the main reason why I didn't swim well there when I was meant to is because my coach to my coach, English nationals, wasn't that big of a deal. So he kind of gave up on me and I think because he didn't come to the competition. So I was there.

Without a coach knowing that he didn't really care like he just went on holiday before the competition was over, so I didn't have, like any contact with him about how I was doing, my preparation, etcetera. I mean going into it, I was very prepared because I'd done British nationals the week.

MC Millie Checkley (2520188) 2:30

Mm-hmm.

JL JEWELL L. (2540422) 2:30

Before and I swam well there. So I think literally nothing had changed. It was still the same train and block going into it. I think the only thing was that it was almost like because my coach didn't care. It kind of made me want to.

Do even better to try and impress him almost. And also because I was going in first, I think.

I kind of got in my head and it all just kind of.

Just I was overthinking everything, which meant that I didn't perform the way I wanted to.

MC Millie Checkley (2520188) 3:03

OK. So you think that almost because your coach wasn't bothered by this competition, which was still nationals, that kind of caused you to feel less confident because he ~~he~~ wasn't, he didn't care.

JL JEWELL L. (2540422) 3:14

Yeah.

MC Millie Checkley (2520188) 3:20

About how you swarm.

JL JEWELL L. (2540422) 3:21

Yeah. And I think also because to me like it was still a nationals, so I was quite proud

of myself for getting there. But I think because he wasn't proud or impressed, it kind of took away from the experience. And then I kind of almost felt. Like, embarrassed. Almost that I was going to this competition when I should have been excited that I was going to nationals. I think just the whole experience then was then different. And then because I was like, oh, I need to win it to prove that.

MC **Millie Checkley (2520188)** 3:48
Yeah.

JL **JEWELL L. (2540422)** 3:58
That I don't know to prove something to him because.

MC **Millie Checkley (2520188)** 4:02
Almost approved to your coach. Maybe Senate.

JL **JEWELL L. (2540422)** 4:05
Yeah. And also to prove to myself that it it was still a good competition to get to, but then because he was like, oh, it's not that impressive. I was like, oh, I have to win it then. Because to prove that I'm not worse than what he thinks I already AM.

MC **Millie Checkley (2520188)** 4:19
Yeah.

JL **JEWELL L. (2540422)** 4:23
I think I just got in my head a bit and then because and then because I put pressure on myself to win, obviously I got so nervous and then it just all went downhill.

MC **Millie Checkley (2520188)** 4:33
Yeah. So yeah, you went in with really good preparation, expecting to do really well. And then as soon as your coach, kind of.

JL **JEWELL L. (2540422)** 4:41
Yeah.

MC **Millie Checkley (2520188)** 4:44

Didn't wasn't bothered with it. You kind of felt more pressure to perform well to prove.

JL JEWELL L. (2540422) 4:49

To all my yeah, I just wanted to ~~to~~ prove to him and to myself that I could do it, but obviously.

MC Millie Checkley (2520188) 4:58

Ended up putting more pressure on. Yeah, so.

JL JEWELL L. (2540422) 5:00

Yeah, for a lot.

MC Millie Checkley (2520188) 5:04

So would you say those are the most specific things that you think caused that drop in confidence? Was there any other reasons you think you felt that way? Was it mostly that?

JL JEWELL L. (2540422) 5:12

Umm.

Yeah, I think so. I think the main issue obviously like the coach part isn't a nice feeling, but I think the main issue was the pressure that I felt because I'm already one that gets very nervous behind the block and.

My nerves aren't used for the better. They're definitely worse than my performance because I almost get to a point where I'm behind the block and I'm like. I don't want to do this because like the feeling of the nerves just makes me feel so sick. So I think the main issue was the pressure that I put on myself, which kind of.

MC Millie Checkley (2520188) 5:37

Right.

JL JEWELL L. (2540422) 5:52

Made me so nervous.

MC Millie Checkley (2520188) 5:54

Yeah.

Yeah, that does make sense. It's not very nice.

JL **JEWELL L. (2540422)** 6:01

Yeah.

MC **Millie Checkley (2520188)** 6:04

So OK, so the morning of this competition, are you able to describe it up until the point you perform poorly?

JL **JEWELL L. (2540422)** 6:16

Yeah, I'd say I was pretty confident. Like I say, I'd be doing a really good block of training like I was hitting PB like PBS in training from a push, which obviously. Is quite impressive, and I mean, I was training in short course and then I was going to long course, but I'd already been at British nationals before, so I was very confident. I stuck to my same routine that I do every competition. Nothing really changed. The only thing that changed was.

MC **Millie Checkley (2520188)** 6:43

Yeah.

JL **JEWELL L. (2540422)** 6:48

That I didn't have my coach there. So I think maybe when it before I go up to a race, I always talk to my coach. There were, there were coaches there, but obviously it wasn't my coach who I'd be doing the massive block of training with.

MC **Millie Checkley (2520188)** 6:50

Yeah.

JL **JEWELL L. (2540422)** 7:04

So I think.

That changed my routine, which obviously I hadn't changed for ages. But other than that, nothing really changed. I'd say that the same thing happened. I think the closer it got to the race I got way more nervous.

MC Millie Checkley (2520188) 7:13
Yeah.

JL JEWELL L. (2540422) 7:24
Umm.
But yeah.

MC Millie Checkley (2520188) 7:28
I suppose you didn't have any reassurance like last time when you said you performed well. You said your coach was quite helpful with, like feedback and encouraging, but this time you didn't have that, so.

JL JEWELL L. (2540422) 7:41
No, because gloriously, the coaches there, they're very they were very supportive, but they don't know how, like my training has been going, they don't know how I normally swim the race because obviously they're not my coach. So I think.

MC Millie Checkley (2520188) 7:55
Yeah.

JL JEWELL L. (2540422) 7:56
After the heat swim that didn't go that well, I didn't really have that feedback to try and progress in the final. So when it got to the final, I just.
Kind of overdid the swim. I was two in my head and then it. I didn't end up with the result I wanted.

MC Millie Checkley (2520188) 8:14
Yeah.
Makes sense?
OK. So talking more about like pressure or expectations, would you say expectations from yourself like do they affect how confidence, how confident you feel?

JL JEWELL L. (2540422) 8:38
Yeah, I think I do put quite a lot of pressure on myself. I mean, I know for a fact that

my best races are when I'm relaxed.

And I know that.

Even though I know that that is how I perform the best, it's quite hard to get to that state at a competition that I try and stay relaxed. But then when I got the pressure from myself as well as pressures from a coach.

I find it quite hard to stay relaxed like I always do. My best swims when I'm.

With my home clubs, because my coach there is much more.

Relaxing and he's like, really, you can do this. You just need to stay relaxed and he kind of finds a way to keep me relaxed. Whereas if I'm with one of my old coaches, it was very not a relaxing. It was very pressure.

MC Millie Checkley (2520188) 9:29

And.

JL JEWELL L. (2540422) 9:38

And then when I then that always makes me think, oh, I need to put pressure on myself as well.

MC Millie Checkley (2520188) 9:43

Yeah. So also kind of you were saying expectations from coaches or just even other people in general like family or, you know, friends or other staff or people would do find that their expectations can like.

JL JEWELL L. (2540422) 9:57

Hmm.

Yeah.

MC Millie Checkley (2520188) 10:05

What does it change it at all?

JL JEWELL L. (2540422) 10:07

Yeah. I mean, I think growing up, I think I found my family's expectation always added a bit of pressure because like obviously they're in the sport as much as I am because they took me to every training session. They took me to every competition. So it was almost like they were in it.

And we kind of felt the loss of a of a race or something together. So I think I felt like I had to perform for them because they had they gave, like, so much sacrifice to me in the sport. But then as I got older and they kind of stepped back from.

MC **Millie Checkley (2520188)** 10:40
Yeah.

JL **JEWELL L. (2540422)** 10:45
Their part in the sport, I think they almost gave me the positive kind of confidence because they didn't have to then sit at the competitions or drive me there. I think it was a much better they could. They didn't mind if I didn't do it, but if I did a bad race, they would then reassure.

MC **Millie Checkley (2520188)** 10:59
Yeah.

JL **JEWELL L. (2540422)** 11:05
Show me 'cause. It didn't impact them as much, if that makes sense, so I think.

MC **Millie Checkley (2520188)** 11:09
Yeah.

JL **JEWELL L. (2540422)** 11:12
If my family, I think they were just more. They've made me more confidently as the older I got because I knew that after a bad race I could still call them and they would make me feel better spectators and support stuff.

MC **Millie Checkley (2520188)** 11:22
Yeah.

JL **JEWELL L. (2540422)** 11:27
Spectator I didn't really feel any any impact from unless like unless I knew that there was someone watching me, but that didn't really ever really happen. Support staff. I think the main one is the coach.

MC Millie Checkley (2520188) 11:31
Nothing, no.

JL JEWELL L. (2540422) 11:46
I didn't think the port.

MC Millie Checkley (2520188) 11:46
So if your coach had an expectation on you to make a certain consideration time.
Or come a certain place, would that, like help your confidence or would it reduce it
because of the pressure of that?

JL JEWELL L. (2540422) 12:04
I think I think reduce it in the sense of the pressure, but then the nature of the sport
is trying to qualify through times or through rankings. So it's almost like you'd expect
the coach to.

MC Millie Checkley (2520188) 12:20
Yeah.

JL JEWELL L. (2540422) 12:21
Expect you to get a certain time or to get a certain place in the rankings. So like I
understand it depended how the coach went about it. But I think during the times of
the season when I had to make the rankings or had to try and qualify for
competition, I definitely felt more pressure which I think.
Didn't help with actually achieving that.

MC Millie Checkley (2520188) 12:44
Yeah.
So when you're racing and you kind of have it in your head that you're, you know,
expected to meddle or you said you went in first for this final at Nationals, did the
fact that you're expected to kind of, you know, get onto the podium and?

JL JEWELL L. (2540422) 12:58
Yeah.

MC Millie Checkley (2520188) 13:04

You know, win a national medal. Did that change how confident you felt?

JL JEWELL L. (2540422) 13:11

Yeah. I mean, obviously going into the competition, I felt very confident my training was going well and I knew that I was going in first at this point. So I was confident in my ability to do so, but then?

Going into the final, I had no confidence at all that my morning swim hadn't really gone very well, like the structure of my day was different because I wasn't with my normal teammates or my normal coaching like staff.

So yeah, and I think I just was like, I was more nervous than I've ever felt, so definitely was impacted.

MC Millie Checkley (2520188) 13:48

Yeah. OK.

Also kind of comparing yourself to others at these competitions, did you find that racing against, like faster swimmers or like people who are quite well known or higher profile, does that affect?

How confident you feel so you know if you're in that final next to someone who's you know, either quite well known those events or.

JL JEWELL L. (2540422) 14:18

No.

MC Millie Checkley (2520188) 14:20

Does that change how confident you feel?

JL JEWELL L. (2540422) 14:24

Again, it's a bit. It depends. So if I was in a final next to someone that is quite well known, if I was, if I was there because my time deserved to be there and if I had done a good race and stuff, then I probably.

Feel quite confident. I think it would increase my confidence because.

I deserved to be in that position and it was just an extra thing that I was next to someone that was quite well known.

And then but then if it was something that I hadn't performed very well and it just happened to be, then not many people was either at this competition or not. Many people had swam this race, which automatically meant I was put next to this person. And then I probably would not feel very confident because they're going to be way in front, but I don't think that that would affect me as much because I almost know that they're meant to be in front of me. They're meant to be faster, whereas if it was the other way around, if I was racing against people.

MC **Millie Checkley (2520188)** 15:20

Yeah.

JL **JEWELL L. (2540422)** 15:30

That were meant to be slower than me and then were in front of me. I think that would affect me more.

MC **Millie Checkley (2520188)** 15:35

OK, so the swapping it round if there was someone. If you were the fastest person or the more higher profile person and you were kind of in the heat with slower people and they are kind of quite close to you, that would make you feel less confident.

JL **JEWELL L. (2540422)** 15:50

Yeah, that would make me feel less confident and I think even like going into a race with people faster than me, I think I'd feel more confident than going into a race with people slower than me.

MC **Millie Checkley (2520188)** 16:01

Yeah. So I guess there's more expectation on you to perform if they're slower. I mean, yeah, OK. So do you find that you often, like, do you compare your times or like performance to other people?

JL **JEWELL L. (2540422)** 16:07

Yeah.

Yeah.

MC **Millie Checkley (2520188)** 16:17

Does that let change? Does comparing your times to other people like make you feel more confident or?

JL JEWELL L. (2540422) 16:25

I mean, I think it's only natural to compare yourself to the other athletes within the same sport issue because everyone's trying to improve their times and everyone's trying to beat each other.

MC Millie Checkley (2520188) 16:36

Yeah.

JL JEWELL L. (2540422) 16:39

Umm.

I wouldn't say I'm I overly compare myself to other people.

Yeah, I'd say it depends that if I.

MC Millie Checkley (2520188) 16:55

It's just not something you really think about.

JL JEWELL L. (2540422) 16:57

No, it's not that. I really do. Obviously. Like I want to.

When I go to a competition, I want to improve on my PB and if I'm going to a big competition, obviously you want to aim for those finals, but because.

MC Millie Checkley (2520188) 17:11

Is it more about your own performance than other people though?

JL JEWELL L. (2540422) 17:14

Yeah, I think because I've never been the best of the best within my sport or within.

Yeah, I don't think I overly worry about what other people are doing because I I always know that there's better people than me out there. So I think it's more of AI compare myself against myself most of the time, but I'm sure if I was much better.

MC Millie Checkley (2520188) 17:33

Yeah.

JL JEWELL L. (2540422) 17:41

I'd probably compare against other people because I'd be fighting for that first place, but I'm very rarely fighting for that first place.

MC Millie Checkley (2520188) 17:46

Yeah.

Well, you clearly were on this occasion. We're talking about. OK, so you talk a lot about feeling like when you feel this pressure on you, you say you get quite nervous. How would you say that like feeling these like nerves or anxiety affects your confidence before a race?

JL JEWELL L. (2540422) 18:14

I think it affects it a lot. I'm definitely one that will always get nervous before race and I'll always. I don't really like racing that much because of how nervous I get.

Like some people can really use their nerves and it almost gives them adrenaline to do well. Whereas I'm the complete upset I get behind the block and it's bad to admit, but I always tell myself I don't want to do this. What is the point of doing this? I don't like how I'm feeling.

So obviously I just set myself up, not that prepared for the race.

MC Millie Checkley (2520188) 18:55

So you say you interpret your nerves as instead of being helpful. You see them as quite harmful.

JL JEWELL L. (2540422) 19:00

Yeah, for sure, which is why I think when I am relaxed, I swim my best because I don't really have those nerves affected me. But since I've gotten older and I don't do maybe like.

MC Millie Checkley (2520188) 19:06

Yeah.

JL JEWELL L. (2540422) 19:15

The more low key competitions, they're mostly like nationals or like prep or like,

meets to try and qualify for nationals. Stuff like that. I think. I don't really have those competitions where I can just relax and swim well, like there's always something that I'm chasing.

MC **Millie Checkley (2520188)** 19:20

Do not.

Yeah.

JL **JEWELL L. (2540422)** 19:32

So the nerves are just always at every competition.

MC **Millie Checkley (2520188)** 19:36

Yeah. So yeah, so it doesn't sound like they make you feel very confident. It just makes you run yourself down.

JL **JEWELL L. (2540422)** 19:44

No. Yeah, for sure.

MC **Millie Checkley (2520188)** 19:47

OK. In terms of if you were to go, you know, for this race at nationals, would you say if you were really fatigued or saw or like even if you'd had an injury like with this effect, how confident you are in your ability to perform well?

JL **JEWELL L. (2540422)** 20:06

I'll start with injury. So I think if I had an injury, I wouldn't be very confident in my ability to perform the best I ever have, but I think.

Because of that, I'd probably be more relaxed and probably actually swim all right, because I'm because I'd use this injury as a reason that I'm not going to perform my best.

MC **Millie Checkley (2520188)** 20:27

OK.

JL **JEWELL L. (2540422)** 20:34

So I wouldn't have the nerves or like the pressure almost on myself, so I'd probably

actually be relaxed, calm. I'd probably do quite well, like my best. One of my best races was when I had literally just recovered from COVID.

MC Millie Checkley (2520188) 20:37

Hmm.

JL JEWELL L. (2540422) 20:49

And because I was like, oh, I'm here, I'll see what happens. Like I have no pressure. I then strum a PB, which obviously you don't expect after two weeks of being like bed bound. But because I didn't have that pressure on me.

MC Millie Checkley (2520188) 21:00

Mm-hmm.

JL JEWELL L. (2540422) 21:04

I think I swam better, feeling fatigued and so I'm a bit weird with this one. I like going into a competition, feeling fatigued and being able to like feel my muscles. Like if they're aching a bit.

I think one it just helps me with feeling the water because if I if my muscles hurt I can feel how I'm swimming if that makes sense. And then if I'm feeling fatigued I just kind of.

MC Millie Checkley (2520188) 21:30

Yeah.

JL JEWELL L. (2540422) 21:37

It kind of just reminds me of all the hard work I've put in for this competition and if I'm able to do 99 sessions a week plus gym sessions, then I can get through one race or two races. So I just think no matter how.

MC Millie Checkley (2520188) 21:54

Yeah.

JL JEWELL L. (2540422) 21:57

Teeth or solve? I am. It's not worse than one week of training, which I do week after week.

MC Millie Checkley (2520188) 22:03

Yeah.

So it almost like reminds you of the work you put in, which then makes you feel quite confident in the fact that, yeah, like I can do it.

JL JEWELL L. (2540422) 22:10

Yeah.

Yeah, for sure. I think, yeah. To be fair, they will probably increase my confidence, which is a weird way to look at it, but.

MC Millie Checkley (2520188) 22:19

Yeah, a little bit. OK, so after a poor race like the one we spoke about, how quickly would you say your confidence recovers after that?

JL JEWELL L. (2540422) 22:34

I think it just depends on the environment that I'm in 'cause I think.

If I'm in a supportive environment, then quite quickly, obviously I'll be quite hard on myself. But if I'm then reassured that this aspect of my race went well, this what this bit didn't, but it overall it wasn't a bad race because I don't think any race is a bad race. There's always going to be some positives in it and it.

It just depends if you're in an environment that reminds you of that was. Some environments that I've been in where the coach just will either just not talk to you or just be like, well, that was awful. So using that.

MC Millie Checkley (2520188) 23:05

No.

JL JEWELL L. (2540422) 23:17

Kind of terminology, I think it will take me a while to get over it. So yeah, it just depends.

MC Millie Checkley (2520188) 23:26

So

So you would say kind of having a good like amount of supportive people or that even just like good coaching and stuff, that's what helps you rebuild your confidence after you've ~~you've~~ been quite disappointed with performance.

Yeah.

JL JEWELL L. (2540422) 23:44

Yeah, for sure. And I also think the coaches that take the time to sit down, analyse your race and almost put a plan in place on how we're going to improve for the next race. So whether that's later in the day later in that competition or just the next competition.

MC Millie Checkley (2520188) 23:54

Yeah.

JL JEWELL L. (2540422) 24:03

I think that always makes feel better. I like having a plan to know that there's a chance that I can improve on my next, and I think I'm also better at analysing my own races now, like when I was younger, there was.

MC Millie Checkley (2520188) 24:11

Yeah.

JL JEWELL L. (2540422) 24:20

Like four to five years that I just never PB Ed and I think that's because I did a few races that I didn't PB. So then every time I went up behind the block after ~~after~~ that, I was like, well, I'm not going to PB. So what's the point of trying?

MC Millie Checkley (2520188) 24:24

OK.

JL JEWELL L. (2540422) 24:36

Which obviously at that time I didn't have anyone to tell me this part of your race went well, so maybe this is what we can improve on next time. I just was kind of left to it, so I just thought, oh, I'm never going to PB because I haven't PB Ed in so long.

MC **Millie Checkley (2520188)** 24:36
Yeah.

JL **JEWELL L. (2540422)** 24:51
Whereas now I know that I can go to my coach, I can say, what did I do? Well, what did? I didn't do so well and then almost improve from there.

MC **Millie Checkley (2520188)** 24:51
No.
Yeah. So would you say there's been times where one kind of bad performance has affected your confidence for quite a long period?

JL **JEWELL L. (2540422)** 25:14
I think more so when I was younger because like I say, I didn't PB for like four or five years. So I think it was just performance after performance. I kind of expected to swim bad. And obviously if you expect to swim bad.

MC **Millie Checkley (2520188)** 25:17
OK.
Yeah.

JL **JEWELL L. (2540422)** 25:28
You're ~~gonna~~ swim bad because I don't think I really was trying that much during a race because I was. I just thought, what's the point?

MC **Millie Checkley (2520188)** 25:37
So you were struggling to like recover your confidence because ~~because~~ you were so unconfident in yourself every time, it was just never getting better.

JL **JEWELL L. (2540422)** 25:41
Yeah, for sure.
Yeah. And like funnily enough, I was at quite a supportive club at this point. But I think because I didn't believe in myself.

MC Millie Checkley (2520188) 25:48
OK.

JL JEWELL L. (2540422) 25:56
It just, I just didn't perform that well and then it I changed to a different environment, new training and that's when I started to PB again.

MC Millie Checkley (2520188) 26:00
Yeah.
OK. So I'll see talking about when you were more confident like was there any strategies that you think you'd use that helped to maintain that confidence across the season maybe or?

JL JEWELL L. (2540422) 26:25
I think the main thing for confidence for me is just making sure that I am just doing everything I can to be my best, so just making sure that I am turning up to training and I am training hard.
Just making sure that the other aspects like sleep, nutrition, my gym work. I think it's just I think I feel more confident knowing that I couldn't do any more.

MC Millie Checkley (2520188) 26:53
OK. So you think if you hit all of like the physical kind of things that you can that are in your control, that could help you be more confident and that may be like hitting benchmarks and training or like your coach do they?

JL JEWELL L. (2540422) 26:54
But yeah.
Yeah, yeah, for sure.
Yeah. Yeah. So obviously the training itself, I feel confident if I do a really hard step and I get out, I'm like, OK, I just did that and I'm impressed with myself. I feel confident or just making a certain time.

MC Millie Checkley (2520188) 27:09

Help across the season.

Yeah.

JL JEWELL L. (2540422) 27:27

During training, that all makes me feel a bit confident and I know that all of these factors aren't necessarily correlate to a perfect race at the end of the season at nationals, but I know that it's going to give me the best chance.

MC Millie Checkley (2520188) 27:42

Yeah.

OK. So just reflecting on everything, you've kind of said there, if you had to pick one of like the single biggest factor that you think influences your confidence as a swimmer, what do you think it would be?

JL JEWELL L. (2540422) 28:02

None.

I think just from my experiences, obviously training is a massive 1, but I think just the nature of the sport, you see them every single day. They're like probably the biggest person in your life as a swimmer. But I'm going to say like.

The coach, just because I know that when I've had a good coach.

It's made like the world of a difference compared to when I've had a bad coach.

MC Millie Checkley (2520188) 28:35

It.

Yeah, just like their actions has helped you be has that kind of made or broken your confidence?

JL JEWELL L. (2540422) 28:44

Yeah, for sure. I think a coach can definitely make you more confident or they can just take all the confidence away from you.

MC Millie Checkley (2520188) 28:51

OK. Interesting. So in general, would you describe your confidence as quite stable or quite easily kind of changeable?

JL JEWELL L. (2540422) 29:04

Definitely changeable, like I can be confident.

And then I can be not confident and it can just be like a 30 minute time difference. I think it does change massively, but yeah.

MC Millie Checkley (2520188) 29:16

OK.

OK, um, I'm one final question here. Do would you say you feel more confident in training or competition and why?

JL JEWELL L. (2540422) 29:31

I'd 100% say training in training. I feel like it's a place where mistakes are allowed.

MC Millie Checkley (2520188) 29:33

OK.

JL JEWELL L. (2540422) 29:40

And it's also a much more familiar environment because like I say, you're there 8 to 9 times a week and it's kind of just, it is your routine. It's what you do every week. You kind of know what to expect to training.

MC Millie Checkley (2520188) 29:44

Mm-hmm.

JL JEWELL L. (2540422) 29:57

And if you do have a bad session, it's OK. Well, obviously you're going to beat yourself up about it, but it's allowed. It's expected I can swim so much faster in training than at a competition easily.

MC Millie Checkley (2520188) 30:01

Yeah.

JL JEWELL L. (2540422) 30:14

And I think our competition, it's the nerves, it's the external factors that and I think

just the unfamiliar environment. Obviously competitions aren't unfamiliar, but there's so many things that can.

Impact how you race. I just think you can train.

MC Millie Checkley (2520188) 30:32

Yeah.

JL JEWELL L. (2540422) 30:39

All you'd like for competition, and it doesn't matter because it's what happens on that day at that specific time when you're racing. So I think training for sure.

MC Millie Checkley (2520188) 30:48

Yeah. So just.

Yeah. So kind of the pressure and different environment of competition, like the expectations that you have can kind of make you feel a lot less confident in compared to training where it's OK to.

JL JEWELL L. (2540422) 31:00

Yeah.

MC Millie Checkley (2520188) 31:09

Kind of make mistakes or not be perfect.

JL JEWELL L. (2540422) 31:13

Yeah, for sure. Like, I just think of it as I've been training this hard, I've dedicated so much of my time all for this one competition, because you'll be working towards ~~towards~~ it for so many weeks. And then when I get behind the block, I think I always remind myself that I've done all this work. I've.

MC Millie Checkley (2520188) 31:27

Aye.

JL JEWELL L. (2540422) 31:32

Or they sacrifice and then that doesn't help, because then I'm like, OK, now it's time

that kind of adds the pressure adds on to the nerves and then it all just goes downhill.

MC Millie Checkley (2520188) 31:34

Mm-hmm.

Yeah.

Yeah, yeah, I bet.

Well, I think that's all of my questions. So just before we finish, how do you feel the interview went?

JL JEWELL L. (2540422) 31:55

I think it went very well, minus the technical difficulties.

MC Millie Checkley (2520188) 31:59

Yeah. Do you think you were able to say everything you wanted to?

JL JEWELL L. (2540422) 32:04

Yeah, I think so.

MC Millie Checkley (2520188) 32:06

And were you unhappy with any of the questions I asked you?

JL JEWELL L. (2540422) 32:10

No, there were very good questions.

MC Millie Checkley (2520188) 32:12

Thank you. Do you feel I kind of influenced your answers in any way at all?

JL JEWELL L. (2540422) 32:18

No, not at all.

MC Millie Checkley (2520188) 32:19

OK. Well, I think that's everything. So thank you for taking part and this is the end. Thank you.