

Agente de Ben White pide amabilidad a los críticos

El agente de Ben White, defensa del Arsenal, ha pedido a sus críticos "ser amables" después de que el jugador pidiera no ser considerado para la selección inglesa para los amistosos internacionales de marzo contra Brasil y Bélgica.

Gareth Southgate reveló el mes pasado que White no desea ser tenido en cuenta para la selección internacional y dijo que tuvo que hacerlo público porque continuar protegiendo al jugador del Arsenal habría significado arriesgar su propia credibilidad. Pero en una defensa apasionada del jugador de 26 años publicada en su perfil de LinkedIn el miércoles – el día después de que White anotara dos goles contra Chelsea en la victoria del Arsenal por 5-0 – su agente, Alex Levack, dijo que se sentía "impulsado" a defender a su cliente después de una cobertura "negativa" en los medios.

Relacionado: Havertz y White dominan para el Arsenal en la victoria sobre el Chelsea, impulsando las esperanzas de campeonato

"Aunque aprecio que Ben esté en el ojo público, lo que conlleva sus propias implicaciones y te deja abierto a las críticas, quiero señalar que cada intérprete elite, independientemente del campo, es un ser humano que siente y experimenta cosas como todos nosotros, buenas y malas", escribió.

"Nadie sabe lo que realmente está pasando en la vida de alguien, así que realmente creo que la gente debería pensar antes de hacer un juicio o criticar a estos intérpretes elite en público. Ben ha mostrado una increíble resistencia y fuerza durante este periodo difícil fuera del campo y ha bloqueado todo el ruido y ha rendido de manera increíble en la cancha, en una situación en la que muchos otros habrían y habrían flaqueado."

Levack agregó: "Ben tiene un temperamento e actitud increíbles que le permiten navegar a través de su vida laboral y personal. Supongo que el mensaje principal es ser amable con la gente, ya que no tienes todos los hechos, y no sabes lo que está pasando en la vida de la gente, así que solo sé amable."

White ganó los últimos de sus cuatro partidos internacionales en 2024 y formó parte del equipo de Inglaterra en la Copa del Mundo de 2024, pero se fue temprano por motivos "personales".

Aos 17, o treinador de remo anunciou que um dia de descanso era inútil

When I was 17, my rowing coach announced that taking a day off was unnecessary. That one time of the week that I left school at 4pm and watched *Neighbours* was now gone. I think that's probably why, when I gave up rowing, I stopped doing any exercise at all. I'd had enough. Exercise for me equated to diehard commitment and someone shouting at me all the time. So I did nothing. Which in retrospect was a bad idea, because there were times in my life – getting RSI when I tried to write a book while holding down a full-time job or having a baby and getting swamped by anxiety – when exercise would have helped enormously.

De volta à equipe

It was when I had come out of the baby years, moved to a new area, but worked from home, that I felt the pull to be part of a team again. But I didn't know how or in what sport – there was no way I was going back to rowing.

There are plenty of "back to..." sessions for various sports – hockey, football, lacrosse – but having never played any of these, I was daunted. Then one day a neighbour knocked looking for a sub for her netball league team. I'd been OK at netball at school, so I said I'd do it. It was during that game I realised all the latent competitiveness that had pushed me at school to become a junior world rowing champion, was still very much there. And when I got rid of it, through sport, it took the pressure off other areas of my life.

Amizades na equipe

Friendships on the team differ, we don't know each other's backstories

O valor da competição

This is not the cliché of school sporting types – these adult teams are made up of strong, determined women of varying ages, shapes, sizes and fitness who are there simply to compete in a game they love with people they respect. It's something I thought I would never do again and in the grand scheme of things it's a very small change – less than an hour a week – but it has categorically improved my life, perhaps even built up my inner strength.

O jogo como fuga do stress

On top of that, there was the actual physical release of the exercise, burning through the adrenaline of the shock and dispelling the cortisol from the stress. By the end of the game, I was still gutted, but I had some perspective. I can't say whether I was more resilient than if I hadn't taken up netball. But what I can say is that the game itself, and the act of playing in that team, allowed me to escape the realities of life for enough time that I could calm down and rationalise, so what felt devastating before was less so after. Which I suppose is exactly what emotional resilience means.

Informações do documento:

Autor: symphonyinn.com

Assunto: doublebet app

Palavras-chave: **doublebet app - symphonyinn.com**

Data de lançamento de: 2024-08-14