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All poker players eventually go through a tough period where they string together many losing sessions or can't seem to make the money in a succession of tournaments. Even the best players in the game have had significant downswings in their careers. One of the questions that the CLC coaches get most is "How do you deal with and recover from downswings?". We asked 2 of the most successful MTT players on the planet, CLC's Chance Kornuth and Alex Foxen about their personal experiences with downswings. Let's dive into their responses! Justin Lynch: What Was The Worst Downswing Of Your Career? Alex Foxen: I'd say the worst downswing of my career probably came in 2024. I definitely overextended a bit from a bankroll perspective, probably playing overconfident and not critical enough of my own game and that is the perfect recipe to create a big downswing. I don't have an exact number but probably a couple million lost in that one. Chance Kornuth: I have taken the shots and went up to a million and then down to R\$100-\$200k before I stayed over a million when games were softer and I thought I should have taken a lot more but now that I'm a family man, I don't do that anymore (laughs). Justin Lynch: What is your go to activity to reset during a downswing? Alex Foxen: Absolutely working out and doing something physical. Getting your mind out of whatever state it is in. Anything that creates that

meditative singular focus that a workout or maybe doing something with your hands does. Something that can get you out of your head and into your body, that gets you into the present moment as much as possible. I think physical movement is really really good for that. Chance Kornuth: I like working out and spending time with my friends and family, watching movies and playing games. Doing anything nonpoker to get 100% of your focus onto other things. Justin Lynch: How Do You Measure if you're running bad vs not playing your best? Alex Foxen: I don't think that there is a perfect way to measure these two things. That's why it is really important to be constantly critical and the best way to avoid a downswing is to always act like you are in a downswing, always put work into your game, always question everything you do even when it works. Ask the questions "Could I have made more on that line?", "Could I have possibly bet bigger here?", "What if he had this hand?", "How would I approach it if the turn was this?". All these different varying questions to ask yourself to keep yourself in a state of growth instead of stagnation. For me and I also feel it is true for most people, downswings always come after a period of stagnation and then the downswing almost always end after a period of effort into change. I know so many people who decided to work with a mental game coach or decided to seek coaching for the fundamental side of their poker game or start working with a solver. So many of these people get instant results and I think there is an energetic aspect of that, putting your effort into productive things allows you to be at your best in the game and to be more open minded which leads you with more room for growth. If you just think what you are doing is right and you're not questioning it constantly then when something comes across that someone else does or that is an option to do something it will be harder for you to accept it or consider it as an option for you just because of the nature of it and the state that your brain is in at the time. Chance Kornuth: I think that's actually something that people mess up as far as running bad vs not playing your best. Focusing on the things that you can control as opposed to things you can't is imperative Justin Lynch: During a downswing do you put in more study vs more volume- what's the mix there? Alex Foxen: For me it's mostly playing, I am doing a little bit of both all the time. So I think that studying is valuable, however without regular play it's pretty worthless. There is too much to think about in poker, you need some things to be automatic, so if you just study when you get to play none of those things are going to be automatic, if you just play you are not as likely to question your decision making and improve on what you are doing and your process in the game. That side is pretty heavy in favor of playing over study, but you can't optimize one without the other. Chance Kornuth: I would say definitely put in a little more study, it is definitely easiest for us to want to study more when we haven't been losing, however for me it's like preparing for a stop. I study for the WSOP or before I do certain things and if I notice that I was inadequate on a certain board texture and I didn't know what to do, I tell Foxen, "Let's go through the spot and do a webinar on it." Justin Lynch: What do you consider a downswing at this point in your career? Alex Foxen: Honestly, I don't have any kind of metric for it. I don't think about that in that way at all. I consider a downswing when I look at how much cash I have and I am surprised with how low it is. I am not super meticulous with managing my bankroll, I have an idea where it is and I take risks accordingly but I am not necessarily looking at my results and saying "Oh wow, I am on a 23 buyin downswing". The moral of what I am saying is downswings are only in your head, they are a construct they don't exist. Yeah we go up and down in the chart but if you zoom out no downswing is actually real on a players graph, they just go up and down. There is only the present moment, that is the only thing that exists in whatever kind of esoteric principle. If the present moment only exists there is no such thing as a downswing and there is no such thing as feeling bad about it. So if you stay in this present focused ideology of constant improvement and constant growth, then yeah downswings will happen but then you won't notice them because all you are doing is trying to improve your current self and trying to improve your current bankroll not worrying about what it was yesterday. Chance Kornuth: I consider a downswing more of a monetary percentage. For example If I lost 60k today that's more how I measure it. I never really thought about it in terms of not cashing X amount of tournaments or losing X amount of buy-ins.

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### Rodgers falha nos momentos finais e os Vikings derrotam os Jets

Estamos vendo este filme outra vez. Aaron Rodgers com a bola appbetfair suas mãos, a multidão e os elementos contra ele, pronto para atuar como o herói da ação mais uma vez. Desta vez, no entanto, houve um giro brutal.

Quando Rodgers entrou appbetfair campo com três minutos restantes, seu time dos New York Jets estava perdendo por 23-17. Mas, tendo orquestrado 32 drives vitoriosos no final do jogo durante appbetfair longa e gloriosa carreira, isso não era território desconhecido.

Avancando firmemente pelo campo, os Jets chegaram perto da endzone. Talvez o Rodgers antigo tivesse encontrado mais um momento de magia. Mas o Rodgers antigo, que completa 41 anos appbetfair dezembro, não conseguiu entregar.

Primeiro, ele passou por cima de seu wide receiver estrela Garrett Wilson. Em seguida, com nove segundos restantes, appbetfair passe foi interceptada por Stephon Gilmore, permitindo que os Vikings se agarrassem.

"Eu simplesmente a subestimei um pouco", admitiu Rodgers, que também confirmou que sofreu uma torção no tornozelo baixo depois de ser derrubado anteriormente no jogo. "Estou definitivamente machucado. Meu pé ficou preso na pilha lá. Houve muitas coisas que faziam barulho no caminho para baixo."

Houve 61.139 pessoas presentes no Tottenham Hotspur Stadium, o maior número para qualquer evento esportivo no Reino Unido no fim de semana. E os fãs não apenas se deliciaram com a experiência completa de fist-bumping, kiss-camming, XXL camisas de jersey sobre suéteres da NFL, eles também foram tratados de um thriller appbetfair lenta combustão.

Isso não parecia assim no primeiro tempo, já que os Vikings correram para uma vantagem de 17-0 - appbetfair grande parte graças a um desempenho chocante de Rodgers. Primeiro, ele jogou uma passe diretamente para o linebacker dos Vikings Andrew Van Ginkel, que a levou de volta para uma interceptação de 63 jardas. Em seguida, para piorar as coisas, ele jogou outra interceptação para Camryn Bynum. Enquanto a música "Dê-o de Distante" dos Red Hot Chili Peppers tocava nos alto-falantes, ele sacudiu a cabeça e caminhou para a linha lateral.

Sam Darnold, o quarterback dos Vikings, se prepara para jogar apesar do tackle dos New York Jets' Will McDonald.

Neste ponto, o veredicto das mídias sociais era unânime. Rodgers, que está se recuperando de uma ruptura do tendão de Aquiles, estava envelhecido. Ele era muito lento, temia ser atingido demais, uma sombra de appbetfair antiga si mesmo. Mas, gradualmente, o quarterback dos Jets começou a resolver as coisas. Primeiro, ele encontrou Allen Lazard com uma passe de 14 jardas para reduzir a desvantagem para 17-7 no intervalo. E a deficiência foi reduzida para 17-10 com um field goal de Greg Zuerlein no final do terceiro quarto. No entanto, Rodgers ficou frustrado ao segurar o grilhão do capacete depois que Lazard deixou cair uma passe na endzone. De repente, os Jets estavam de volta no jogo.

Neste estágio, os Vikings estavam fazendo muito pouco no ataque, mas um field goal de 53 jardas de Reichard aumentou a vantagem para 20-10 com pouco mais de 12 minutos restantes. Uma passe de touchdown de um yard para Garrett Wilson então reduziu a vantagem para 20-17 e, enquanto Reichard aumentou a vantagem dos Vikings para 23-17, Rodgers entrou appbetfair campo sabendo que tinha o jogo appbetfair suas mãos. Esta vez, no entanto, ele não conseguiu entregar, já que os Jets caíram para 2-3 na temporada.

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"Somos iniciadores lentos e cometemos muitos erros mentais", admitiu Rodgers, que terminou com 29 de 54 passes para 244 jardas com dois touchdowns e três interceptações. "Muito erros appbetfair geral. Mas ainda tenho muita confiança neste time. Acho que é um time que vai fazer

uma corrida."

A única consolação para o quatro vezes NFL Most Valuable Player veio no terceiro quarto quando ele se conectou com o tight end Tyler Conklin para uma corrida de sete jardas e se tornou apenas o nono jogador a passar da marca das 60.000 jardas de carreira.

Enquanto isso, os Vikings entram appbetfair appbetfair semana de folga com um recorde incontestável de 5-0, algo que poucos previram antes do início da temporada, quando os bookmakers os tinham terminando appbetfair último no NFC North.

"Você tem que dar crédito à nossa defesa", disse o treinador principal dos Vikings Kevin O'Connell. "Nós precisávamos deles hoje."

"Foi um dia meio sujo de todas as maneiras com um pouco de chuva batendo e todas essas coisas. Havia mil excusas lá fora. Mas nossa equipe não procurou nenhuma delas. Nós continuamos jogando. Há dias assim. É sobre o que nosso jogo é e estou apenas orgulhoso do jeito que nossos caras brigaram."

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