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<https://silosolo.com/253153>

Summary

This Silo talks about the speaker's journey in women's lacrosse, overcoming challenges, staying confident, and making the most of opportunities. She discusses the recruiting process during COVID, the role of her high school coach, and the transition from high school to college lacrosse, emphasizing the importance of persistence, confidence, and adaptation.

Silo sample questions

- How did the speaker overcome challenges in getting noticed for lacrosse?
- What advice does the speaker give about staying confident and making the most of opportunities?
- What did the speaker learn from the recruiting process during COVID?
- What role did the speaker's high school coach play in her journey?
- How did the speaker transition from high school to college lacrosse?

Topics

Overcoming challenges

Staying confident

Recruiting process

High school coach mentorship

Transition to college lacrosse

Key Takeaways

- The speaker overcame challenges by being persistent, reaching out to coaches and others, and putting herself out there.
- The speaker advises staying confident, realizing that you're there for a reason, and making the most of every opportunity.
- The speaker learned that during the COVID era, recruiting was more difficult, and she had to rely on emails and film to get noticed since she couldn't attend showcases or college visits.
- The speaker's high school coach was her biggest mentor, encouraging her to stay confident and consistent in her approach to lacrosse.
- The speaker learned to adapt to being a smaller fish in a bigger pond, work her way up, and embrace the interest in college athletes on social media.

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