LANDRY CANNON | TULANE FOOTBALL Ø<ßÈ

Summary

This Silo talks about Landry Cannon's experience as a football player at Tulane University. It covers how he overcame feeling unmotivated, balanced academics and football, approached his recruiting process, and gives advice to aspiring football players. Landry emphasizes the importance of hard work, staying ahead of academics, feeling the love in recruiting, and taking care of one's body and investing in oneself.

Silo sample questions

- How did Landry overcome feeling unmotivated to play football?
- How did Landry balance academics and football in college?
- How did Landry approach his recruiting process?
- What advice did Landry give to aspiring football players?
- How did Landry approach training and taking care of his body?

Topics

Motivation
Balancing
Recruiting
Advice
Training

Key Takeaways

- Landry overcame feeling unmotivated by receiving encouragement and mentorship from his coach and another mentor. They motivated him to keep working and assured him that his hard work would pay off.
- Landry made time to do school work and stayed ahead of it as much as possible. He attended tutoring or study hall every day, and focused on academics during his free time, instead of jumping on the game or doing football-related activities.
- Landry's recruiting process started in his senior year of high school. He received offers from multiple universities, but ultimately committed to University of Lafayette and later to Tulane based on where he felt the most love and support.
- Landry's main advice is to keep working hard and never feel like there's nothing extra you could do. He also emphasized the importance of nutrition, investment in oneself, and being well-prepared for game day.
- Landry emphasized the importance of staying on top of nutrition, investing in oneself, and not feeling like training is a rip-off. He encouraged taking care of one's body and being well-prepared for game day.

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