

# SAVANA TRUEB | UCLA DIVING & @p

<https://silosolo.com/399073>

## Summary

This Silo talks about the speaker's experience with competitive gymnastics, transitioning to diving, facing toxicity in the gymnastics environment, struggling with social skills, the importance of mental toughness in sports, encountering toxic coaches in gymnastics, and finding a supportive coach at UCL A that contributed to their current happiness and well-being.

## Silo sample questions

- What was the speaker's experience with gymnastics and diving?
- How did the speaker's experiences in sports affect their social skills and college decisions?
- What role did mental toughness play in the speaker's athletic journey?
- How did the speaker's experiences with coaches differ at various colleges?
- How did the speaker's journey through different colleges contribute to their current happiness?

## Topics

Gymnastics

Diving

Toxicity

Mental Toughness

College Experience

## Key Takeaways

- The speaker started competitive gymnastics at the age of 10, excelled in it, and then transitioned to diving during high school. They faced toxicity in the gymnastics environment and social awkwardness in high school, which influenced their college choices.
- The speaker's experiences in sports, particularly in gymnastics and diving, led to social awkwardness and a lack of social skills during high school. This impacted their college recruitment and selection, as well as their overall likability at that time.
- Mental toughness was a significant factor in the speaker's athletic journey, especially during the teenage years. The speaker mentioned the importance of mental strength in college sports, as well as the struggles with consistency and frustration from coaches in gymnastics.
- The speaker encountered toxic coaches in gymnastics but found a positive and supportive coach at UCL A. This difference in coaching style has had a significant impact on the speaker's mental state and overall well-being as an athlete.
- The speaker sees their journey through different colleges as a stepping stone that led them to a healthy and positive team environment at UCL A, where they feel happy and supported. They believe they needed to go through the obstacles at previous colleges to fully appreciate their current situation.

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