

# MAYA MATHIS | UCONN SOCCER

<https://silosolo.com/129352>

## Summary

This Silo talks about Maya Mathis' experiences and insights as a college soccer player. Maya emphasizes advice for young athletes to maintain their identity and playing style, prioritize mental health, deal with challenges such as burnout and recurring injuries, navigate the college recruitment process, and approach Name, Image, and Likeness (NIL) with a focus on giving back and promoting positive messages.

## Silo sample questions

- What advice does Maya give to young athletes about maintaining their identity and playing style?
- How does Maya emphasize the importance of mental health in sports?
- What challenges has Maya faced in her soccer career, and how has she dealt with them?
- What insights does Maya share about the college recruitment process and finding the right fit?
- What are Maya's thoughts on Name, Image, and Likeness (NIL), and how does she want to navigate it?

## Topics

Mental Health

Identity

Challenges

Recruitment Process

Name Image Likeness (NIL)

## Key Takeaways

- Maya advises young athletes to play like themselves and maintain their unique playing style rather than emulating others. She emphasizes the importance of staying true to who you are as a player and not constantly trying to change your game.

- Maya highlights the significance of prioritizing mental health in sports, discussing how confidence and mental soundness can impact an athlete's performance. She also encourages athletes to have other hobbies and not let their sport dictate every aspect of their life outside of it.

- Maya has faced challenges such as burnout, recurring ankle sprains, and the mental aspect of transitioning to college soccer. She emphasizes the importance of pulling oneself back in during burnout, dealing with the mental aspect of injury recovery, and finding motivation beyond the sport.

- Maya discusses the challenges of the college recruitment process, the importance of finding a place that feels like home, and the significance of knowing the type of family and environment one is walking into. She also emphasizes the value of proximity to home and staying true to oneself during the recruiting process.

- Maya expresses her thoughts on NIL, emphasizing that she wants to navigate it by focusing on deals that prioritize giving back and putting out a positive message. She aims to give

advice to younger athletes and use NIL as a platform to promote mental health and inspire others.

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