

LAUREN DERKOWSKI | MICHIGAN SOFTBALL Ø>ÝN

<https://silosolo.com/544868>

Summary

This Silo talks about the importance of outworking everyone, the role of nutrition in athletic performance, advice for recruits, balancing academics with athletics, and the shift in mentality required for success in softball.

Silo sample questions

- How does nutrition play a role in athletic performance?
- What advice does Lauren give to recruits who want to get into their dream school?
- How does Lauren balance academics with her softball schedule?
- What mental shift has Lauren made in regards to softball?
- What is the importance of outworking everyone according to Lauren?

Topics

Athletic Performance

Recruiting

Academics

Softball Mentality

Balancing Priorities

Key Takeaways

- Nutrition helps fuel the body throughout the day and especially during competition, enabling the athlete to perform at their best ability.
- Build a bond with the school, communicate with the coaches, and make it known that the school feels like home and is where they want to be.
- She keeps a detailed calendar, starts early on tasks, attends office hours, meets with teachers, and utilizes academic resources and tutors to stay on track.
- She has shifted from being outcome focused to being more process focused, learning from failures, and understanding that putting one's best foot forward and giving 100% is important.
- Outworking everyone, working towards a goal, and making each practice count are key to achieving success in athletics.

[Click here for the full transcript](#)

[Click here for the source](#)