

# AVA JORDAN | MICHIGAN GYMNASTICS Ø>Ý8

<https://silosolo.com/444233>

## Summary

This Silo talks about Eva Jordan, a student-athlete at the University of Michigan, sharing advice and experiences related to athletic challenges, the recruiting process, university selection, skills development, and advice for student-athletes. Eva emphasizes the importance of trusting the athletic process, focusing on oneself, overcoming challenges, and choosing a college based on academic and personal factors.

## Silo sample questions

- What is the biggest piece of advice given by Eva's coach?
- What challenges did Eva face in her sport, and how did she overcome them?
- How did Eva choose the University of Michigan, and what factors influenced her decision?
- What skills and qualities did Eva develop as a student-athlete at Michigan?
- How did Eva approach the recruiting process, and what advice does she have for others in a similar situation?

## Topics

Athletic Challenges

Recruiting Process

University Selection

Skills Development

Advice for Student-Athletes

## Key Takeaways

- To trust the process and understand that progress isn't linear, and ups and downs are part of the experience.
- Eva faced challenges with injuries and the pressure to impress coaches during the recruiting process. She overcame these challenges by learning to take time for herself, focus on practicing with intention, and expressing her true self to coaches.
- Eva chose the University of Michigan based on the opportunities, resources, and support available, as well as the strong academic environment. She made a pros and cons list for every school, considering academics, career center, mental health resources, and other factors unrelated to sports.
- Eva developed intentional thinking and mental cues for her skills, honed time management skills to balance athletics and academics, and learned to rely on tutors and seek extra help when needed. She also emphasized the importance of finding one's 'why' to stay motivated.
- Eva approached the recruiting process by reaching out to coaches through email, sending videos of her gymnastics, and expressing her true self to the coaches. She advised others to be comfortable being themselves around coaches and to choose a college based on factors unrelated to sports.

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