

# MARK ESTAPA | MICHIGAN ICE HOCKEY Ø<BÒ

<https://silosolo.com/475031>

## Summary

This Silo talks about the importance of hard work, dealing with injuries, selecting the right college, the transition from junior hockey to college, and effective time management for student-athletes.

## Silo sample questions

- What is the best piece of advice given by Mark's dad?
- What is one key takeaway from Mark's experience with injuries?
- What advice would Mark give to young athletes trying to pick a college?
- What does Mark emphasize about the transition from junior hockey to college?
- What is Mark's approach to managing his time as a student-athlete?

## Topics

Hard Work

Injuries

College Selection

Transition to College

Time Management

## Key Takeaways

- The best piece of advice given by Mark's dad is 'hustle beats talent when talent doesn't hustle,' which emphasizes the importance of hard work and perseverance.
- One key takeaway from Mark's experience with injuries is the importance of doing all the little things right every day to keep yourself from getting injured, and the significance of seeking professional help for rehab.
- Mark advises young athletes to carefully consider their options, pick a college that best fits and suits them, and then enjoy the journey without jumping ahead.
- Mark emphasizes the importance of listening to older players, recognizing the differences in competition level, and taking advantage of the available resources during the transition from junior hockey to college.
- Mark tries to get as much done as possible early in the week, balances his academic and athletic responsibilities, and emphasizes the value of attending class and learning the information.

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