

# KILEY RABJOHNS | NORTHWESTERN TENNIS

<https://silosolo.com/363517>

## Summary

This Silo talks about Kylie's tennis career, training regimen, challenges, college selection, playing at the college level, technical strengths, balancing academics with tennis, and future goals.

## Silo sample questions

- What are the main topics discussed in the video?
- What advice does Kylie give to younger athletes aspiring to go D1?
- How does Kylie describe the advice she received from her coaches?
- How does Kylie describe her training regimen and approach to tennis?
- Why did Kylie choose Northwestern University for college?

## Topics

Kylie's tennis career

training regimen

challenges

college selection

playing at the college level

technical strengths

balancing academics with tennis

future goals

## Key Takeaways

- Kylie's tennis career, training regimen, challenges, college selection, playing at the college level, technical strengths, balancing academics with tennis, and future goals.
- Kylie advises younger athletes to understand that it's tough to get to D1, but to make sure to enjoy every part of the experience because the fun and exciting parts make the hard work worth it.
- Kylie mentions that her coaches advised her to give her absolute all in every aspect of her training and sport, emphasizing that it will eventually pay off, and to focus on being a tough opponent and mental state.
- Kylie focuses on being a tough opponent and emphasizes the mental aspect of the sport, mentioning that injuries have taught her how to overcome challenges and the importance of playing matches, and describes her technical strengths on the court.
- Kylie chose Northwestern because of the caring coach, the great academic environment, the location close to Chicago, and the proximity to the lake for the times when it's not too cold.

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