

Bianca Giglio | Youngstown State Volleyball

Hi my name is Bianca Giglio and I'm on the Youngstown State women's volleyball team. Some of the best advice that I've received from mentors and coaches is just always giving 100%, working hard and just having grit. One of the most important things I focus on when I'm training is getting 1% better every day. I'm also challenging myself each and every day so I'm growing not only as a player but as a person. Some things I focus on the most in volleyball is consistency, serving, being one of them, and then shots and being disciplined on defense. One of the challenges I faced was definitely the transfer portal as scary as it was, it really helped me grow as an athlete and a person. In so coming out of the transfer portal, I'd definitely say that the relationships I've created around the sport, in the sport, outside of the sport, helped me choose the path that I wanted to take for the next 2 years, and I believe that the relationships that come from volleyball or have come from volleyball were super important to me. Personally, I chose Youngstown State because of the amazing coaching staff and the culture that we wanted to build here. Um, it's also a very Italian town, and my family is very Italian, so it feels like home, and I absolutely love it. Some things I've learned here is patience, and that growth doesn't come overnight. It takes time, and it's very important to embrace that, especially with having a new coach and a new team. Um, that's something that we really had to embrace this past season. Um, both on and off the court, I balance academics and volleyball, uh, through time management. That's one of the biggest keys to staying successful and in the right headspace, especially in season and on the road. Um, time management is very important when making a decision to play collegiately or when reaching out to college coaches. Definitely stay persistent and work hard all the time. Never take a playoff or rep off. Um, being vocal. Um, college coaches love vocal leaders on the court and off the court. If you're good at communication, um, they'll greatly appreciate that, and you'll stand out. Being a college athlete means a lot. Not only do I get to play the sport I love, but I also get to carry out my academic career. It's a huge honor to be a college athlete and just knowing that there are younger girls looking up to me, my teammates, and other women in sports is just truly inspiring. So I always try to be a good example and represent myself well. Some personal goals that I have are one next season making the Horizon League tournament along with getting my MBA. And after that, I plan on playing professional volleyball in Europe for a season or two to become the best player and person I can be to pursue those

goals I would say just always acting like a rookie Experience is important but you don't know everything and you got to show up every day give your 100% like you don't know what's coming next Being here NIL space is really an awesome opportunity to put yourself out there your name image and likeness Not only do you get to share what you like to do you also get to see what other athletes enjoy doing which can be really inspirational With NIL there's also a lot of opportunities that um go hand in hand with business and just creating those relationships that could last a lifetime Time or even trickle over into your um profession Some advice for younger athletes that I have is to keep working hard and trust the process If you're giving your 100% every day everything will work out So keep working hard stay focused and have fun while you're doing it Hi my name is Bianca Giglio and I'm on the Youngstown State women's volleyball team and you can check me out at Next Level Prep